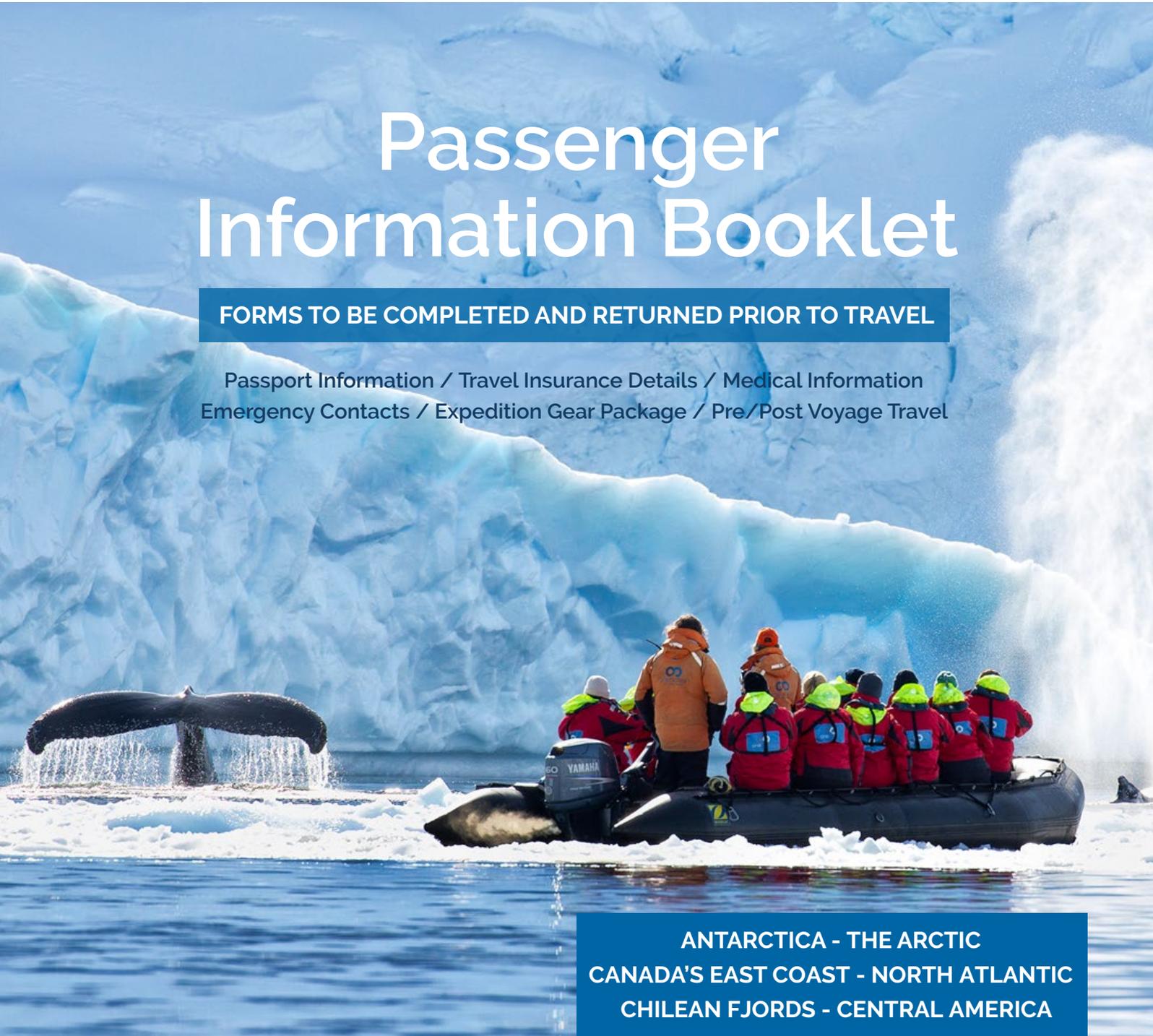


Passenger Information Booklet

FORMS TO BE COMPLETED AND RETURNED PRIOR TO TRAVEL

Passport Information / Travel Insurance Details / Medical Information
Emergency Contacts / Expedition Gear Package / Pre/Post Voyage Travel



ANTARCTICA - THE ARCTIC
CANADA'S EAST COAST - NORTH ATLANTIC
CHILEAN FJORDS - CENTRAL AMERICA

A TRIP TO EXPERIENCE THE POLAR REGIONS, COASTAL CANADA, CHILE, CENTRAL AMERICA AND NORTH ATLANTIC IS ONE OF LIFE'S GREAT ADVENTURES. YOU WILL SOON BE EXPERIENCING SOME OF THE MOST BREATHTAKING SCENERY AND INCREDIBLE WILDLIFE ON THE PLANET.

HOW DO YOU GET READY FOR THE JOURNEY AHEAD?

IMPORTANT INFORMATION

This [Passenger Information Booklet](#) contains important information which you need to complete to get your expedition underway. It is essential that you read, complete and return these forms to ensure your booking can be finalized. All sections of this booklet must be completed and returned to us, via your booking agent. Only after we have received this completed booklet will we issue your final travel documentation.

If you have booked the [Sea Kayaking](#) adventure option, there are program notes and a special questionnaire you need to complete outlining your previous paddling experience. This package will only be sent to those guests who have booked and paid for the sea kayaking option. If you have booked the kayaking program and have not received this information, ask your booking agent for a copy.

A pre-voyage booklet, '[Preparing For Your Journey](#)' is part of your confirmation package and you should read this closely. This booklet is yours to keep and will assist with planning your trip. It is full of useful information including FAQs, clothing and gear requirements, life onboard the ship and the expedition in general. It also contains a reading list and some general information on the geography, wildlife and history of the region you will visit.



HOW TO COMPLETE THIS DOCUMENTATION

There are a number of forms here for you to complete. You can complete this booklet 'on-screen' using Adobe Acrobat (the program you are using to read this). Hover your mouse cursor over the appropriate box/field and you can type information directly into the forms. Tab to the next box/field. Once finished, **SAVE** the completed booklet for your records and send a copy to your agent. For people using an older computer or outdated software and unable to fill out the form electronically, please print a copy and complete in full using a pen. You can then send this signed booklet to your agent via email, regular mail or fax. If you are unsure how to complete this document or have any questions, please ask your booking agent for clarification or contact our office.



HELPFUL TIPS: If you are sending this form electronically remember to SAVE it to your Desktop or another folder on your computer so that you can easily retrieve it and attach it to an email. If you are using an older computer or software, you may need to print this out and complete using a pen.

TIMELINE TO DEPARTURE

Please make a note of the time table below as this will help you get ready for your journey.

6 MONTHS (+) PRIOR TO DEPARTURE

- Have you arranged travel insurance? Discuss your options with your booking agent.
- Do you need to renew your passport? Your passport should be valid for six months after the date of your return to your home country. If you do require a new passport, be sure to send new passport details as soon as you know them.
- Consider your plans for travelling to the embarkation point of your journey. Do you need help with flights, hotels and transfers? Ask your booking agent for advice.

4-6 MONTHS (+) PRIOR TO DEPARTURE

Make an appointment to see your doctor if you need their assistance to complete the medical forms in this booklet. Please print page 6 of this booklet and bring a copy for your Doctor to complete and sign if applicable.

120 DAYS (+) PRIOR TO DEPARTURE

Your final payment falls due 120 days prior to departure. Allow one business day for bank transfers to be completed.

30-45 DAYS PRIOR TO DEPARTURE

Your final documents will be sent to you. This will include arrival and embarkation instructions, ship contact details and an arrival voucher. If you have booked other travel arrangements (flights, additional touring etc) – your agent should provide you with additional details.

ANYTIME PRIOR TO DEPARTURE

If you require any special clothing, gear or equipment, you can make savings by shopping during the sale periods. Such times include end of financial year, post-Christmas/new year – Autumn and Spring.

ONE OCEAN EXPEDITIONS

PASSENGER INFORMATION



VOYAGE & PASSENGER CONTACT DETAILS

PLEASE ENSURE YOUR NAME IS PRINTED EXACTLY AS IT APPEARS ON YOUR PASSPORT

VOYAGE NAME: VOYAGE DATE: DD / MM / YY

TITLE: Mr Mrs Ms Miss Dr. SURNAME:

GIVEN NAME: MIDDLE NAME:

GENDER: MALE FEMALE DATE OF BIRTH: DD / MM / YY

PASSENGER PASSPORT DETAILS

PLEASE ENSURE THE INFORMATION IS EXACTLY AS IT APPEARS ON YOUR PASSPORT

NATIONALITY: PASSPORT NUMBER:

PASSPORT DATE OF ISSUE: DD / MM / YY PLACE OF BIRTH:

PASSPORT EXPIRY DATE: DD / MM / YY PASSPORT PLACE OF ISSUE:

PRE-DEPARTURE CONTACT DETAILS

TELEPHONE: MOBILE/CELL:

EMAIL:

EMAIL WHILE TRAVELLING:

SIGNATURE AND DATE

SIGNATURE: DATE SIGNED: DD / MM / YY

I acknowledge that by typing my name in the signature field and ticking this box, I am entering into a binding contract.

ALL SECTIONS MUST BE FILLED IN BY THE TRAVELER AND/OR THEIR PHYSICIAN

Medical facilities are limited in the remote regions where we operate. Although our vessels carry a qualified expedition physician and limited infirmary with basic medical supplies and equipment, we ask that you complete this confidential medical report. Our onboard expedition physician will need to be fully aware of your medical condition(s) and/or requirements on board.

This expedition is for persons in reasonably good health. Passengers who are not fit for long trips for any reason, including disability, heart or health conditions (that would entail an unreasonable risk to your health and to the enjoyment of other passengers on board), are advised not to join the voyage. Should any condition become apparent, One Ocean Expeditions reserves the right to decline acceptance of your booking or restrict you or any other passenger at any time during the voyage.

This is part of our dedication and obligation for self-sufficiency under the terms of the Antarctic Treaty System and applies equally in the Canadian Arctic, Greenland, Spitsbergen and Canada's East Coast. In addition you are required to carry your own medication and any equipment necessary to administer your medication, which may not be available on board. Passengers are advised that medical evacuation, if available, is expensive and that medical insurance that could reimburse you for this cost is mandatory. You should carry a copy of your insurance certificate on board.

SECTION A: HEALTH STATEMENT

PLEASE COMPLETE FOLLOWING SECTIONS IN BLOCK LETTERS

I am in good general health and capable of performing normal activities on this expedition. I further attest that I am capable of caring for myself during the expedition and that I will not impede the progress of the expedition or enjoyment of others on board. I understand that this expedition will take me far from the nearest medical facility and that all expedition members must be self-sufficient. With that understanding, I certify that I have not recently been treated for, nor am I aware of any physical, mental or other condition or disability that would create a hazard to myself or other members of the expedition.

GIVEN NAME:

SURNAME:

MIDDLE NAME:

BIRTHDATE:

DD / MM / YY

SIGNATURE:

DATE:

DD / MM / YY

I acknowledge that by typing my name in the signature field and ticking this box, I am entering into a binding contract.

SECTION B: MEDICAL INFORMATION

HEIGHT (CM):

WEIGHT(KG):

EVALUATE YOUR HEALTH:

EXCELLENT

GOOD

FAIR

EVALUATE YOUR STAMINA:

EXCELLENT

GOOD

FAIR

1. LIST ALL MEDICATION YOU ARE TAKING AT THIS TIME, DOSAGES AND REASON THEY ARE TAKEN:
(e.g. Cartia, 100mg, 1 x day, blood thinning)

*** PLEASE USE TEXT BOX ON PG. 7 TO ELABORATE IF ANSWERING "YES" TO ANY QUESTIONS 2-8.*

2. DO YOU HAVE ANY MEDICAL ILLNESSES, DISABILITIES OR INFIRMITIES THAT HAVE REQUIRED CARE OF A PHYSICIAN/DOCTOR?

NO YES

3. HAVE YOU BEEN HOSPITALISED OR HAD SURGERY IN THE LAST FIVE YEARS?

NO YES

4. DO YOU HAVE ANY HEART OR RESPIRATORY PROBLEMS? ARE YOU A DIABETIC?

NO YES

5. DO YOU HAVE DIFFICULTY WALKING, USE CRUTCHES, A CANE OR WHEELCHAIR?

NO YES

6. ARE YOU PREGNANT?

NO YES

7. DO YOU HAVE ANY DRUG ALLERGIES?

NO YES

8. DO YOU HAVE ANY DIETARY RESTRICTIONS, FOOD ALLERGIES?

NO YES

EMERGENCY CONTACT DETAILS

TITLE: Mr Mrs Ms Dr

RELATIONSHIP:

NAME:

TELEPHONE:

EMAIL:

PHYSICIAN/DOCTORS OPINION

REQUIRED IF YOU ANSWERED "YES" TO ANY OF QUESTIONS 2 TO 6 IN "SECTION B" ABOVE.
PLEASE PRINT AND HAVE FORM FILLED OUT BY YOUR PHYSICIAN.

Dear Physician/Doctor,

Our traveler is planning an expedition cruise to the polar regions (Antarctica, Arctic & remote areas of Canada's East Coast) where sophisticated medical facilities are unavailable. Our vessel carries a physician/doctor and a small infirmary.

While not particularly strenuous, travellers who participate in excursions must negotiate a gangway, get in and out of landing boats with assistance and be capable of walking a short distance over uneven and slippery terrain ashore. Please feel free to contact us if you have any questions.

We would like to be sure that each of our passengers is in adequate medical condition for the voyage and that our shipboard physician/doctor is fully aware of any potential health problems. We would appreciate your evaluation of:

1. HIS/HER OVERALL PHYSICAL CONDITION?

EXCELLENT GOOD FAIR

COMMENTS: _____

2. HIS/HER ABILITY TO PARTICPATE IN THIS EXPEDITION AND EXCURSIONS:

EXCELLENT GOOD FAIR

COMMENTS: _____

PLEASE ELABORATE ON ANY MEDICAL CONDITIONS THAT THE SHIPBOARD PHYSICIAN/DOCTOR SHOULD BE AWARE OF:

COMMENTS: _____

PASSENGER'S PHYSICIAN/DOCTORS NAME: _____ DATE: _____

PHYSICIAN/DOCTORS SIGNATURE: _____

PREFERRED PHONE NUMBER: _____

CITY, STATE, COUNTRY: _____

ONE OCEAN EXPEDITIONS

PASSENGER MEDICAL INFORMATION



IF YOU HAVE SELECTED "YES" ON ANY QUESTION 2 THROUGH 8 IN "SECTION B" OF THE MEDICAL FORM PLEASE PROVIDE FURTHER DETAILS IN THE BOXES PROVIDED BELOW.

If you have selected "YES" on [Questions 2-7](#) in Section B of the medical form, please specify medical restrictions and/or drug allergies in the text box provided below.

MEDICAL:

If you have selected "YES" on [Question 8](#) in Section B of the medical form, please specify dietary restrictions and/or food allergies in the text box provided below.

DIETARY:

TRAVEL INSURANCE INFORMATION

[Travel insurance is compulsory for all expeditions.](#) Please provide us with your policy details and the international 24 hour emergency assistance contact phone number for your travel insurance provider.

NAME OF INSURER:

POLICY NUMBER:

INSURANCE COMPANY TELEPHONE:

**** NOTE: FINAL DOCUMENTS WILL NOT BE ISSUED UNLESS WE HAVE THIS INFORMATION**

ONE OCEAN EXPEDITIONS

COMPLIMENTARY EXPEDITION GEAR PACKAGE



POLAR EXPEDITION GEAR: WHAT WE INCLUDE



On all voyages, essential wet weather gear hire is included in the price of your trip (see next page for full details and to select your sizes). This saves you having to purchase specialized clothing you may only ever use once and carrying it all the way from home. For all guests we provide industry-leading 'IN12 Coast' jacket and pants, supplied by 'Gill' – one of the world's leading marine clothing brands.

Designed for the rigors of offshore yacht racing, the [IN12 Coast jacket and pants](#) are made from waterproof and breathable technical fabric known as 2Dot. These garments provide excellent weather protection and all-round performance. This hi-tech out layer repels both salt and fresh water, features fully taped seams and has a non-absorbent, quick dry inner lining.



Our expedition [rubber boots](#) (see next page or details and to select your size) are lined and cushioned and will be suitable for all on shore activities and zodiac cruising. If you have particularly small or large sized feet, you may be better to bring boots from home that you know will fit.

Please note: If you require a size not listed here (jacket, pants or boots) please let us know and we will attempt to arrange it for you. Please indicate below if you will be bringing your own outer wet weather gear and advise us of your rubber boot size.

NEW IN 2016-17

EXPEDITION BINOCULARS AND WALKING POLES



BINOCULARS (NIKON PROSTAFF OR BUSHNELL 8X42)

Binoculars can be useful for bird watching and spotting wildlife from a distance. Many guests bring their own binoculars or tripod-mounted 'spotting scopes'. In 2016/17 we provide all guests with a set of quality, weather-proof Nikon Prostaff or Bushnell 8x42 binoculars to use for the duration of the voyage. They are a lightweight, easy to hold, all-terrain binoculars that features an advanced optical system designed to deliver sharper images. These binoculars provide the quality brightness and resolution that make them the perfect accessory for observing wildlife, landscape and ice in close proximity.



WALKING POLE – ONE FOR EVERY GUEST (VARIOUS SIZES AND BRANDS)

Walking poles are useful pieces of equipment in the polar regions. They provide additional stability and balance on uneven ground and in the snow. They are particularly useful when enjoying an extended hike onshore to yet another spectacular viewpoint. We have a good supply of these on board the ship – enough for one pole for every guest. Poles are taken ashore on every shore excursion and you are free to take one, adjust it to your preferred height and explore the landing site. If you have never used a walking pole before, give it a try. Our staff will be on hand to show the best techniques for using a walking pole.

ONE OCEAN EXPEDITIONS

COMPLIMENTARY EXPEDITION GEAR PACKAGE



POLAR EXPEDITION GEAR: SIZING REQUIREMENTS

SURNAME: _____ GIVEN NAME: _____ MALE _____ FEMALE _____

JACKET



FEATURES:

- Adjustable roll away hood
- High cut collar providing protection against chafing and keeping wind and water out
- Adjustable cuffs with PU inner seals
- Fleece lined hand warmer pockets
- Adjustable shock cord hem
- Large capacity cargo pockets

CHEST SIZE*

INCHES

CM

X-Small	34-36	87-92
Small	36-38	92-97
Medium	38-40	97-102
Large	41-43	104-109
Extra Large	44-46	112-119
XX-Large	47-49	120-125
XXX-Large	Limited number availability	

* Determined by chest size unstretched

TROUSERS



FEATURES:

- Adjustable over-shoulder braces
- Front zip with internal gusset
- Fully lined for comfort
- Semi elasticized waist for optimal fit
- Reinforced seat and knees
- Adjustable ankle closure

WAIST SIZE*

INCHES

CM

X-Small	28	71
Small	29-30	74-76
Medium	31-33	79-84
Large	34-37	87-94
Extra Large	38-40	97-102
XX-Large	41-43	104-109
XXX-Large	Limited number availability	

* Determined by waist size unstretched

RUBBER BOOTS



FEATURES:

A set of high quality Lacrosse expedition rubber boots is included in your package. These boots provide excellent grip on the rocks and snowy conditions found in the polar regions. They are insulated with a neoprene layer around the foot and ankle. An adjustable strap around the calf ensures a secure fit. These boots literally, 'are made for walking' – and they are comfortable to wear even on longest of hikes on shore. They are 100% waterproof. We have sizes 3 through 14 (including half sizes).
Limited sizes 3, 4 and 13,14 available.

BOOT SIZE (US SIZING)

3	9
4	10
5	11
6	12
7	13
8	14

Other

IF YOU HAVE SMALLER OR LARGER FEET THAN THE SIZES LISTED HERE, YOU MAY NEED TO BRING YOUR OWN BOOTS

I PREFER TO BRING MY OWN WINDPROOF/WATERPROOF OUTER GEAR

ONE OCEAN EXPEDITIONS

FLIGHT & HOTEL INFORMATION



We like to know your flight arrival details and where you will be staying the night prior to voyage embarkation. This helps our planning and logistics on Day 1 and ensures a smooth embarkation of the ship, (or transfer to the airport for the flight to voyage departure location). At the end of your voyage please advise us of your onward flight departure information. If you are staying after the voyage, please advise your hotel details. A transfer is included and will take you to your preferred hotel location, (For Canada voyages transfer is to a central downtown location).

PASSENGER DETAILS

GIVEN NAME:

SURNAME:

VOYAGE DATE:

DD / MM / YY

BEFORE YOUR VOYAGE – FLIGHT & HOTEL

WHAT IS YOUR VOYAGE DEPARTURE POINT?

ANTARCTICA USHUAIA (ARGENTINA) PUNTA ARENAS (CHILE)	ARCTIC LONGYEARBYEN (SPITSBERGEN) EDMONTON OTTAWA	CANADIAN EAST COAST (MARITIMES) LOUISBURG (NOVA SCOTIA)
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ARRIVAL FLIGHT INFORMATION

AIRLINE:

FLIGHT NUMBER:

ARRIVAL DATE:

DD / MM / YY

ARRIVAL TIME:

24HR / HH:MM

PRE-VOYAGE HOTEL:

AFTER YOUR VOYAGE – FLIGHT & HOTEL

AIRLINE:

FLIGHT NUMBER:

DEPARTURE DATE:

DD / MM / YY

DEPARTURE TIME:

24HR / HH:MM

POST-VOYAGE HOTEL (IF APPLICABLE):

USE THE SPACE BELOW TO PROVIDE ANY ADDITIONAL INFORMATION WE SHOULD KNOW REGARDING YOUR TRAVEL PLANS: