

ANTARCTICA

TRAVELLERS GUIDE



CONGRATULATIONS ON BOOKING YOUR TRIP TO

Antarctica

In this Antarctica Travellers guide you will find a complete picture of how to get prepared for what can only be described as, the adventure of a lifetime.

Antarctica is one of the last truly untouched destinations left on the planet. The wildlife, scenery and landscape are often referred to as 'other worldly' as there is, quite literally, nowhere like it! Antarctica is many things, an unforgiving white wilderness, a pristine snow-capped dream, a thriving, bountiful wildlife haven, and spectacularly grand beyond any human measure. Mostly though, Antarctica is a place that captures everyone differently, it's a place that offers the most overwhelming type of experience, one that speaks directly to your soul.

You will see vast penguin rookeries and seal colonies on land, whales and seals patrolling the waters, wandering albatrosses and a myriad of birdlife soaring above – the wildlife is utterly mesmerising. Experiencing the immense imposing icebergs, towering rock faces, glaciers, snow-capped peaks and vast ice shelves that appear seemingly endless is awe-inspiring.

Antarctica is the land of extremes – it is the coldest, driest and most isolated continent in the world – rugged and unforgiving yet stunningly beautiful. Your Antarctic expedition will leave you with memories that will stay with you forever.

Please read carefully through this Antarctic Traveller Guide as it contains important information and many helpful hints that will help you to prepare for your upcoming expedition. It will also give you a better understanding of what to expect whilst travelling to the southernmost continent in the world, Antarctica.

Thank you for choosing to join us aboard the Ocean Endeavour. We feel privileged to share this experience with you and hope you are as excited as we are. We are sure you will make the most of this incredible experience in the White Continent!



Travel Documentation

Being environmentally accountable is a crucial part of our organisation. We are striving towards using less paper, taking several initiatives to do so and tracking our progress along the way.

Our goal – a paperless organisation.

When taking into consideration gas emissions from paper production, transportation, use and disposal, 98 tonnes of other scarce resources are utilised when making paper. Paper and pulp production has been noted as the 4th largest industry contributor of greenhouse gas emission in the world today and around 30 million acres of forest is destroyed each year. As a way of giving back to the earth that makes who we are and what we do possible, we are highly dedicated to playing our part in minimising our impact with our 'paperless' movement.

Our office initiatives include online banking, sending of all items electronically, printing only to order on recycled paper and ensuring our staff are kept accountable for their paper usage. We also use online messaging boards for staff communication and frequently recycle in our office.

Your Travel Documentation

For these reasons all documentation including your Final Travel Documentation will be sent electronically. We encourage our travellers to support our aspirations and actions and ask that you reconsider printing out your documentation. To view your Travel Documentation including this guide simply download them to your iPad, Smart Phone or portable computer before you depart for access during your trip.

At the end of the day you've paid for an incredible holiday experience, not for a piece of paper. So we hope you're on the same page (pardon the pun!).

We're going paperless, will you?

For more information about our Best Practice Guide on sustainability for our organisation and our travelers please go to: Tourism and Sustainability (page 32).

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General Antarctic Info

Once you are confirmed on an Antarctic cruise, you will receive an itinerary and additional information to help you assist with planning for your Antarctic adventure.

It's a requirement that all passengers travelling to Antarctica complete passenger information. This will be forwarded to you approximately six months prior to departure and completed forms need to be returned at least 100 days in advance of your departure.

Final travel documents are sent out approximately 30 days prior to departure. These include arrival and embarkation information transfer, contact information for the ship and local emergency contact information. If you have any queries regarding this, please contact your booking agent.

Alternatively follow this link for more information: www.theoceanendeavour.com/traveller

TRAVEL ADVICE & SAFETY PRECAUTIONS:

AUSTRALIAN CITIZENS

For Australian citizens travelling anywhere in the world, we recommend registering with Smartraveller to be kept up to date with the latest travel advice and safety precautions:

<https://smartraveller.gov.au>

NEW ZEALAND CITIZENS

For New Zealand citizens travelling anywhere in the world, we recommend registering with Safe Travel to be kept up to date with the latest travel advice and safety precautions:

www.safetravel.govt.nz/register-your-travel

UK CITIZENS

For UK citizens travelling anywhere in the world, we recommend checking the FCO website for the latest travel advice and safety precautions and subscribing to updates for any countries relevant to your journey:

www.gov.uk/foreign-travel-advice

EU CITIZENS

For EU citizens travelling anywhere in the world, we recommend checking the 'European Commission' website for the latest travel advice and safety precautions associated with your country of citizenship:

https://ec.europa.eu/consularprotection/content/travel-advice_en

USA CITIZENS

For US citizens travelling anywhere in the world, we recommend registering with the 'STEP' – Smart Traveller Enrolment Program to be kept up to date with the latest travel advice and safety precautions:

<https://step.state.gov/>

CANADIAN CITIZENS

For Canadian citizens travelling anywhere in the world, we recommend signing up to the 'Registration of Canadians Abroad' to be kept up to date with the latest travel advice and safety precautions:

<https://travel.gc.ca/travelling/registration>

CHINESE CITIZENS

For Chinese citizens travelling anywhere in the world, we recommend visiting the 'Ministry of Culture and Tourism' website to be kept up to date with the latest travel advice and safety precautions:

www.mct.gov.cn

Passports & Visas

PASSPORTS

Please ensure that your passport is valid for at least six months after the return date of your holiday, and you have sufficient blank pages for any entry/exit stamps.

We recommend you take a photo or scan first pages of your passport and email these to yourself along with a copy of your air ticket and any other relevant travel and insurance documents. This will help in the event you lose your passport whilst travelling.

VISAS

FOR EMBARKATION IN ARGENTINA – USHUAIA

A pre-arranged visa is not required to enter Argentina for citizens of the following countries: Australia, Canada, the European Union, Ireland, New Zealand, South Africa, the United Kingdom and the United States. For all other nationalities please check with your closest Argentinian embassy or consulate.

FOR EMBARKATION IN CHILE – PUNTA ARENAS

A pre-arranged visa is not required to enter Chile for citizens of the following countries: Australia, Canada, the European Union, Ireland, New Zealand, South Africa, the United Kingdom and the United States. For other nationalities please check with your closest Chilean embassy or consulate.

Please note that Australian citizens

must pay a "reciprocity fee" to enter Chile. This is not a visa since a visa is not required for visitors from Australia. It is a fee based upon the fees that Chilean citizens pay for visas to Australia. The fee is currently US\$117 but is subject to change. Please check the fee with your local Chilean Embassy prior to travel. The fee can be paid on arrival in US\$ cash or by credit card.

INFORMATION FOR JAPANESE NATIONALS

If you are a Japanese national travelling aboard the Ocean Endeavour that is authorised by a treaty country other than Japan, you are required to notify the Ministry of the Environment prior to your trip. No individual permit is required, just notification to the Ministry of the Environment before your Antarctic trip. For more information please visit:

www.iaato.org/info-for-japanese-nationals

IMPORTANT NOTE FOR PASSENGERS TRAVELLING VIA THE UNITED STATES OF AMERICA

International travellers who are seeking to travel to or via the United States under the Visa Waiver Program (VWP), even if you are only transiting, are now subject to enhanced security requirements and will be required to pay an administrative fee. All eligible travellers who wish to travel to or via the U.S. under the Visa Waiver Program must apply for authorisation and then pay the fee.

Visit the following website for more information: <https://esta.cbp.dhs.gov/esta/>

Please Note: If you are travelling within South America before or after your Antarctica expedition, please ensure you check visa requirements for all countries you intend to visit.

Disclaimer: While we will assist in every possible way to provide you with details needed to obtain any necessary visas, we are not a consular service and it is the sole responsibility of the traveller to obtain the necessary visas before departing their home country either through a partner site such as visalink, or through the consulate. Travelling without a visa may result in the cancellation of all or part of your arrangements without refund as per the terms and conditions.

Travel Insurance

Please note: **that travel insurance is mandatory** on all Ocean Endeavour voyages.

This is a condition of carriage, travel documentation can **NOT** be released until you have provided us with your travel insurance details. Travel insurance is one of the most important components of any trip, especially in Antarctica – the most remote and inhospitable place on Earth. It is vital that you have the most suitable insurance with adequate levels of cover.

Any travel insurance policy you purchase should cover you for **accidents, emergency evacuation, sickness, loss of baggage and personal belongings**, as well as **disruption to travel** and **alterations** to your pre-booked travel plans due to local issues.

Because of the remoteness of Antarctica, medical attention and evacuations are extremely expensive, making insurance cover an absolute necessity, especially as you have invested large sums of money to travel there.

We encourage you to take the **highest level of cover**, but require a **minimum of US\$500,000 coverage** for medical repatriation from Antarctica.

When organising travel insurance for Antarctica, ensure you are covered from the moment that you confirm your booking. This could cover you in case of a possible cancellation of any section of your trip. We advise purchasing travel insurance at the same time as booking your trip in case any unforeseen circumstances prevent you from travelling.

Please consider the below when choosing your insurance cover:

WEATHER

Trip delays and unforeseen disruptions are not uncommon in Antarctica – mainly due to weather and sea conditions – so a travel insurance policy that covers bad weather is an absolute must.

ACTIVITIES

There are many activities that can be undertaken in Antarctica and so it pays to have travel insurance that covers you for any additional activities you may take part in, such as camping and kayaking.

This is one of the most important aspects of your travel insurance policy, so you need to make sure you know exactly what you are covered for and ensure that your policy covers you even when you have disembarked your expedition onboard the Ocean Endeavour.

SPECIFIC DESTINATION

Select a policy that will cover all your intended destinations in Antarctica. Some policies, for example, may not cover for travel below the Antarctic Circle. You need travel insurance that will cover these destinations.

EMERGENCY EVACUATION

It is essential that you are covered for evacuation and repatriation back home, which in the unlikely event of requiring this, can be difficult and extremely expensive.

MONETARY LEVEL OF COVER

We advise you take out the highest level of cover, the minimum requirement for all passengers travelling on The Ocean Endeavour is USD500,000 for medical/emergency and repatriation.

TRANSIT

Our expeditions depart from South America, you must ensure that you are covered from the moment you leave home to when you return, so all destinations including transit destinations are covered.

BAGGAGE ALLOWANCES

Airlines often enforce baggage restrictions and so we recommend that you check with your airlines ahead of time to determine what your carry-on and checked bag allowance is. This will ensure that you avoid possible check-in issues or excess baggage fees which can be very expensive. The allowances vary greatly between airlines, so we advise you to check the restrictions for each of your flights.

Domestic flights often have stricter baggage restrictions than international flights, with lower weight restrictions. Check the luggage restrictions carefully on your flights into and out of embarkation and disembarkation cities.

If you are traveling via the United States, we advise that you do not lock your luggage, or alternatively use a Travel Security Administration (TSA) approved security device. Always carry your important documents and basic necessities (including any prescribed medication) in your carry-on luggage, not in your checked luggage.

FUEL SURCHARGES

Please note that your booking may be subject to fuel surcharges should global oil prices increase significantly prior to the time of your departure. We do attempt to factor this price into the expedition cost however, unexpected rises in the cost of marine fuel can result in a fuel surcharge. By booking your expedition with us, you agree that this may be the case with your booking. Please consult our booking terms and conditions for more information.

CHANGES TO SCHEDULE

All clients should be aware that Antarctica expeditions operate in extreme and unpredictable environments. While we endeavour to keep to a rough site specific schedule, there may be reasons outside of our control that will result in changes to the suggested program.

For all our expeditions to Antarctica, South Georgia and Falkland Islands, please be aware that itineraries are an approximate guide and that the actual route will be determined day to day depending on weather and the best experience available.

The sea crossings between the Falklands and South Georgia and South Georgia and the Peninsula are quite long (around two full sea days) and sometimes the timing of these crossings need to be adjusted to align with suitable sailing weather. If the itinerary is changed to account for adverse weather (or other factors) then the client agrees that this is the nature of expedition travel and that no compensation will be offered as a result of the itinerary changes or delays.

DEPOSIT & FINAL PAYMENT

Please refer to your invoice for details of deposit and final payment. All deposits are non-refundable as per our terms and conditions. It is important to remember that failure to pay deposits or to make the final payment by the due date may result in the cancellation of your booking.



Health Information

VACCINATION REQUIREMENTS

No vaccinations are required for expeditions to the Antarctic, but an International Certificate for Yellow Fever is necessary if you are arriving into Argentina from an infected area within five days.

Please Note: If you are travelling within South America prior to or after your expedition, we recommend that you visit your doctor or a traveller's medical centre for current information and to obtain up to date advice on vaccinations.

It is every client's responsibility to have the necessary vaccinations for travel. We will **NOT** be held responsible for travel delays or refused entry into countries due to guests not having the necessary vaccinations.

ON BOARD MEDICAL FACILITIES

The Ocean Endeavour has an infirmary onboard and an English-speaking, emergency trained medical officer onboard all voyages to provide routine and emergency health care. This is located on Deck 5, next to the reception area. Please ensure you bring an additional two-week supply of any life sustaining or essential medication you take regularly. As we operate in an extremely remote part of the world, there is limited opportunity to restock medical supplies.

We cannot accept responsibility for not having a specific brand or type of drug on board. Should you fall ill, the doctor will refer to the medical forms that you completed and returned to us; so please ensure that the information you provide is complete and accurate. Should there be a charge for medications, the medical officer will issue an invoice and a medical report that you can present to your insurance company if applicable. This will be delivered to your cabin in an envelope prior to the end of your voyage.

Your medical form will not be available to be completed until 6 months prior to departure, however, should you have any pre-existing medical concerns, it is important to bring these to our attention as soon as you decide to travel. Please advise us or your booking agent of any changes to your medical information between the time you submit your form and your expedition departure date. It is critical for us to have complete and accurate medical information prior to departure so we are best equipped to assist in the unlikely event of an incident onboard.

SEASICKNESS

Seasickness or motion sickness is common for many passengers, especially when crossing the Drake Passage, which can on occasion be rough and turbulent. There are a variety of over-the-counter and prescription remedies that your doctor, pharmacist or travel clinic can prescribe or suggest.

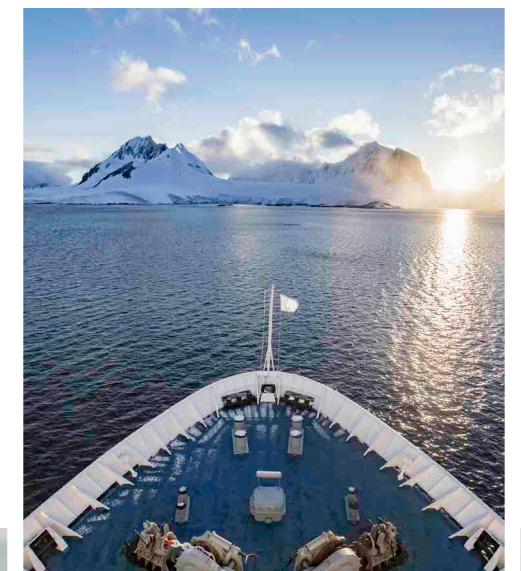
Motion sickness medication is preventative not curative and so we recommend that you bring your own medication and start to take it as we sail out of Ushuaia, before the ship heads into open sea. Seasickness medication is most effective if taken prior to the onset of nausea – so don't wait until you feel sick to start taking it.

Inter-dermal patches (such as Scopolamine patches) and bands tend to be the most effective preventative medication and can be purchased from your local chemist in most countries. Phenergan (promethazine) tablets are one type of oral medication but oral medication is of little use if you are unable to 'keep it down'. Other medications include Sturgeon and Dramamine. If you are prone to motion sickness, it is best to avoid alcohol, tobacco, excess liquids and confined spaces. Another piece of advice is to eat, as the sensation of nausea is worse on an empty stomach. Try to eat a little at every meal. Make sure you stay hydrated and rested and take your medication.

Our expedition doctor onboard will run a 'Sea Sickness Clinic' for those guests who would like extra information and be available to answer any additional questions on the first night of our voyage.

We find that guests who have adjusted their body clocks to the local time after a long international flight, tend to manage motion sickness better than those still dealing with jet-lag. So, if time permits, arriving in South America a few days prior to your voyage is recommended.

For anyone who arrives without any seasickness medication, local pharmacies have Dramamine and seasickness patches available for purchase.



PERSONAL GEAR & PACKING ESSENTIALS

Antarctica is an extreme environment. Although our expeditions depart during the spring and summer months, the weather can change dramatically with no warning. You need to be prepared to travel in this harsh region. UV radiation is extremely strong (stronger than anywhere else on the planet) and measures need to be taken to avoid sun exposure. Generally, temperatures vary from -5°C to 5°C throughout the summer months. Although these temperatures seem surprisingly mild, for Antarctica you should expect wind/wind chill, clouds and precipitation especially when we are conducting a zodiac cruise. All of which can drastically change the 'real feel' of the temperature outside. For your comfort and safety, avoid getting wet (whether from perspiration, precipitation, unsuitable boots or sea spray). Bring wind and waterproof outer layers.

When dressing for excursions, beware of tight clothing that leaves no room for trapped air. Trapped air is an excellent insulator against colder temperatures and wind chill. Choosing breathable insulating fabrics such as merino wool, silk, silk blends and some synthetic fibers such as polar fleece as your base and mid layers will ensure you are comfortable in all conditions.

We often hear our guests say "it's not the cold, it's the wind,". Wind removes the layer of air your body has heated around you to keep itself warm. A mere six kilometres per hour wind can carry away eight times more body heat than still air. The so-called wind chill factor measures the increase in cooling power of moving air, whether it is wind that is blowing or you who are moving rapidly and, in effect, creating a wind against yourself.

When out on an excursion you can potentially be away from the ship for 3 to 4 hours so it's important for your comfort and safety to avoid wetness (whether from perspiration, precipitation, unsuitable boots or sea spray). Wetness drastically increases the loss of body heat. If your skin or clothing gets wet, your body will lose heat much more rapidly. You could potentially exhibit the ill effects of cold exposure at temperatures as high as 10°C if you aren't careful.

For these reasons it's important you bring not only insulating base layers but both wind and waterproof layers also.

TIPS FOR STAYING COMFORTABLE AND WARM IN COLD WEATHER

Avoid overdressing to reduce perspiration.

Wear water repellent outer garments that will keep you dry on the outside and still "breathe" enough so that moisture from your body can escape.

Body heat is most likely to be lost from parts that have a lot of surface area in comparison to total mass, namely the hands and feet. Keep them warm and dry. For hands, mittens are better than gloves for warmth, however, don't allow for much dexterity.

We recommend a double layer approach, a thinner warm inner glove – useful for when taking a photograph, and an outer waterproof glove or mitten for added warmth and to keep your hands dry.

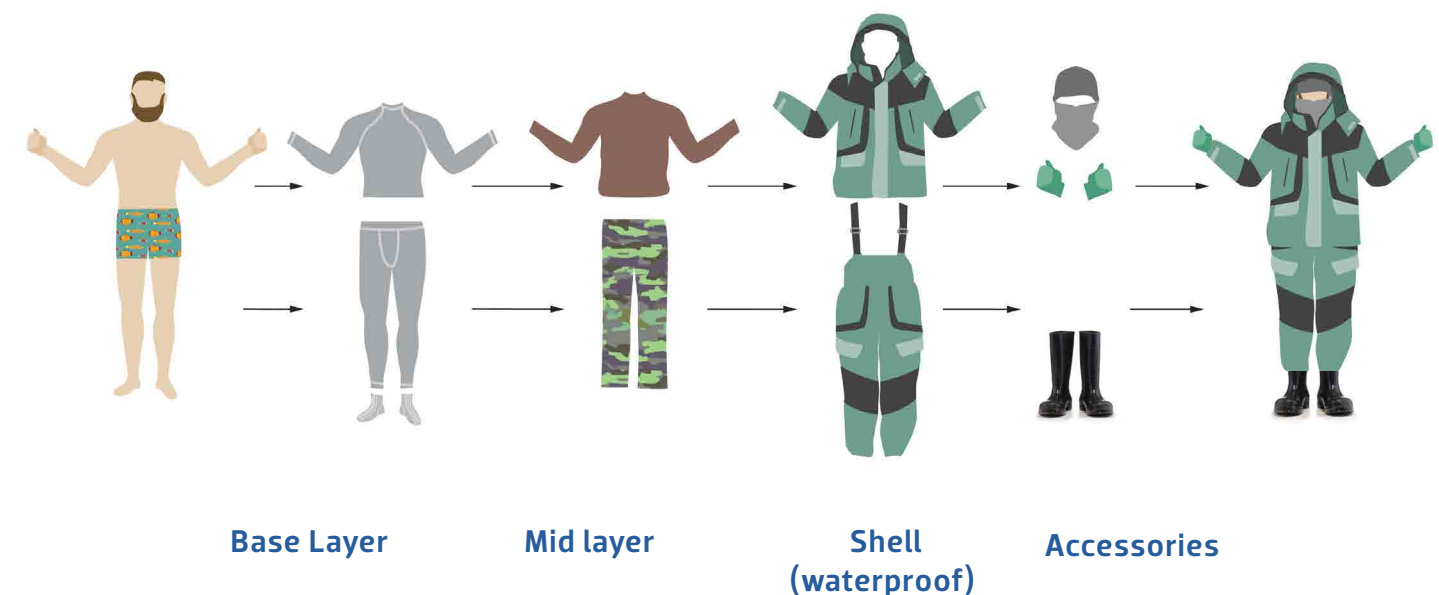
If the rest of your body is covered, as much as 90% of the heat you lose can come from your head, so be sure to wear a beanie, or a cap/hat on warmer days.

Dress in comfortable, loose layers, as the 'layer principal' is the secret to keeping warm. For anyone out in the cold, it is far better to wear layers of relatively light, loose clothing than one thick, heavy item.

Between each layer there is a film of trapped air which, when heated by your body, acts as an excellent insulator. It also gives you the flexibility to remove a layer if you are too warm once onshore.

Remember – you can always take a layer off, but you cannot add a layer you don't have!

HOW TO DRESS PROPERLY FOR COLD WEATHER



Don't forget to pack:

HOW TO PACK:

We recommend that you pack your gear in sturdy soft-sided luggage, as this is much easier to stow in your cabin than a hard-sided suitcase.

When packing, avoid weighing yourself down with too many clothes or too much gear. Select informal, practical multipurpose attire for your trip that can be worn in layers.

HOW TO DRESS:

LAYER 1: REGULAR UNDERWEAR/socks

We recommend having a few pairs of both thinner socks and a few pairs of thicker socks.

The thinner layer against your skin, and a thicker layer for added warmth and comfort when out on excursions.

If you 'run cold' you may like to add an additional layer for longer zodiac cruises. Heavy wool/synthetic socks with moisture wicking features are ideal. The Muck Boots that are supplied on your expedition are extremely well insulated and keep your feet dry and warm.



LAYER 2: LONG THERMAN UNDERWEAR

- Silk, polypropylene or merino wool underwear is highly recommended as it keeps you warm without adding bulk. Most people prefer a lightweight version – but this depends on your personal thermostat.



LAYER 3: MID-LAYER

- **Sweaters:** Wool sweaters or a polar-fleece jacket of medium weight are recommended.
- **Trackpants:** Polarfleece track pants are great for adding extra insulation. On a warmer Antarctic day or a particularly active excursion you may not find it necessary to have an additional layer on your legs. Bear in mind, cotton track pants aren't suitable as they retain moisture and will detract from your warmth rather than contribute. Cotton track pants are great to wear around the ship or to sleep in.



LAYER 4: SOFT SHELL/PUFFY VEST

A softshell or a puffy vest can be a great addition to keep with you when moving around the ship. Look for something weather resistant so if any wildlife opportunities happen, you can quickly head to the ship's outer decks to make the most of them.



LAYER 5: OUTERWEAR

- **Parka:** We provide you with an Outer shell/parka for the duration of your voyage.
- **Warm Trousers:** Ski pants are suitable if you have them; otherwise, bring any sturdy trousers that can be layered between your long underwear and waterproof pants/trousers.
- **Waterproof Pants/Trousers:** Water resistant rain pants/trousers of coated nylon are essential for your comfort. Wear them over your regular clothes to keep you warm and dry. Even better is gear made of Gore-Tex and similar fabrics that are waterproof and 'breathable'. These materials keep out wind and water without trapping excess heat. Although excellent, these fabrics are expensive and can be damaged by prolonged exposure to salt water. Rinse Gore-Tex in freshwater after exposure to salt. Waterproof pants are mandatory and must be worn on all excursions off the vessel.



OTHER USEFUL ITEMS

- A sturdy, lightweight and waterproof Daypack/Drybag to carry your gear on landings or Zodiac excursions.
- Polarised Sunglasses with U.V. filter or Ski Goggles
- Be sure to bring a cord/lanyard with rubber ends for your prescription glasses to safely secure them whilst wearing them throughout the voyage.
- Ski Goggles – These are not essential but some people prefer to use Ski Goggles to block out wind and inclement weather during zodiac cruises.
- Protective sunscreen for lips, hands and face. Reflected glare from water, snow and ice can be intense. We recommend you use a 50+ sunscreen on all exposed skin areas even on cloudy/wet days – hands, face, neck, ears. Exposure to the cold, windy, dry climate of Antarctica quickly leads to chapping also so be sure to pack moisturizing, high spf lipbalm also.
- Swimsuit for (maybe) a polar plunge.
- Camera with spare batteries and memory cards. Bring twice as much memory as you think you will need. HOT TIP: Bring a multi plug with you so you can charge all cameras and technology easily at the same time. Keeping camera batteries warm and carried close to your body heat will help them maintain their charge.
- Prescription medicines and other remedies such as seasickness medication. Be prepared for rough water. Bring along a signed and dated letter from your physician stating any health problems and dosage of medications, to provide information to medical authorities in case of an emergency.
Please bring any essential medicine you are reliant on with you on each excursion, in quantities that will suffice for longer the duration of your trip. It can be very difficult to source replacement medicine overseas.
- Binoculars for spotting whales and seabirds from the deck.
- Zip lock plastic bags or dry sacks as an added protection for carrying cameras, batteries, etc.
- T-shirts or other casual warm weather clothes, for layering and on-board the ship.
- Sturdy shoes with non-slip soles to wear on deck.
- Clothes for Joining Cities. (Don't forget this important aspect of your trip).
- Trekking/Walking Poles – Bringing your own pair of trekking/adjustable walking poles can be helpful to navigate over snow and rocky beaches at landing sites.



SPECIAL EQUIPMENT:

Please note polar grade trousers can be hired locally in Ushuaia or Punta Arenas if you have no need to invest in your own gear. See the joining city information for more details.

Rubber boots (knee-length muckboots) are supplied onboard for the duration of the sailing. These are lined boots providing more insulation than your typical 'wellies'. They have a large tread and are ideal for walking, hiking, wet landings and all off-ship activities.

Please bring your own pair of boots for shore excursions if you are not comfortable with loaning the provided boots.

For those with weaker ankles/pre-existing injuries you may feel more comfortable in a longer hiking style boot whilst onshore. We still recommend using the provided boots to get onshore as it will often be a wet landing, so bring your hiking boots in a dry bag and change once in a safe place, away from any wildlife, on shore.



POLAR LIBRARY

The Ocean Endeavour has a fully stocked reference library where you can review our comprehensive collection of destination and wildlife guides. The selection of guidebooks is for reference and use while on board.





Use this as a base and modify for pre and post trip activities too. Also great to print off and use as a reminder of what was in cases in the event of lost or tampered with baggage.

BASICS

- ☐ Underwear
- ☐ Socks
- ☐ Pyjamas
- ☐ Gym Clothing

TO WEAR ONBOARD

- ☐ T-Shirts
- ☐ Long Sleeve T-Shirts
- ☐ Sweaters
- ☐ Hoodie
- ☐ Nice Shirt/Top for Smart Casual Dinners
- ☐ Swimsuit
- ☐ Jeans
- ☐ Jacket
- ☐ Medium Gloves for on Deck
- ☐ Hat
- ☐ Scarf

TO WEAR ON LANDINGS

- ☐ Thick Hiking or Ski Socks
- ☐ Base Layers/Leggings/Thermals
- ☐ Insulating Layers/Polar Fleece/Puffy Vest
- ☐ Fleece Lined Walking Trousers
- ☐ Hiking Trousers
- ☐ Waterproof Ski Pants
- ☐ Waterproof Light Outer Trousers
- ☐ Silk or Merino Liner Gloves
- ☐ Waterproof Ski Gloves
- ☐ Beanie/Fleece Headband
- ☐ Buff/Neckwarmer

TOILETRIES & MEDICATION

- ☐ Toothbrush, Paste & Floss
- ☐ Nailcare Kit and Shaving Essentials
- ☐ Plasters
- ☐ Pocket Tissues
- ☐ Deodorant
- ☐ Hairbrush & Bands
- ☐ Eye Drops
- ☐ Face and Hand Cream
- ☐ Lip Balm with SPF
- ☐ Suncream – Factor 50+
- ☐ Antiseptic/Antibiotic Cream
- ☐ Seasickness Medication
- ☐ Painkillers
- ☐ Imodium & Rehydration Salts
- ☐ Any prescription medication, in quantities larger than you require

TIP: bring enough for longer than you intend to be away from home so you are prepared in case of emergency.

ACCESSORIES

- ☐ Waterproof Rucksack/Dry Bag
- ☐ Spare Glasses/Contacts
- ☐ Ski Goggles/Polarised Sunglasses/Prescription Glasses & Cord
- ☐ Walking/Trekking Poles
- ☐ Journal and Pens
- ☐ Lanyard for cabin card
- ☐ Travel Pillow
- ☐ Reusable Water Bottle

TECHNOLOGY

- ☐ Laptop or iPad + Charger
- ☐ External Hard Drive
- ☐ GoPro + Charger + Batteries
- ☐ Mini Tripod – Ultrapod/Gorillapod
- ☐ Camera + Waterproof Housing
- ☐ Phone + Charger
- ☐ Binoculars
- ☐ Headphones
- ☐ Travel and/or Voltage Adaptors
- ☐ Multiplug Powerboard

TO DO BEFORE LEAVING

- ☐ Passport photocopy – copy with you, copy at home
- ☐ Put contact info onto memory cards
- ☐ Send all itineraries/emergency contacts also email copies to yourself
- ☐ Download apps– GPS tracking and offline maps (AlpineQuest)
- ☐ Email the list of suitcase contents to yourself

OPTIONAL

- ☐ Ziplock Bags
- ☐ Travelling Snacks
- ☐ Kindle + Charger
- ☐ Tablet + Charger
- ☐ Sleep Eye Mask
- ☐ Waterproof Phone Case
- ☐ Uggs
- ☐ Shampoo/Conditioner
- ☐ Body Moisturizer

OUR BOOK SUGGESTIONS TO PREPARE FOR YOUR ANTARCTIC EXPEDITION:

ALONE ON THE ICE – by David Roberts

A fresh and thoroughly researched account of Douglas Mawson's epic journey of self-rescue across one of the most inhospitable regions known to man. Roberts takes the reader alongside the men of the 1912 Australasian Antarctic Expedition, and the desperation of Mawson's sledge journey can be well imagined step by frigid step.

SOUTH: THE ENDURANCE EXPEDITION

– by Ernest Shackleton

In 1914, the polar explorer Ernest Shackleton announced an ambitious plan to lead the first trek across Antarctica. South is the remarkable tale of the ill-fated expedition, told in Shackleton's own words, breathtakingly illustrated, and with photography from the expedition.

ANTARCTICA: A GUIDE TO THE WILDLIFE

– by Tony Soper

A Guide to the Wildlife is the most practical guide to the flora and fauna available for those 'going south'. Celebrating the amazing and often unique species of this spectacular environment, the book features chapters on the region's famous whales and penguins, and also on lesser known species such as skuas and sheath bills.

THE SOUTH POLE

– by Roald Amundsen

We know very well the stories of the failed Antarctic expeditions: Scott's, Shackleton's. But we do not hear so much about the Norwegian explorer Roald Amundsen, maybe because his was a successful journey. Amundsen beat everyone to the South Pole and did it so thanks to his professional and intellectual approach to exploration. This book is the account, in his direct, understated and simple manner, of one of the greatest tales of this age.

ANTARCTIC PENINSULA: A VISITOR'S GUIDE

– by British Antarctic Survey

Written and illustrated by experts from the British Antarctic Survey (BAS), the essential companion for anyone visiting this special place.

Focusing on the geography and physical phenomena of this remote region, this book contains all the information visitors will need during their trip. It describes and explains the geographical setting, climate and weather, geology, glaciology, and much more, and includes the location of research stations and historic sites.

WHAT'S INCLUDED IN YOUR ANTARCTIC EXPEDITION

All meals are included whilst on board the Ocean Endeavour. As are all main activities such as zodiac cruises and shore excursions. The Ocean Endeavour also offers optional adventure activities for an extra cost. These include camping, kayaking, snowshoeing and photography programmes. Please contact your booking agent for more information on whether these are offered on your voyage and to check prices and availability. These activity programmes typically fill up quickly, and well in advance of the voyage filling up. If you are interested in participating in a program we recommend registering your interest at the time of booking to make sure you don't miss out. Alcoholic beverages, souvenirs, laundry services and any communication charges are not included and need to be purchased separately whilst onboard.

MONEY IN ANTARCTICA

There is no currency in Antarctica, however, the maritime currency of the world is \$USD and as such \$USD is the currency on board the Ocean Endeavour. For ease, we operate with a cashless society, all items purchased from the Polar Boutique, lounge or bar (including drinks) are charged to your ship account and settled at the end of your expedition. Any laundry, postage, communication charges, spa treatments and adventure options booked onboard (space permitting) are also charged to this account.

For bill payment major credit cards, particularly Visa and MasterCard are accepted on board, as is \$USD cash. Bill settlement is done in Reception, Deck 5, on the few days of your voyage.

It's important to consider your route of passage to join your voyage and what currencies you may need to keep as an emergency cash fund. The unit of currency in Argentina is the Argentine Peso, in Chile it is the Chilean Peso. If your Antarctic expedition includes the Falkland Islands, the currency of the islands is the Falkland Islands Pound (FK £), although the UK £ is accepted as well as Visa and Mastercards. If you visit Port Lockroy Post Office on the Antarctic Peninsula, the \$USD is accepted as is the UK £ and Euro € along with Visa and Mastercards.

TIPPING GUIDELINES

Gratuities are at your personal discretion. While crew members are paid a fair and competitive wage, they also spend a large amount of time at sea – away from their families and go above and beyond to make your voyage a once in a lifetime experience. All nationalities and individuals have their own customs, and we believe it is your right to tip what you would be prepared to in your home country. If you are looking for guidance, then a suggested amount would be US\$15–20 per person, per day. Onboard the Ocean Endeavour gratuities are collected at final balance and distributed among the entire crew, including all back of house staff (chefs, housekeeping), sailors, and also the front line expedition team.





Life on Board

During your expedition, the Ocean Endeavour will be your home away from home. Our passionate Expedition Team and crew can't wait to meet you and show you around the ship.

Every day, you will be presented with a new and exciting adventure. An early wake-up call might signal the sighting of nearby whales, while a Zodiac cruise in the afternoon introduces you to the intense blues of passing icebergs. The Ocean Endeavour allows you to explore the remote coastline of Antarctica while enjoying the class and comfort of a four-star hotel. Featuring one expedition team member for every eight travellers, you can take full advantage of one of the best staff-passenger ratios in Antarctica (1:8), with a greater level of personal service and more time with our onboard experts.

Complete with contemporary interiors, lounges for learning and reflection, Zodiacs for remote exploration, breathtaking 360° views from the deck, an emphasis on sustainability and exciting activities, the Ocean Endeavour is perfectly suited for your polar expedition.

DAILY PROGRAM

Each evening the Expedition Leader will advise the daily program for the following day, including meal times, activities, events, landing times and details of any lectures or presentations. Please always remember that due to the nature of Antarctica, there may be changes to the scheduled daily program due to weather, sea and ice conditions or to take advantage of opportunities such as wildlife sightings.

DRESS ON BOARD

Dress on board the Ocean Endeavour tends to be casual and informal, and we recommend that you wear comfortable clothing that is lightweight and easy to care for. Warm clothing is needed when you head out on deck, so we recommend you bring clothes you can easily layer, as you may find yourself having to add layers in a hurry if there's an unexpected wildlife sighting. Please note jeans are appropriate attire for being around the ship however they aren't warm or insulating and are not recommended for use on outer decks and/or during excursions.

OPEN BRIDGE POLICY

The Bridge is located on Deck 8. The Ocean Endeavour has an open bridge policy, which means that you can visit the bridge while the ship is sailing to see the navigational operations and talk to the officers. Please remember that this is a working area and that it may be closed to visitors at certain times. Access is restricted during arrivals and departures from port and during times of complicated navigation.

FOOD & DINING

All main meals, breakfast, lunch, and dinner onboard the Ocean Endeavour will be offered in the Polaris Restaurant, Deck 6, which is a large and comfortable space that can accommodate all passengers in one sitting. The menus feature a diverse selection of gourmet dishes prepared by professional chefs. Breakfasts and lunches tend to be buffet style, while dinner is usually a three course meal. Vegetarian options are available but please advise us of any special dietary requirements at time of booking, an opportunity for you to detail any allergies or sensitivities will also be provided on your Passenger Information Form.

A 24 hour tea and coffee station can be found in the Compass Club, Deck 6. If you are peckish in between meals – fruit is available throughout the day and afternoon tea is served daily if you prefer a sweet treat.

STAYING IN TOUCH WHILST ONBOARD

It is possible to make phone calls, check emails and use the internet while on board.

Please note: We travel to some of the most remote parts of the world. As we utilise satellite equipment for our connection, it is possible that occasional degradation or outages of services may occur. Personal communication services are not always guaranteed throughout your voyage. We encourage passengers to disconnect from digital life and reconnect with the natural world and your fellow passengers and crew.

To access email or the internet, you can purchase a prepaid PIN card from reception. Data PIN cards can be used to access the internet from personal computers, tablets and smartphones. These cards are based on data used, not time connected, so be careful about which services are running in the background on your device(s). Once purchased, your PIN card will grant you access to network spots found throughout the public spaces of the ship. The best connection will be in public areas, but it may be possible to connect in your cabin depending where it is.

A temporary ship-board email account can also be set up. These special Webmail accounts are specifically geared towards satellite communications and will be a more efficient, lower cost alternative to data service. Accounts are set up for a small charge, and include up to 200KB of text only transmission per day. Additional emails can be sent over this amount for an additional charge.

A prepaid PIN Card will also be required for making telephone calls. Voice PIN cards allow calling from your cabin or guest telephones to shore telephones at various rates per minute – depending on location and type of phone you are calling (calling mobile phones tends to be more expensive).

Current prices for these optional services will be posted onboard the ship or can be requested from your booking agent. Please note refunds are not provided for unused voice or data cards.

LAUNDRY SERVICES

Laundry fees are provided on board. Request forms and bags are available in your cabin. Laundry is collected in the morning and please allow 48 hours for your laundry to be returned. Ironing services are also available at a minimal charge. We encourage you to take advantage of the laundry services, as it will mean you can pack fewer articles of clothing. Please bring environmentally friendly detergent if hand washing small items in your cabin.

ELECTRICAL OUTLETS

The electrical supply on board is 220 volts, 50 Hz. Passengers coming from the USA and Canada may need to bring a small 220v/110v converter. Please check your electronics as most modern cameras, computers and devices are already compatible to use 220/110 volts before purchasing a converter.

The electrical outlets found in your cabin and around the ship accept standard European two round pin plugs, so you may need to bring a travel adapter. Electricity supply may not be sufficient to power your electronic devices at all times so please be aware of this.

Please check the voltage of your device before plugging it in, as the device may become damaged if the incoming voltage is higher than that for which it is manufactured.



STORAGE OF WET CLOTHES

Our Mudroom, Deck 4, is heated and is where damp or wet expedition gear is stored. We don't recommend taking your gear to your room as this will be a less effective place to dry and air your items.

SMOKING

To protect the health and safety of all guests onboard the Ocean Endeavour, there is a strict no smoking policy in the interior of the ship including cabins, near Zodiacs and especially NOT on landings or any off ship excursions.

Smoking on the ship is permitted in the designated smoking area only, located on the Aft of Deck 7, should you have trouble locating the smoking area an Expedition Team member will be happy to point it out for you.

Always make sure to extinguish cigarettes properly and dispose of them in the proper receptacle. Do NOT under any circumstance throw cigarette butts overboard.



Life at Sea

Lectures and workshops presented by our Expedition Team are conducted during the voyage and you can spend time on deck looking for seabirds and whales. Once we arrive at the Antarctic Peninsula, get ready for multiple landings, Zodiac cruises and activities.

While onboard the ship, expect great meals from your onboard chefs, inspiring lectures, incredible wildlife viewing and the forging of new friendships. Our highly trained expedition team ensure things run smoothly on the Ocean Endeavour. Here are some tips on how to optimise your time onboard.

SCHEDULE CHANGES

The daily program is posted on the TVs throughout the ship. Sometimes new opportunities present themselves so expect the unexpected and put your trust in the highly skilled Expedition Team to make your journey memorable.

SAFETY ONBOARD AND ASHORE

Safety is the utmost priority for our Expedition Team and crew members. Being aware of how to safely move through the ship, act ashore and handle both wet and dry landings will help ensure you have a stress-free expedition.

Please take time to read the instructions in this important safety section.

SAFETY WHILST ON-DECK

Outer decks can be slippery so please take care. As a rule of thumb, always have one hand free for the ship. Use the handrails and wear proper closed-toe, non-slip footwear. Slip-on sandals, slippers or flip-flops are neither safe nor suitable for wearing on board.

STAIRS & DOORS

High steps in many doorways lead to the outer decks, please watch your step and proceed with caution. Do not place your hands around the edges of doors when passing through doorways or walking in your room. Be aware that if doors are not closed properly, they present a danger and can open or close violently and unexpectedly as the ship moves across the sea.

SAFETY BRIEFINGS & LIFEBOAT DRILL

By international maritime law, it is mandatory to participate in an emergency drill within 24 hours of sailing. Upon embarkation, a safety briefing to outline appropriate behaviour on board will take place, including emergency procedures.

A drill will be conducted to familiarise you with your lifeboat, location of life vests and emergency evacuation route. This compulsory drill will be scheduled as soon as possible by the Chief Officer. Full details will be provided after embarkation.

LIFE VESTS

An orange SOLAS life jacket is provided for every passenger on board. These can be found in the storage bins on the outer decks and are to be used in case of a ship emergency, as well as during emergency lifeboat drills.

CONDUCT ASHORE

- For safety reasons, never walk alone while ashore. Always travel with someone else, or as part of a group.
- If weather conditions deteriorate the Captain will sound the return to ship signal, using the ship's horn. If you hear this, immediately return to the landing area or follow instructions from staff members.
- Never leave litter. Take only photos and leave only footprints.
- Be punctual, as on time boarding and efficient landings mean we'll have more time to explore at future landings.

ZODIACS

- Most sites are only accessible by Zodiac landing crafts. Zodiacs are large, stable, heavy-duty vessels that are extremely safe and designed for expedition work. They are used to transfer you to shore landings and for Zodiac cruises among icebergs and maybe alongside whales. Generally, between 10 and 15 people are carried on each Zodiac.
- Once onboard the Ocean Endeavour a guide will conduct a passenger briefing about the Zodiacs, including information on the best and safest way to board and exit a Zodiac and the difference between wet and dry landings.
- You may only board a Zodiac if you are properly attired, including waterproof trousers and warm headgear.
- Waterproof boots must be worn.
- Always wear a Personal Flotation Device (PFD) over your parka.
- Your personal belongings should be carried in a backpack so that your hands are free to hold on and accept assistance when embarking or disembarking the Zodiac.
- You should pack valuables and electronic equipment such as cameras and binoculars in waterproof bags or dry sacks within your backpack.
- Never attach anything to the grab lines.
- Smoking is not permitted on Zodiacs or on shore.
- While the Zodiac is in motion, you must remain seated with your feet on the deck. Never attempt to stand unless the Zodiac driver has given permission to do so. On arrival at a landing site or alongside the ship gangway, remain seated until instructed to disembark.
- Never jump into the Zodiac, but accept the hands of the sailors or expedition guides and step in quickly and carefully and accept all the assistance offered by the crew.
- Keep your body, arms and hands inside the Zodiac to avoid injuries.
- Please be considerate of others and make way for them to take photographs once you have taken yours.
- Boots and clothing must be cleaned before and after each landing to uphold strict IAATO biosecurity guidelines and to avoid contamination of landing sites.

A TYPICAL DAY *On Board*

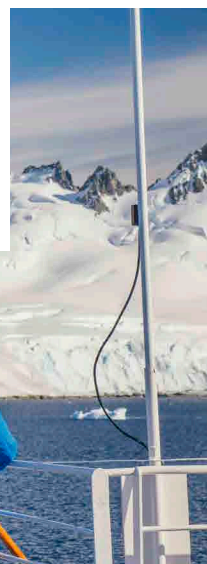
There is really no such thing as a typical day in Antarctica. Landing locations throughout the voyage vary with each excursion. This is variable and depends on weather and ice conditions, the season and sometimes surprise wildlife sightings!

We like to offer you 'Antarctica uncompromised' meaning if we see a way to maximise your experience whilst onboard, we are going to take it! Some days are full sailing days whereas other days will involve one or more different landing opportunities and/or Zodiac cruises.

Here is a very general example of an excursion day on the Antarctic Peninsula.

6.00am – 7.00am:

The day begins with an early morning wake up call, generally between 6.00 and 7.00am and is usually made by the Expedition Leader across the PA System. Typically this announcement includes information like the ship's current location, planned destination and importantly, the weather conditions outside. If you are an early riser you can make your way to the Lounge, for an early cup of tea or coffee and head out onto the deck to take in the new surroundings.



7.00am – 8.00am:

A delicious buffet breakfast is served in the Polaris Restaurant. You'll have some time to enjoy your fellow passengers company before the Expedition Leader informs you of the activities for the day, announcing the locations we are planning to visit, as well as timings for our shore visits. After breakfast you return to your cabin to get ready for the first landing of the day.

8.00am – 11.30am:

When the excursion is ready to commence, head to the Mudroom, located on Deck 4, to add the final outer layers of your clothing, boots, and PFD (Personal Flotation Device) before heading to the Zodiacs. Once each Zodiac is loaded, it sets off towards the designated excursion site.

You may spend the morning cruising amongst icebergs or alongside towering cliffs littered with birdlife. This could include a landing to walk to a viewpoint or explore an area on foot, or maybe the Zodiac will pull up so you can admire and photograph penguins and other wildlife on an iceberg.



11.30am – 2.30pm:

Leave most of your outer layers in the Mudroom in your personal locker before returning to your cabin, feel free to change into something more comfortable before heading to the Polaris Restaurant for lunch, generally buffet style. The ship is likely to set sail again as you have lunch, heading towards the next location.

After lunch there is generally time to relax before the ship reaches its next destination, so be sure to head out onto the outer decks to take in the spectacular scenery and any wildlife opportunities.



2.30pm – 5.30pm:

You return to your room to layer up once more and prepare for the afternoon excursion. At the end of the excursion you are returned to the ship by Zodiac.



5.30pm – 7.00pm:

If there are no more excursions for the day, there may be the option to attend a presentation on an aspect of Antarctica – maybe the history of polar exploration or Antarctic wildlife. Alternatively, you can take the time to read a book, sit out on deck taking in the scenery and looking out for wildlife or maybe sorting through your photos, have a swim in the heated pool, head to the gym, or maybe even head to the day spa for a massage pre dinner. Later you may head to the bar for our cocktail hour, this is always a popular time to reminisce with friends about the highlights of the day.



7.00pm – 8.30pm:

Dinner is served around 7.00pm and is usually a sit-down a la carte meal. As you dine, the captain sets a course for the location of our next excursion. Usually the Expedition Leader gives a brief recap of the day's events and an insight into what you can look forward to experiencing tomorrow. After dinner there may be a movie shown in the Aurora Lounge, Deck 7, or you might prefer to head to the jacuzzi, or possibly you might retire to the Meridian Club, Deck 9, for some quiet time or the bar to have a final night cap before watching the day come to a close.



Adventure Options

A small ship expedition to Antarctica is unlike any other, and a voyage aboard the Ocean Endeavour will take you to places you never thought possible. Where else in the world can you take part in additional activities such as sea-kayaking, camping and snowshoeing, dedicated photography workshops as well as off-ship explorations to witness Antarctica from a different perspective.

Zodiac cruising and onshore hiking is included with every departure and adventure activity groups are led by professional guides with a designated support Zodiac. Each off-ship excursion is accompanied by expedition guides meaning you have the expert knowledge and assurance of the crew.

Approaching a looming glacier in a kayak, strapping on snowshoes to reach the best icy viewpoints, capturing the perfect photo of a breaching humpback whale or camping under a perpetual Antarctic twilight – these are just some of the ways you can enrich your exploration of the great White Continent with our additional activities.

Activities are subject to availability and voyage type so please contact your booking agent and secure your space. Spaces are limited. We recommend booking early to avoid disappointment.



INCLUDED ACTIVITIES

HIKING

Feel the crunch of ice under your feet and the icy whip of the Antarctic air on your cheeks with a hike on the Antarctic Peninsula. This activity is only available in some locations and is heavily weather dependent so make sure if the opportunity does arise you take advantage.



ZODIAC CRUISING

You may not have heard of a Zodiac before, but these small boats open a huge world of opportunity as they tuck you safely into the pockets of some of Antarctica's most beautiful inlets and shorelines. Your expedition crew will help you hop in and out with ease.



YOGA

It doesn't get more serene than complimentary onboard yoga classes to the tune of glacial scenery. Join the most unique exercise setting in the world after a day of exploration. Classes are regular but are dependent on weather conditions and swell.



DAILY LECTURES

Your inspiring expedition team are a talented bunch of historians, biologists, geologists and conservationists. Enjoy daily lectures on fascinating Antarctic subject matter which will leave you just as passionate about this wilderness as they are.



BRIEFINGS & RECAPS

The daily recap will soon become a familiar and enjoyable aspect of your Antarctic adventure. Enjoy a drink from the bar and settle in with your fellow passengers as the expedition team summarise the day's events and provide weather and schedule expectations for the next.



POLAR PLUNGE

This is the ultimate adrenaline rush. Once per expedition, you will have the opportunity to plunge yourself safely into the icy waters of Antarctica. Make sure you have a non-plunging friend with a camera at the ready to capture this uniquely exhilarating event. a camera at the ready to capture this uniquely exhilarating event.



OPTIONAL PAID ACTIVITIES

KAYAKING

Under full instruction from your sea kayaking guide, experience true tranquillity as you paddle through clinking ice floes and realise the enormity of the surrounding scenery. Look out for breaching whales, lounging seals and penguins zipping alongside your kayak. Some experience is required.



CAMPING

Camp out on the ice and experience the silence which blankets the continent by night. This is your chance to completely connect with this ethereal ice world – wrap up warm and embrace the Antarctic elements.



SNOWSHOEING

Get a spring in your step when you slip on a pair of snowshoes in Antarctica. Enabling you to easily scale gentle slopes, this unique activity allows you to access hard to reach places and seek out the most impressive views.



PRIVATE PHOTOGRAPHY WORKSHOP

Learn to capture wildlife and landscape shots in a small group photography programme, including critiquing sessions and editing classes. Our photography program utilises our forward facing Zodiacs with a dedicated photography expert on landings.



FORWARD FACING CRUISING

Achieve the best views and photographs from a forward facing Zodiac. They allow you to sit comfortably and securely while crackling through the ice-strewn waters. Look out for wildlife such as penguins, seals and whales as you cruise.



For more information on each of these activities please ask your booking agent for a copy of our 'Ocean Endeavour – Summary of Activities' document. In this document you will find information on what to expect, eligibility/experience requirements for participation and suggested packing lists for specific activities.

Tourism & Sustainability

Antarctica tourism has existed since 1957 and is subject to the Antarctic Treaty and Environmental Protocol and self-regulated by the International Association of Antarctica Tour Operators (IAATO). Due to the concern of the potential adverse effect on the environment and ecosystems caused by the influx of tourists, there are now strict landing limits and closed or restricted zones on the more frequently visited sites. Antarctica is a pristine natural environment. Please try not to carry plastic bags, bottles or other waste from the port. Also respect on-board environmental practices, such as disposing of toilet paper in the bins provided. Do not throw objects overboard or leave anything on shore.

We operate in full conjunction with IAATO regulations and requirements for travel to Antarctica.

We operate in full conjunction with IAATO regulations and requirements for travel to Antarctica. Please visit www.iaato.org for more information. Because of these stringent guidelines, we have included our 'Guidance for Visitors to the Antarctic' document in your pre departure information package. In this document you will find key points that will help better prepare you for your time spent onboard the Ocean Endeavour, and your Antarctic experience. If you would like a copy of this document prior to your final documentation being released, please ask your booking agent.

RESPONSIBLE TRAVEL

Here at the Ocean Endeavour Company, we believe that with great travel, comes great responsibility. As a travel company, we know it is our responsibility to sustain and protect the environment we use and love. Which is why we have taken a range of sustainability measures to ensure our expeditions have as little impact as possible while providing our travellers with unique and authentic experiences.

'Sustainable cruising' might seem like a contradiction in terms, given the history of the big mega cruise liners. But it's a side of the industry we would like to change and use travel as a force for good. Besides reducing carbon levels in the atmosphere and reversing some effects of climate change by carbon offsetting all our trips, we strive to reduce our footprint by implementing the following:

- No use of plastic straws aboard our vessel and working towards eliminating all single use plastics throughout our entire operation
- Encourage guests to bring a water bottle from home to use at our water refill station onboard
- Only sustainably sourced seafood served
- Our guests can use the Soap/Shampoo dispensers in all bathrooms
- We use Eco-friendly cleaning products onboard
- Carrying all waste with us out of Antarctica
- Using sustainable suppliers wherever possible in our supply chain
- We have become a founding sponsor of the Antarctic Science Foundation that directly support Australian science programs throughout Antarctica
- Working with SeaGreen on recycling initiatives and waste minimisation in the gateway city of Ushuaia

In addition to these aforementioned initiatives, our ultimate goal is to create the smallest footprint possible. And so, at all times we will be looking to create further efficiencies to reduce our footprint year on year throughout our entire operation and supplier chain.



We are a member of **IAATO** (International Association of Antarctic Tour Operators) and comply by the organisation's guidelines in promoting and practicing safe and environmentally responsible travel to the Antarctic. IAATO, in cooperation with ship operators, has established extensive procedures and guidelines that ensure appropriate, safe and environmentally sound travel to the Antarctic.

MAWSON'S HUTS FOUNDATION
Conserving Australia's Antarctic Heritage

We are a proud supporter of the **Mawson's Huts Foundation**. The foundation was established in 1997 with the support of the Australian government expressly to conserve Mawson's Huts at Cape Denison (Commonwealth Bay, East Antarctica), which were built and occupied by the legendary geologist and explorer Sir Douglas Mawson. Since then it has funded and organised 13 major expeditions to the historic site.

Specific Antarctic Information

GENTOO PENGUINS

Gentoo penguins have a distinctive bright orange beak and a white patch around and behind the eye. They are mainly found on the Sub Antarctic Islands and can make as many as 450 dives per day when foraging for krill, their main diet.

CHINSTRAP PENGUINS

Chinstraps are one of the most distinguishable of all penguins. They have a thin black line running across their cheeks making them look like chin straps. They are medium-size in build and usually breed on hillside slopes.

ADÉLIE PENGUINS

Adélies are found around the entire coast and small islands of Antarctica. They are excellent swimmers and have been recorded swimming as far as 300 km to forage for food for their chicks.

CRABEATER SEALS

Crabeater seals are the most abundant of all seal species, with a total population of 15 million. They have slender bodies, long snouts and their fur ranges from dark brown in winter to blonde in the summer.

LEOPARD SEALS

With the exception of orcas, leopard seals are pretty much at the top of the Antarctic food chain. Their name comes from their spotted fur, which resembles that of a leopard skin.

WEDDELL SEALS

Named after British Whaler James Weddell, this seal is in fact found all over Antarctica. Weddell seals can swim as deep as 800 metres and are considered one of the cutest seal species in Antarctica.

SOUTHERN ELEPHANT SEALS

The largest of all seals, the male southern elephant seal can weigh up to five tonnes. They are best found on the Sub Antarctic Islands such as Macquarie Island or South Georgia.

ANTARCTIC FUR SEALS

One of the smallest of all seals, the Antarctic fur seal is the common name given to the Antarctic, Sub Antarctic and New Zealand fur seals. They have teeth, whiskers, thick fur and are able to walk on all fours. They are distant relatives to dogs and sea lions.

GIANT PETRELS

Southern giant petrels breed on the Antarctic continent, Antarctic Peninsula and on Sub Antarctic Islands including South Georgia, Marion and Iles Crozet.

WANDERING ALBATROSS

Wandering albatross have a white head, neck and body, a wedge-shaped tail and a large pink beak. They are best found off the Sub Antarctic Islands which include Macquarie and South Georgia.

BLUE WHALES

Southern hemisphere 'true' blue whales were reduced from around 225,000 pre-exploitation to probably less than 2,000 now and are classified as endangered. They are one of the fussiest eaters in the Antarctic, usually eating only Antarctic krill.

SPERM WHALES

The name 'sperm' comes from the liquid wax called spermaceti located in the whale's head. This substance was once used in lubricants, oil lamps and candles. Sperm whales are the largest toothed whale and can be found anywhere in the open ocean.

MINKE WHALES

Minke whales grow to nearly 9m long and are about 10 tonnes in weight. They are also very inquisitive animals and are often seen approaching ships.

HUMPBACK WHALES

Humpbacks are one of the most active whales, they frequently breach, slapping their tails and fins on the water surface. They also have the longest annual migration of all mammals.

ORCAS

Orca whales are found almost everywhere throughout the earth's oceans. They catch single prey, ranging from fish, squid, penguins, seals, dolphins, porpoises and even whales.

MACARONI PENGUINS

Macaroni penguins are mostly found on the Sub Antarctic Islands. Their longevity is not well known, but estimated at 20 years or more.

KING PENGUINS

King penguins are the second largest penguin, standing 85–95cm tall. They typically breed in 2 years out of 3, they have no nests and their eggs are incubated on the adults' feet.

EMPEROR PENGUINS

At 1.1m tall, the emperor penguin towers above any other living penguin on Earth. They are mainly found on the Antarctic mainland and are also the only species to breed in the winter months.

ROCKHOPPER PENGUINS

Their eyes are red and at 50cm are considerably shorter than other penguin species. They often burst from the water and land with a belly flop.

ROYAL PENGUINS

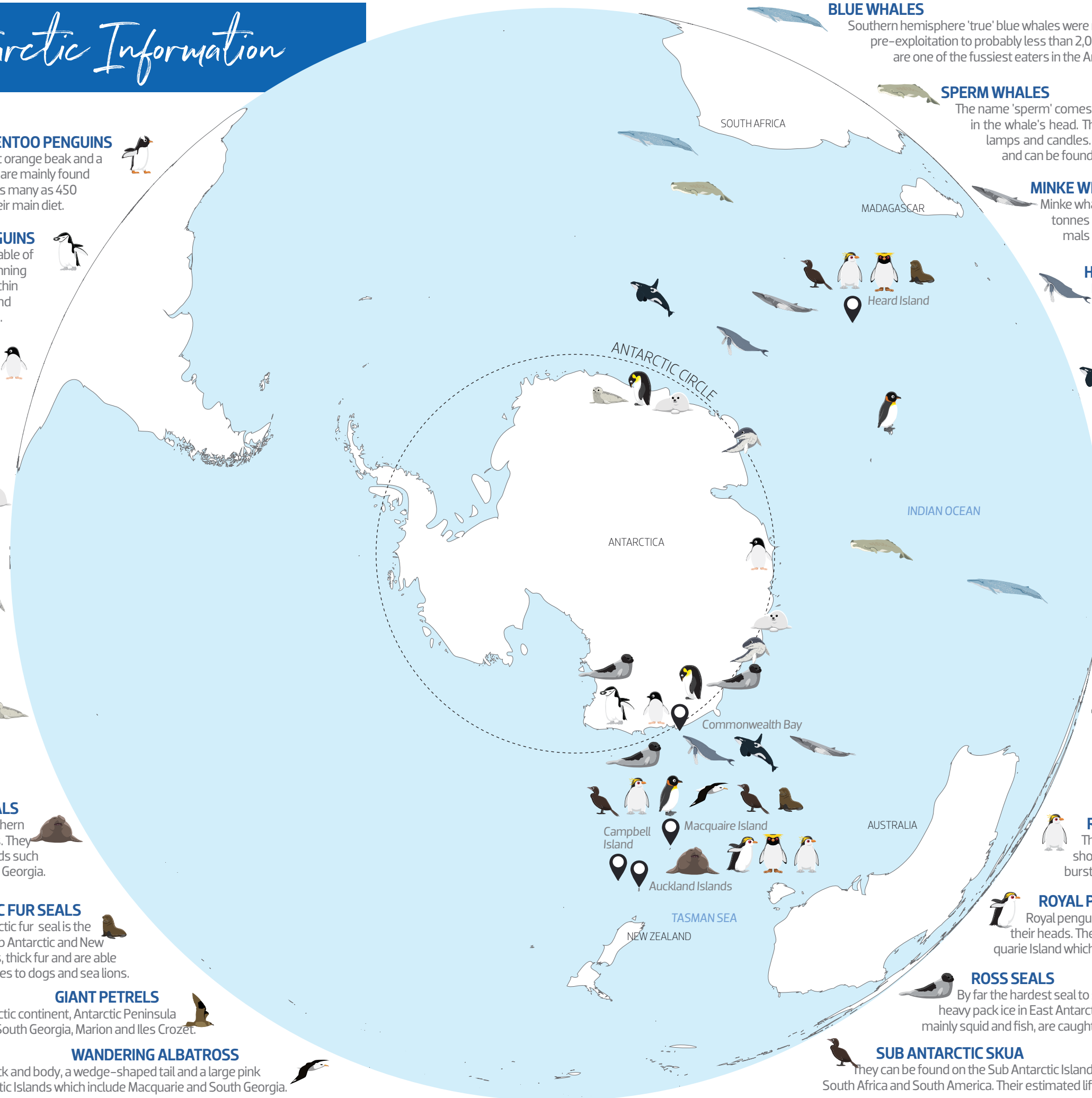
Royal penguins get their name from the yellow crest on their heads. The only place in the world that they breed is Macquarie Island which is also home to its largest colony.

ROSS SEALS

By far the hardest seal to see, the Ross seal lives almost exclusively in heavy pack ice in East Antarctica. They are solitary animals and their prey, mainly squid and fish, are caught in midwater at depths below the pack ice.

SUB ANTARCTIC SKUA

They can be found on the Sub Antarctic Islands off the coasts of Australia, New Zealand, South Africa and South America. Their estimated lifespan is approximately 11 years.





ANTARCTIC PENINSULA AND ANTARCTIC CIRCLE

The Antarctic Peninsula is one of the most beautiful places on Earth. The frozen landscape is formidable with towering rock faces, snow-capped peaks, mountains, glaciers and immense, imposing icebergs, many beautifully sculpted. It also holds an intriguing array of fascinating Antarctic wildlife – from penguins and seals to whales and seabirds.

The Antarctic Circle is the most southerly point reached by Antarctic voyages, and an expedition here allows you to follow in the wake of Captain James Cook, one of the first explorers to cross the Antarctic Polar Circle, as you set sail bound for a latitude of 66° 33' south.

Climate & Weather

The Antarctic Peninsula is the most northerly part of Antarctica and has the mildest climates within the continent. The warmest month is January and the coldest June. On the west coast the temperatures exceed 0°C for three to four months during the summer (December to March) and rarely fall below -10°C during the winter. The east coast of the Antarctic Peninsula is much colder with mean temperatures exceeding 0°C for a month at most and winter temperatures ranging from -5°C to -25°C.

The interior of Antarctica has an average annual precipitation of only 50 millimetres, whereas along the coast, precipitation rates are much higher, averaging 200 millimetres a year. The continent's interior is extremely cold with little snowfall. Coastal areas experience milder temperatures with summer temperatures generally reaching a maximum of between 5°C and 15°C, with long periods of constant sunlight. In winter, mean temperatures are usually between -10°C and -30°C near the coast, falling to below -60°C on the high interior plateau, with long periods of constant darkness.

As with the entire Antarctic continent, the Antarctic Circle is only accessible during the southern hemisphere's summer, generally between December and March when the sea ice melts enough to enable access to this southerly point.

Wildlife

Penguins: Penguins are the most common birds in the Antarctic, often found living in huge colonies. There are five species of penguin that live on the Antarctic continent – Adélie, Emperor, Gentoo, Chinstrap and Macaroni penguins, with only Emperor and Adélie penguins making the Antarctic continent their true home, breeding on the shores of the continent and nearby islands. Others such as Chinstrap, Gentoo and Macaroni penguins breed on the northern tip of the Antarctic Peninsula. Chinstrap penguins breed on islands around Antarctica whilst Gentoo penguins are found on islands ranging from the Antarctic to the sub-Antarctic.

Other Birds: The range of birds found in the Antarctic and flying over Antarctic waters is extensive and every spring, over 100 million birds breed around the Antarctic coastline and offshore islands. These include albatrosses, petrels, skuas, gulls and terns. There are many species of albatross to be found soaring above the Antarctic waters including the Grey-headed, Black-browed, Light-mantled Sooty and of course the Wandering albatross, the largest of the seabirds with a wing span that can extend over three metres. The Snow petrels are one of the most beautiful of the Antarctic birds.

Whales: Orcas or killer whales are toothed whales that are common in Antarctic waters. Minke whales are the most adapted of the Antarctic baleen whales to ice. Blue and Minke whales venture further into the sea ice than other whales such as Humpback and Sei and have been spotted as far south as 78°S in the Ross Sea.

Seals: The other group of marine mammals found in the Antarctic are the sea lions and seals that leave the water to breed, rest and moult. Six different species of seal live in Antarctic waters – Ross, Weddell, Crabeater, Leopard, Fur and Elephant seals. The first four are ice specialists that breed on the sea ice in spring. Ross and Leopard seals tend to be solitary whereas Crabeater and Weddell seals breed in colonies. Elephant seals and Antarctic fur seals are found north of the pack ice, breeding on beaches in dense colonies. Weddell seals live further south than any other mammal and were named after the British Antarctic explorer, James Weddell.



Geography

The northernmost part of mainland Antarctica is known as the Antarctic Peninsula, extending 1,300 kilometres between Cape Adams (Weddell Sea) and a mainland point south of the Eklund Islands. Beneath the ice sheet, the peninsula consists of a string of mountainous bedrock islands. Separated by deep channels that plunge considerably below current sea level, these islands are joined together by a grounded sheet ice.

The Antarctic Circle is the most southerly of the Earth's major circles of latitude at approximately 66° 33' south. The position of the Antarctic Circle is not fixed as it fluctuates with the tilt of the Earth's axis. The Antarctic Circle is over 17,500 kilometres in length with the area south of the Polar Circle covering 20,000,000 square kilometres and accounting for around four percent of the Earth's surface. The Antarctic continent covers most of the area within the Antarctic Circle, the Antarctic region extending from the South Pole to the Antarctic Circle. The zone immediately to the north is known as the Southern Temperate Zone.

South of the Antarctic Circle, the sun remains continuously above the horizon for 24 hours at least once per year and below the horizon for 24 continuous hours at least once per year. This means that for at least one day a year the sun is visible at midnight and for at least one day a year it is not visible at noon. Therefore, the Antarctic is known as the "Land of the Midnight Sun".

History

- 40 million years ago Antarctica made its final detachment from the Australian continent to settle into its polar position.
- In the 15th and 16th centuries, the rounding of the Cape of Good Hope and Cape Horn proved that "Terra Australis Incognita" (Unknown Southern Land), was a distinct continent if it existed.
- Captain James Cook and his crew were the first to cross the Antarctic Circle and circumnavigate the Antarctic continent in 1773.
- Cook crossed the Antarctic Circle for the third time in 1774 reaching 71° 10' south on January 30, the furthest south attained in the 18th century.
- The first confirmed sighting of the Antarctic Peninsula is thought to have been by Fabian Gottlieb von Bellingshausen on 27 January 1820 during an expedition of the Russian Imperial Navy.

- On 30 January 1820, Edward Bransfield and William Smith were the first to officially chart part of the Antarctic Peninsula. The extreme northeast portion they found was later named Trinity Peninsula.
- John Biscoe is credited with the next confirmed sighting; this northern part of the Antarctic Peninsula was named Graham Land.
- Fabian Gottlieb von Bellingshausen's Russian expedition discovered Peter I Island and Alexander I Island – the first islands to be discovered south of the Antarctic Circle.
- The first undisputed landing on Antarctica was in 1895 at Cape Adair.
- The Belgian Antarctic Expedition led by Gerlache was the first expedition to overwinter within the Antarctic Circle in 1898.
- Sir Douglas Mawson led the first party to reach the South Magnetic Pole during Sir Ernest Shackleton's 1907 to 1909 Nimrod Expedition.
- Norwegian Roald Amundsen was the first to reach the South Pole on 14 December 1911, following a dramatic race with Englishman Robert Falcon Scott.
- Between 1929 and 1931 Sir Douglas Mawson led an expedition to explore and map the coastline of what became the Australian Antarctic Territory in 1936.
- The first successful overland crossing of Antarctica via the South Pole took place in 1958 led by Vivian Fuchs with Edmund Hillary leading the back-up party.
- 1959 saw the signing of the Antarctic Treaty by 12 countries.





WEDDELL SEA

The ice-choked Weddell Sea is a rarely visited, but beautiful area of Antarctica. It was made famous by the epic saga of Siwr Ernest Shackleton and his men aboard the *Endurance* on their Imperial Trans-Antarctic Expedition of 1914 to 1917, one of the most incredible adventure stories of all time. The Weddell Sea is home to many seals and marine birds, with penguin rookeries and immense tabular icebergs.

Climate & Weather

The waters of the Weddell Sea are heavily iced. Temperatures at the Antarctic Bottom Water range from -0.7°C to -1.8°C . Surface temperatures are generally below freezing.

Wildlife

The Weddell Sea lies well within the Antarctic climatic zone, so its fauna is typical of other Antarctic regions. It supports a rich marine ecosystem, vast quantities of krill providing food for diverse populations of marine mammals and fish. Whales and seals are abundant and include the Weddell Seal, Orcas, Humpback whales, Leopard and Crabeater seals.

The Adelie penguin is the dominant penguin species in the region, having adapted to the harsh conditions. The volcanic Paulet Island is home to a colony of more than 100,000 pairs.

A colony of Emperor penguins was discovered south of Snow Hill Island in the Weddell Sea, but helicopters are generally needed to reach this colony as the sea is often blocked by heavy pack ice.



Geography

The Weddell Sea is known for its massive tabular icebergs. It contains the Weddell Gyre and is part of the Southern Ocean. It has an area of around 2.8 million square kilometres and measures 2,000 kilometres at its widest point. It is bounded on the west by the Antarctic Peninsula of West Antarctica, on the east by Coats Land of East Antarctica, and on the extreme south it is fringed by the Filchner and Ronne ice shelves. These two ice shelves are often referred to as the Filchner-Ronne Ice Shelf. With a total combined area of around 422,000 square kilometres, this is one of the two largest ice shelves on Earth.

The easternmost point of the Weddell Sea is Cape Norvegia at Princess Martha Coast, Queen Maud Land. The King Haakon VII Sea lies beyond to the east and covers much of the southern part of the sea up to Elephant Island. The sea lies within the two overlapping Antarctic territorial claims of Argentina and Britain, and partially within Chile's territorial claim.

History

- 1820 saw British and Russian ships attempt to reach the Weddell Sea but both were stopped by ice.
- The Weddell Sea is named in honour of the Scottish sailor James Weddell who entered in 1823, reaching as far south as $74^{\circ}15'S$.
- Weddell himself originally named the area after King George IV, but it was renamed in 1900.
- American sealing captain Benjamin Morrell also sailed the Weddell Sea in 1823 and claimed to have seen land some 10–12 degrees east of its actual boundary, calling it New South Greenland. This was later disproved in the early 20th century.
- Otto Nordenskiöld, who was the leader of the 1901 to 1904 Swedish Antarctic Expedition, spent a winter at Snow Hill, with a team of four men. The relief ship was crushed by ice, but the crew managed to reach Paulet Island where they stayed in a primitive hut. They were finally rescued by the Argentine Navy at Hope Bay. All but one survived.
- The Antarctic Sound is named after Otto Nordenskiöld's expedition ship.
- William Bruce's Scottish National Antarctic Expedition of 1902 to 1904 aboard the *Scotia* undertook the first oceanographic exploration of the Weddell Sea.
- The Luitpold Coast of Coats Land was charted by the *Deutschland* on the 1910 to 1912 German South Polar Expedition, under William Filchner.
- Ernest Shackleton's ship, the *Endurance*, became trapped and crushed by ice in the Weddell Sea off Coats Land in 1915, during the British Imperial Trans-Antarctic Expedition. The crew escaped and were later rescued on Elephant Island.



SOUTH GEORGIA

South Georgia is a remote yet magical island, exquisite in its beauty and virtually unspoilt by man. It is adorned with emerald green bays, blue glacier ice and formidable snow-covered peaks. Here you will be exposed to the world's greatest wildlife areas – the "Galapagos of the South". Home to millions of breeding birds, thousands of seals, the introduced Norwegian reindeer and the largest colony of King penguins on this planet – the island teems with life.

If the spectacular wildlife is not enough of a drawcard, South Georgia is a part of the Antarctic that is steeped in history. The island was an intrinsic part of Sir Ernest Shackleton's 1914 to 1917 Trans-Antarctica Expedition in the *Endurance*, one of the most incredible adventure stories and most heroic survival stories of all times. It was once the centre of the whaling industry and an Antarctica cruise to this part of the Southern Ocean will give you the opportunity to see the relics and remains of abandoned whaling stations and to visit the grave of the intrepid explorer, Shackleton.

With the greatest concentration of wildlife on the planet, a captivating history and ruggedly beautiful terrain, the sub-Antarctic island of South Georgia is one of the jewels in the Southern Ocean's crown.

Climate & Weather

The weather in South Georgia can vary as the island experiences a cold Oceanic polar climate. Sun can quickly be followed by violent storms with rain and snow possible at any time of the year. The average maximum summer temperature at sea level is around 7.5°C dropping to 0°C in winter but average temperatures vary widely depending on the exact location in the region. Winter minimum temperatures are typically between -5°C and -10°C. South Georgia receives an annual precipitation of 1,500 millimetres mainly falling as snow or sleet, possible during any month.

Westerly winds blow intermittently throughout the year, giving the sheltered eastern side of the island a more pleasant climate. The highest recorded temperature was 28.8°C, at Grytviken on the eastern side, whereas Bird Island on the western side has only recorded a maximum of 14.5°C. The eastern side is subjected to colder winter temperatures, with Grytviken recording -19.4°C. The seas surrounding South Georgia are cold year-round due to the proximity of the Antarctic Current.

Although the waters usually remain free of pack ice in winter, thin ice may form in sheltered bays and icebergs are common. Sea temperatures rise to around 4°C in early April, dropping to 0°C in late August.

Early in the season, elephant and fur seals establish their breeding territories and the spring wildflowers are blooming. From late October to November elephant seals are actively courting. South Georgia's king penguins lay their eggs in November and king penguin chicks from the previous season can be seen in the rookeries. Seal pups are present on the beaches in December and January and from mid-December to January the first penguin chicks emerge and fur seals breed. By February the young fur seals are quite playful and penguin colonies are active.

The main season runs from mid-October to end-February, when the average temperature at sea level is around 7.5°C.

Wildlife

South Georgia has the greatest concentration of wildlife on the planet. It lies in a vast marine ecosystem, with penguins, seals and other wildlife fishing across areas that cover thousands of kilometres before returning to the region. More than 30 million birds nest and rear their chicks in South Georgia.

Penguins: There are four breeding species of penguin on South Georgia – the Macaroni, King, Gentoo and Chinstrap penguins. The island is home to around half the world's population of Macaroni penguins. King penguins number in the hundreds of thousands.





Other Birds: Over 80 species of birds have been recorded in South Georgia, with over 30 species breeding on the island, the majority being seabirds. The South Georgia pipit is the only endemic bird on the island. Among the breeding birds are Wandering, Grey-headed, Black-browed and Light-mantled sooty albatrosses; Antarctic and Fairy prions; Blue, Cape, Northern giant, White-chinned, Snow and Wilson storm petrels; South Georgia shags, Yellow-billed sheathbills and Speckled teals. South Georgia is one of the very few places where you can see the nesting sites of the Wandering albatross, a bird that boasts the largest wingspan of any bird in the world.

Whales & Dolphins: Amongst the whales found in the region are Blue, Southern right, Sei, Fin, Humpback, Killer and Southern bottlenose. Hourglass dolphins frequent South Georgia's waters.

Seals: Antarctic fur, Elephant, Leopard and Weddell seals are found in South Georgia, with most of the world's population of Antarctic fur seals being found here. The Southern elephant seal and Antarctic fur seal breed in significant numbers on the island's beaches and Leopard seals can be seen all year round.

Geography

South Georgia is a collection of islands in the South Atlantic Ocean, situated nearly 1,400 kilometres southeast of the Falkland Islands. The group is made up of the main South Georgia Island and surrounding islands including Bird Island, Welcome Islands and Cooper Island.

The main island of South Georgia is approximately 170 kilometres long and between two and 40 kilometres wide, occupying an area of 3,755 square kilometres, more than half of which is permanently covered with ice. The island is mountainous with 11 peaks rising above 2,000 metres. The highest point on the island is Mt. Paget that rises to a height of 2,934 metres. The largest glacier is Fortuna Glacier.

South Georgia's terrain is rugged and mountainous, rising steeply from the sea. The island is largely barren with glacier-covered mountains and fjords and bays along the coast.

History

- The island of South Georgia was first sighted by London merchant Antoine de la Roche in 1675.
- Captain James Cook circumnavigated the island and made the first landing in 1775, claiming South Georgia for the UK and naming it "Isle of Georgia" after King George III.
- Norwegian, Carl Anton Larsen, established the first land-based whaling station and first permanent habitation at Grytviken in 1904.
- The United Kingdom claimed sovereignty over the South Sandwich Islands in 1908.
- South Georgia was a base for whaling and sealing industries throughout the 20th century.
- In April 1916, Ernest Shackleton's Imperial Trans-Antarctic Expedition became stranded on Elephant Island, 1,300 kilometres southwest of South Georgia.
- On 10 May 1916, Shackleton and five of his men landed at King Haakon Bay in South Georgia, Shackleton, Crean and Worsely then trekked across the island to reach help at Stromness whaling station.
- Whaling and sealing operations ceased in the 1960's and the whaling stations were abandoned.
- The Argentine claim over South Georgia contributed to the 1982 Falklands War, during which Argentine forces briefly occupied the island.
- The territory of "South Georgia and the South Sandwich Islands" was formed in 1985.





THE FALKLAND ISLANDS

Head east for nearly 500 kilometres from South America's southern Patagonian coast and you will reach the remote, isolated and ruggedly beautiful archipelago of the Falkland Islands, with their rough windswept terrain, coastal wetlands, beautiful white sand beaches and dramatic rock faces set against stunning skies. Comprising more than 750 islands in the South Atlantic Ocean, the Falkland Islands are a haven for wildlife – home to large colonies of elephant seals and fur seals, vast populations of black-browed albatrosses and other abundant birdlife including five species of breeding penguin.

Surrounded by decades of controversy, the Falkland Islands (or Islas Malvinas as they are known in Argentina) have been settled and claimed by France, Spain, Britain and Argentina. Travelling to this region will give you an insight into the area's fascinating history and reveal some of the haunting relics and memorials of war. The colourful seaside town and capital, Port Stanley, boasts many reminders of its British heritage including a selection of traditional English-style pubs, old red phone boxes and numerous Land Rovers – in fact some say that the people here are even more British than the British.

This is a unique part of the world, one of the rare places on Earth where nature and man live in harmony.

Climate & Weather

The Falkland Islands experience a cool temperate Oceanic climate, regulated by the surrounding oceans and the winds. Temperatures fluctuate within a narrow range, from a minimum of -5°C (July) to a maximum of 24°C (January). Average monthly temperatures range from around 9°C in summer (January & February) to around 2°C in winter (June & July). The mean annual temperature is around 5.6°C .

Rainfall is comparatively low and constant throughout the year with the western side of the archipelago, shielded by the Andes, being drier than the eastern side. Port Stanley receives over 600 millimetres of rain annually whereas Westpoint receives just over 400 millimetres. Conditions are often windy due to the location of the Falklands in the latitudes of the south-westerly "Roaring Forties" winds. The islands are hit by westerly winds with gales frequent during the winter months.

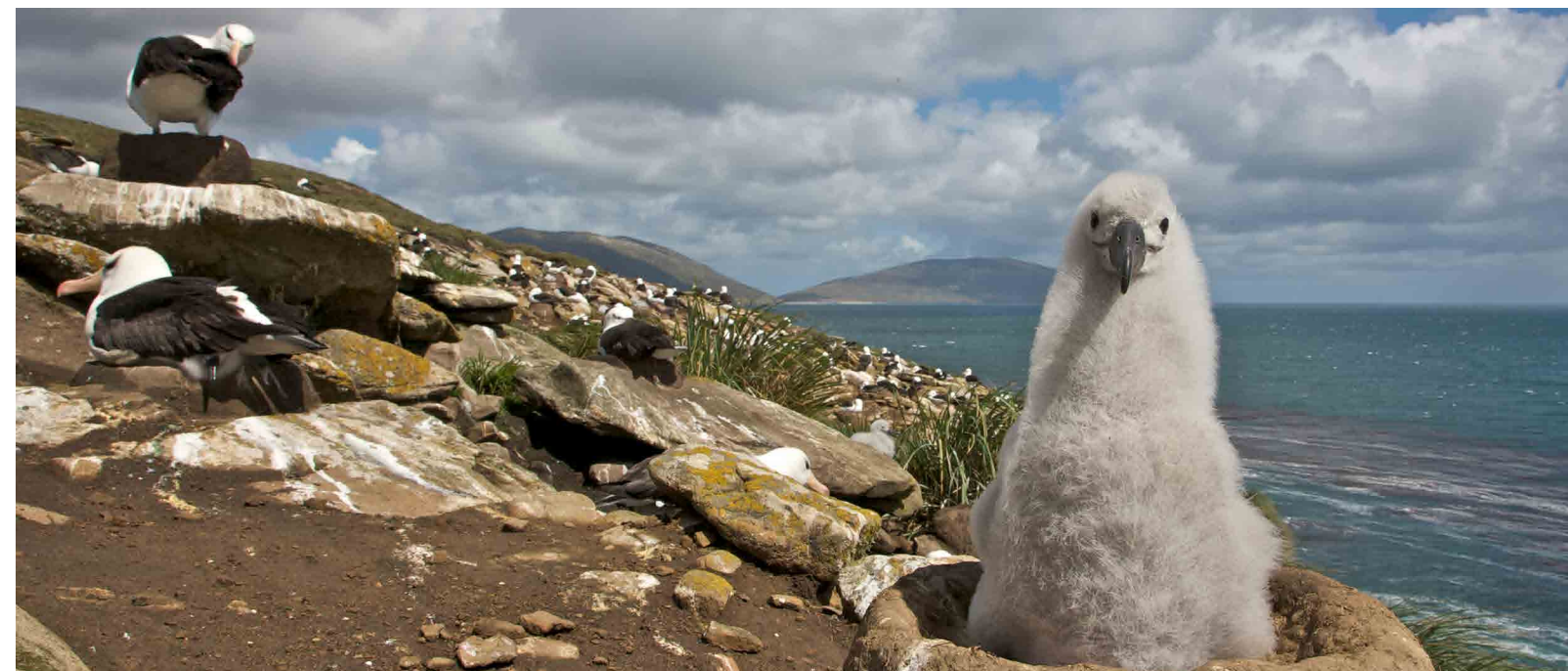
The best time to take a Falkland Islands Antarctica expedition is during the Austral summer, between October and April. November to February are the optimum months within this timeframe, as this is the warmest time of the year and when wildlife activity is at its peak. Although temperatures range between 5°C and 10°C , conditions are often windy.

Later in the season in March and April, the Magellanic penguins congregate on the beaches, preparing for their long journeys overseas. October and November are the best months to see Elephant seal pups. For a taste of local culture, important events on the calendar include the May Ball and Liberation Day (14 June).

Wildlife

The Falkland Islands offer a fascinating and abundant range of wildlife. The South Atlantic waters are rich in marine life, supporting a variety of species that breed on the Falkland Islands archipelago including over 30 species of breeding birds that depend on the ocean for food.

Birds: Over 220 species of bird have been recorded on the Islands, with more than 60 species being known to breed here. The Falkland Islands are home to 80 percent of the world's breeding population of Black-browed albatross. Several rare and threatened species of petrel nest on offshore islands. Upland geese and Ruddy-headed or Brent geese are found around freshwater ponds, along with Silver teals, Chiloe or Southern widgeons and White-tufted grebes. Other birds found on the Falklands include the Striated caracara, the endemic Cobb's wren and the Falklands flightless steamer duck. Five species of penguin breed on the Falkland Islands – Rockhopper, Magellanic, Gentoo, King and Macaroni. The Islands are the most important sites in the world for the endangered Rockhopper penguin.





Marine mammals: Fourteen species of marine mammals have been recorded in Falkland waters. The Elephant seal, Sea lion and Fur seal all breed on the Islands, the largest Elephant seal breeding site being found on Sea Lion Island with over 2,000 individuals. On rare occasions Leopard seals and Ross seals are seen on the shorelines but porpoises and dolphins such as Peale's and Commerson's dolphins are often spotted. Orcas, Sei and Sperm whales are the most abundant whales to be sighted in the Falklands.

Land Mammals: There are no native land mammals found on the Falkland Islands, but introduced species include reindeer, hares, rabbits, Patagonian foxes, brown rats and cats.

Geography

The Falkland Islands are situated in the South Atlantic Ocean, 483 kilometres from the South American mainland and 1,365 kilometres north of the Antarctic Circle, midway between Argentina and South Africa. They are an archipelago consisting of two main islands (East and West Falkland) and over 750 smaller islands. The islands cover an area of approximately 12,000 square kilometres, with East and West Falkland accounting for over 90 percent of the land area.

East and West Falkland are separated by the Falkland Sound. This channel has an average width of 20 kilometres. The main islands are generally hilly, with low-lying undulating terrain in the south of East Falkland. The highest point is Mount Usborne on East Island at 705 metres. West Falkland's highest point is Mount Adam at 700 metres. The distance from Stanley, on the extreme east, to New Island, on the extreme west, is 238 kilometres.

History

- Exploration and colonisation of the Falkland Islands began in the 18th century.
- France established a colony on the islands in 1764 at Port St. Louis on East Falkland.
- The islands were claimed for Britain by the British captain, John Byron in 1765 with a permanent settlement being established at Port Egmont the following year.
- In 1770 the Spanish forced the British to leave Port Egmont, sparking the Falkland Crisis, but the colony was soon re-established, becoming an important port-of-call for British ships sailing around Cape Horn.

- British forces withdrew in 1776 leaving Spain to rule the Falkland Islands from Buenos Aires until 1811.
- 1833 saw the British returning to the Falklands and Charles Darwin visiting the Islands.
- Charles Darwin revisited the Falklands in 1834 with the settlements of Darwin and Fitzroy taking their names from this visit.
- The construction of Port Stanley began in 1843, following a survey of the area by James Ross of the Antarctic Expedition.
- Government House opened in 1847 becoming the Governor's Residence in 1859.
- Christ Church Cathedral was completed in 1903, receiving its famous whalebone arch in 1933 to commemorate the centenary of continuous British administration.
- President Juan Peron of Argentina attempted to buy the Falkland Islands in 1953.
- Argentina invaded the Falkland Islands on 02 April 1982 and took control briefly before being forced to surrender on 14 June 1982.



JOINING CITIES

USHUAIA, ARGENTINA

Ushuaia is the southernmost city in the world with a dramatic setting looking out to the Beagle Channel, shrouded by mountains. It is a major port for Antarctic bound vessels and an interesting city to explore. Located at 54°49'S, 68°17'W, the port of Ushuaia has been chosen by many expedition cruise operators as their gateway to Antarctica.

The Museo Marítimo y del Presidio de Ushuaia (Maritime & Prison of Ushuaia Museum) is well worth a visit. Located in the former prison of Ushuaia, the prison buildings now house four museums – the Maritime Museum, the Prison Museum, the Antarctic Museum and the Marine Museum of Art. The buildings date back to 1906 when convicts were transferred from Isla de los Estados to Ushuaia to build this national prison. Construction was completed in 1920 and the cells which were designed for 380 inmates, held up to 800 prisoners before closing in 1947.

Tierra del Fuego National Park, a short bus ride from Ushuaia, was the first shoreline National Park to be established in Argentina. It is a rugged, mountainous park with great views of Lapataia Bay and dramatic scenery with waterfalls, mountains, glaciers and lakes including parts of Fagnano and Roca Lakes. There are many hiking trails within the park including the Coastal Path (Senda Costera) that connects Ensenada Bay to Lapataia Bay on Lago Roca. The park is home to many species of animal including the guanaco, Andean fox, North American beaver, European rabbit and muskrat. There are also many species of birds including the torrent duck, kelp goose, austral parakeet, Andean condor and the magellanic oystercatcher.

The Fin del Mundo Train (End of the World Train) is a steam train that runs from Ushuaia to Tierra del Fuego National Park, providing an alternative way to get to the park.

The Beagle Channel's inlets and islets also host colonies of marine birds and mammals that can be visited on boat trips from Ushuaia.

Climate

Ushuaia has a subpolar oceanic climate with short, cool summers and long, wet, moderately mild winters. Temperatures rarely exceed 14°C in the summer and average 0°C in the winter months. Snowfall can occur even in summer.

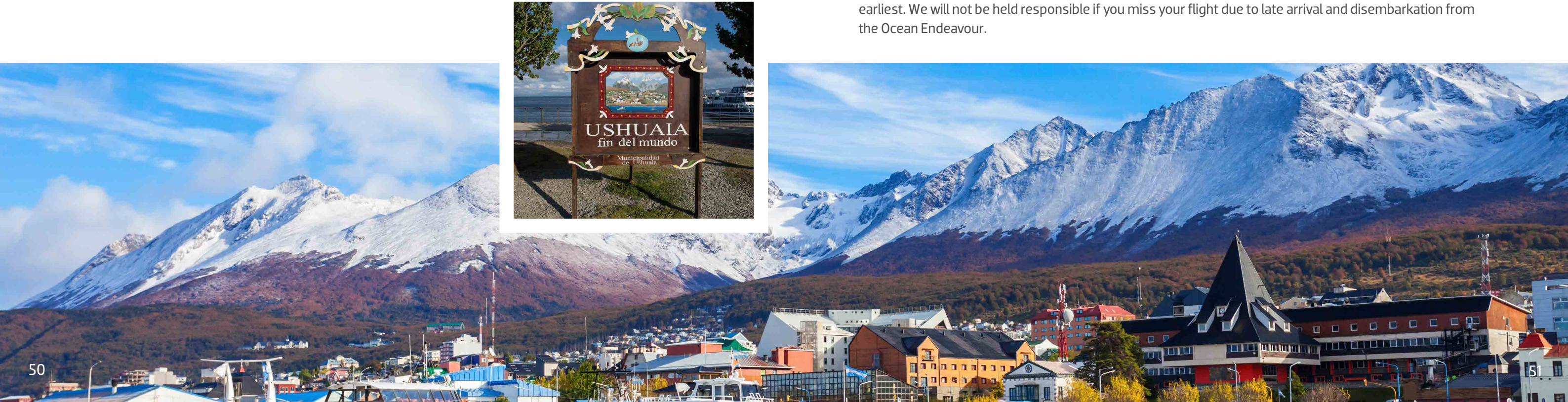
	AV. MAX. TEMP. (°C)	AV. MIN. TEMP. (°C)	RAINFALL (mm)
JANUARY	14	5	39
FEBRUARY	14	5	45
MARCH	12	4	52
APRIL	10	2	56
MAY	7	0	53
JUNE	5	-1	48
JULY	4	-2	36
AUGUST	6	-1	45
SEPTEMBER	8	1	42
OCTOBER	11	2	35
NOVEMBER	12	4	35
DECEMBER	13	5	43

Transfers in Buenos Aires (for domestic flights to Ushuaia)

If transferring directly from Ezeiza (EZE) International airport to Aeroparque Jorge Newbery City airport (AEP), book the official taxi from 'Manual Tienda Leon' or Transfer Express'. Right after customs there is a counter from 'Manuel Tienda Leon' and 'Transfer Express' and payment can be made there. These taxis are safe. Do not take a taxi from one of the many drivers offering taxis verbally. Only take a taxi after booking and paying at the desk.

Voyage Embarkation in Ushuaia

We strongly recommend you book a night's accommodation in Ushuaia at the end of the voyage if possible, as we will not be held responsible for the late arrival of the ship from your voyage. Arrange flights or other transport from Ushuaia for the day after your voyage is scheduled to return. If you must depart Ushuaia on the day of voyage disembarkation, please ensure that you do not book a flight out before noon at the very earliest. We will not be held responsible if you miss your flight due to late arrival and disembarkation from the Ocean Endeavour.





Disembarkation & Flights out of Ushuaia

We strongly advise you book a night's accommodation in Ushuaia at the end of the cruise if possible, as we will not be held responsible for the late arrival of the ship from your voyage. Arrange flights or other transport from Ushuaia for the day after your cruise is scheduled to return. If you must depart Ushuaia on the day of cruise disembarkation, please ensure that you do not book a flight out before noon at the very earliest. We will not be held responsible if you miss your flight due to late arrival and disembarkation from the Ocean Endeavour.

Hire of Antarctic Gear

JUMPING USHUAIA

Address: 9 de Julio 128, Ushuaia
Telephone: +54 2901 436709
Mobile: +54 92901 503105
or +54 92901 515165
E-mail: info@jumpingushuaia.com.ar
Website: www.jumpingushuaia.com.ar
Opening Hours: 8.30am – 12.30pm / 4.00pm – 8.30pm

USHUAIA EXTREMO

Address: Avenida San Martin, corner 9 de Julio, Ushuaia
Telephone: +54 2901 434373
Mobile: +54 92901 1561 9507
Website: www.ushuaiaextremo.com/es
Opening Hours: 8.30am – 1.00pm / 4.30pm – 8.30pm

WIND FLY USHUAIA

Address: 25 de Mayo 155, Ushuaia
Telephone: +54 2901 431713
E-mail: info@windflyushuaia.com.ar
Website: www.windflyushuaia.com.ar
Opening Hours: 9.00am – 1.00pm / 5.00pm – 9.00pm

Other Useful Information

TOURIST INFORMATION OFFICE:

Address: Corner of Avenida San Martin and Avenida Fadul
Opening Hours: Mon to Fri 9.00am – 10.00pm
Sat & Sun 9.00am – 8.00pm

MUSEO MARITIMO Y DEL PRESIDIO DE USHUAIA
(Maritime & Prison of Ushuaia Museum)

Opening Hours: Daily 9.00am – 8.00pm

TOURIST PIER

Opening Hours: Daily 9.00am – 6.00pm

SHOPS

Most shops are open Monday to Saturday from 9:30am to 12:30pm and from 3:30/4.00pm to 8.30/9.00pm

MUSEO DEL FIN DEL MUNDO

Address: Corner of Avenida Maipu and Avenida Rivadavia
Opening Hours: Daily 9.00am – 8.00pm

Bureau de Change & Bankstic Gear

THALER EXCHANGE BUREAU

Address: 209 Avenida San Martin
Opening Hours:
Mon to Fri 10.00am – 3.00pm / 6.00pm – 8.00pm
Sat 10.00am – 1.00pm / 6.00pm – 8.00pm
Sun 6.00pm – 8.00pm

BANCO TIERRA DEL FUEGO

Address: Corner Avenida San Martin and Roca
Opening Hours: Mon to Fri 10.00am – 3.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks.

HSBC BANK

Address: 297 Avenida Maipu
Opening Hours: Mon to Fri 10.00am – 3.00pm

HSBC FRANCES

Address: 65 Avenida Maipu
Opening Hours: Mon to Fri 10.00am – 3.00pm

Local Currency & Exchange Rates

The local currency in Argentina is the "Argentinian Peso" and it is represented as \$ or ARS. Please check with websites such as www.oanda.com or www.xe.com for current rates of exchange.

Post Office

Address: Corner Avenida San Martin and Godoy
Opening Hours: Mon to Fri 10.00am – 6.00pm; Sat 10.00am – 1.00pm

Public Holidays

The POST OFFICE, BANKS and most SHOPS are CLOSED on these HOLIDAYS during the Antarctic season.

- 08 December – National Holiday
- 24 to 25 December – Christmas
- 31 December to 1 January – New Year
- 24 March – National Holiday
- Maundy Thursday
- Good Friday
- Easter Sunday

PUNTA ARENAS, CHILE

Founded in 1848, the sprawling metropolis of Punta Arenas lies on the Brunswick Peninsula on the edge of the Strait of Magellan. It is 3,090 kilometres south of Santiago de Chile and is the capital city of the Magallanes Region and Antarctica Chilena. Originally established as a small penal colony, the city grew due to increased maritime traffic and trade and then the gold rush and sheep farming boom. Located at the southern tip of mainland Chile, the city is a diverse mix of colonial architecture, port renovations, wool-boom mansions, colourful metal roofs and street vendors alongside modern shops and malls. Punta Arenas is one of just two free ports in Chile and is a gateway to the Antarctic.

The Cementerio Municipal is a short walk from the city centre and is one of South America's most interesting cemeteries, housing ornate tombs, including that of wool baron José Menéndez to humble immigrant graves.

Patagonian Institute's Museo del Recuerdo has displays of antique farm and industrial machinery, a typical pioneer house and shearing shed and a wooden- wheeled shepherds' trailer. The library houses historical maps and a series of historical and scientific publications.

Eight kilometres from town, Reserva Forestal Magallanes offers great hiking and mountain biking through dense forests of lenga and coihue.

Slightly further afield (50 to 60 kilometres south of Punta Arenas) are the town's first settlements of Fuerte Bulnes and Puerto Hambre.

Climate

Punta Arenas has a cool humid subpolar oceanic climate with short cool summers and no dry season. In summer the average temperature is around 15°C and in winter it hovers around 0°C.

	AV. MAX. TEMP (°C)	AV. MIN. TEMP (°C)	RAINFALL (mm)
JANUARY	15	7	39
FEBRUARY	15	7	28
MARCH	13	5	30
APRIL	10	4	36
MAY	7	2	42
JUNE	5	0	28
JULY	5	0	30
AUGUST	6	0	30
SEPTEMBER	8	2	24
OCTOBER	10	3	29
NOVEMBER	12	4	32
DECEMBER	14	6	29

Voyage Embarkation in Punta Arenas

The first trip and/or last voyages of the season are often direction trips beginning or ending in Punta Arenas. These are fantastic trips as they allow ease and fluidity when including both Chile and Argentina in one itinerary.

When booking a flight to Punta Arenas, you are advised to arrive the day prior to the voyage start date in case of flight delays or lost luggage. This will also give you the opportunity to explore the city. If an airport transfer is not included, taxis are available to downtown Punta Arenas for US\$25 approximately. The first night of the tour is spent in Punta Arenas, with embarkation on the vessel on Day Two.

Disembarkation & Flights out of Punta Arenas

The first trip and/or last voyages of the season are often direction trips beginning or ending in Punta Arenas. These are fantastic trips as they allow ease and fluidity when including both Chile and Argentina in one itinerary.

We strongly recommend you book a night's accommodation in Punta Arenas at the end of the voyage if possible, as we will not be held responsible for any missed onward arrangements due to the late arrival of the ship from your voyage. Be sure to arrange flights or other transport from Punta Arenas for the day after your voyage is scheduled to return.



Other Useful Information

AIRPORT

The airport in Punta Arenas, named Presidente Carlos Ibañez del Campo, is one of the most important airports in the south of Chile. It is located 20 kilometres north of downtown Punta Arenas. The airport has one terminal and handles both domestic and some international flights (Ushuaia, Rio Gallegos and Puerto Stanley). The airport has ATM facilities, public phones and Wi/Fi access.

TOURIST INFORMATION OFFICE

Address: Lautaro Navarro 999
Opening Hours: Mon to Fri 8.30am – 6.00pm
Sat 8.30am – 1.00pm / 2.00pm – 6.00pm
Telephone: +61 2241330 / 2248790 / 2225385
Email: infomagallanes@sernatur.cl
There is a second information office located at the airport.

Banks

The major banks are located near the main square. Money can be exchanged in the banks.

BANCO DE CHILE

Address: Calle Lautaro Navarro 1112
Opening Hours: Mon to Fri 8.00am – 7.00pm
Sat 9.00am – 5.00pm

BANCO SANTANDER

Address: Calle Magallanes 997
Opening Hours: Mon to Fri 8.00am – 7.00pm
Sat 9.00am – 5.00pm

BANCO DE CREDITO E INVERSIONES

Address: Calle Quillota, Manzana 8
Opening Hours: Mon to Fri 8.00am – 7.00pm
Sat 9.00am – 5.00pm

BANCO DEL ESTADO DE CHILE

Address: Calle Magallanes 910
Opening Hours: Mon to Fri 8.00am – 7.00pm
Sat 9.00am – 5.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks.

MUSEUM SALESIANO MAGGIORINO BORGATELLO

Opening Hours: Tues to Sun 10.00am – 12.30pm /
3.00pm – 5.30pm

MUNICIPAL CEMETERY

Opening Hours: Daily 7.30am – 8.00pm (Summer)

MUSEUM REGIONAL DE MAGALLANES

Opening Hours: Wed to Mon 10.30am – 5.00pm (Closed Tuesdays)

FUERTE BULNES & PUNTA SANTA ANA

Opening Hours: 9.00am – 6.30pm

PUERTO DE HAMBRE

Opening Hours: Daily 10.00am – 5.30pm

Local Currency & Exchange Rates

The local currency in Chile is the “Chilean Peso” and it is represented as CLP.
Please check with websites such as www.oanda.com or www.xe.com for current rates of exchange.

Credit Cards

All major international credit cards are widely accepted including Visa, MasterCard and American Express

Post Office

Address: Calle Bories 911
Opening Hours: Mon to Fri 9.00am – 6.30pm
Sat 9.00am – 12.30pm

BOOKING TERMS & CONDITIONS

Your booking will be accepted in accordance with the Ocean Endeavour terms and conditions.

A copy of this document can be found in the pre-departure information package sent to you at the time of booking.

By paying the deposit you have acknowledged and accepted our terms and conditions. Once deposit and/or full payment is on file, certain fees will apply if you need to cancel your holiday (see the cancellation provisions in our Booking Terms and Conditions).

For this reason, we strongly recommend you take out travel insurance at the time of paying your deposit, which should then protect you in such a situation. Please refer to 1.12 Travel Insurance for further details or for more information contact your booking agent.

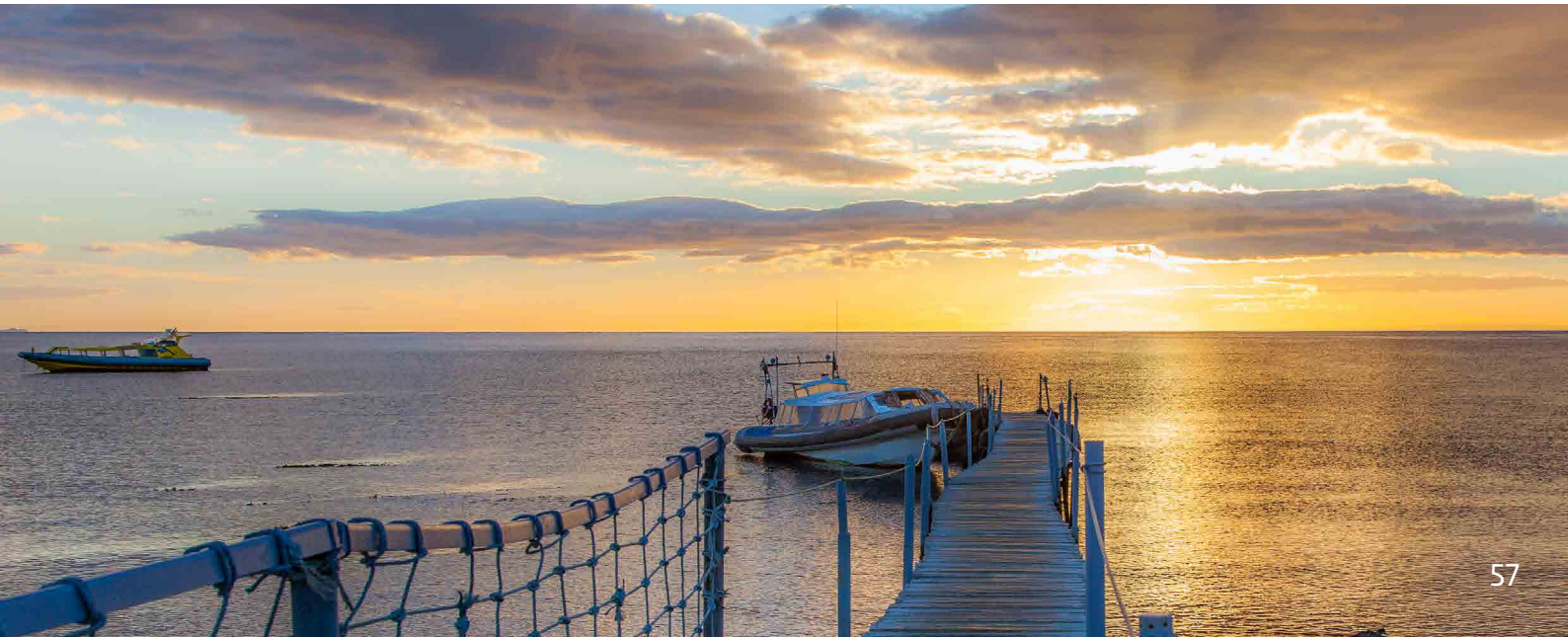
To view our full terms and conditions, please request a copy from your booking agent.

IAATO GUIDLINES & DOCUMENTS

The IAATO website is an incredible resource for operators, experts, agents and clients alike. As a future Antarctic traveller this is a place where you can find a wealth of information to assist you in your journey. Whether that be delving into what it means to be a responsible traveller, learning about how to respect wildlife, understanding the constant conservation efforts, right down to how to prepare before you even pack your suitcase! We definitely suggest visiting www.IAATO.org for more information on all Antarctic Guidelines prior to your embarkation.

We would appreciate if you can please review the following IAATO documents;

- IAATO Fact Sheet
- IAATO Visitor Guidelines
- IAATO Don't Pack a Pest





The International Association of Antarctica Tour Operators (IAATO)

Tourism in Antarctica, 2019

Antarctica

Visitors have been experiencing Antarctica's natural splendour through organised tours for 60 years. Tourism, like scientific research and fishing, is managed through the Antarctic Treaty's unique global partnership that has governed Antarctica for more than a half-century and puts all territorial claims on hold. The entire continent is declared a natural reserve, devoted to peace and science (www.ats.aq).

The International Association of Antarctica Tour Operators (IAATO)

By 1990, there were seven tour operators active in Antarctica. It became evident that they would all benefit by setting aside competitive practices to coordinate with each other, especially in the areas of ship scheduling, safety and environmental protection. It was agreed that the operators would work together for the long-term protection of Antarctica, provide expert advice to Treaty Parties and meet client aspirations. On this basis, IAATO was formed in 1991 with a mission to advocate and promote the practice of safe, environmentally responsible private-sector travel to the Antarctic. Since that time thousands of visitors have experienced the natural wonders of the continent while leaving little or no trace of their visits.

IAATO's Vision

"Through self-regulation, Antarctic tourism is a sustainable, safe activity that causes no more than a minor or transitory impact on the environment and creates a corps of ambassadors for the continued protection of Antarctica."

What is IAATO?

Today the large majority of all tour operators operating in Antarctica are members of IAATO, including all commercial SOLAS passenger ship operators. The association's membership comprises over 100 companies and organizations from all over the world. IAATO operators organize and conduct expeditions to Antarctica. They plan their activities to have no more than a minor or transitory impact on the environment, working within the Antarctic Treaty System (ATS) framework to obtain a permit to operate. Not all Treaty Parties have ratified the ATS Environmental Protocol, so IAATO has endeavoured to fill any loopholes by requiring its member operators to supply Environmental Impact Assessments, even if their national authority does not request them.

IAATO membership categories also include Provisional Operators, who are in the process of demonstrating membership requirements to become operators; and Associate Members, which include companies booking onto IAATO Operator's Antarctic programmes, ship agents, conservation groups and others who wish to support IAATO's mission and vision.

The work of IAATO is facilitated by a Secretariat of eight employees; and supported by nine thematic committees and seven working groups covering strategic planning, field operations, marine and environmental issues, compliance and dispute resolution, plastic elimination, external stakeholder engagement, tourism growth, education and outreach.



Fulfilling IAATO's mission of safe, responsible Antarctic travel

Collaboration

The future protection of Antarctica from the impacts of human activity requires careful management and collaboration on a global scale. To promote effective visitor management, IAATO annually shares detailed information on its activities with Antarctic Treaty Parties and works collaboratively with scientific institutions, particularly on long-term environmental monitoring and citizen-science systematic observations.

To promote safe, responsible private-sector travel, IAATO:

- Assesses tourism trends, identifies areas for research and tackles challenges proactively, often in collaboration with members of the Antarctic community;
- Works with governments on many different national and international platforms to support responsible management and regulation of Antarctic tourism;
- Regularly reviews and develops guidelines, codes of conduct and procedures to safeguard Antarctica and its wildlife. These include standards for wildlife watching, protecting specific sites, waste management, banning the recreational use of Remotely Piloted Aircraft Systems (RPAS), preventing the introduction of non-native species and more;
- Implements a mandatory scheme of periodic observations of all IAATO member operations;
- Uses a bespoke web-based ship scheduling database system to help operators plan their itineraries before and during each field season and abide by IAATO and Treaty System requirements;
- Is supporting the development of a Systematic Conservation Plan for the Antarctic Peninsula, led by the Scientific Committee on Antarctic Research (www.scar.org);
- Launched the *IAATO Polar Guide: Antarctica App* for iOS and Android. This freely downloadable app works offline providing a "one stop shop" of IAATO and Antarctic Treaty System information for all Antarctic professionals and visitors;
- Introduced "care and concern" policies to help field staff and visitors report any operation they feel has fallen short of Antarctic Treaty and/or IAATO requirements;
- Raises visitor awareness of their obligations in Antarctica through comprehensive briefings and instructional video shorts in multiple languages;
- Uses a web-based IAATO vessel tracking system that is shared with the five Maritime Rescue Coordination Centres covering the Southern Ocean, to enhance Search and Rescue capabilities;

IAATO and the Antarctic Treaty System (www.ats.aq)

IAATO attends the Antarctic Treaty Consultative Meeting (ATCM) each year with an *Invited Expert* delegation. Together, Treaty Parties and IAATO have developed site guidelines for the most visited sites in Antarctica and general codes of conduct including guidelines for:



- Promotes excellence in guiding by providing an online Field Staff Assessment and Certification Programme;
- Remains actively involved in the ongoing implementation of the IMO Polar Code;
- Participates as *invited observers* in COMNAP meetings to liaise with National Antarctic Programmes; including offering a COMNAP/IAATO fellowship scheme.

Impacts from Vessel-based Operations

Key methods developed by IAATO to reduce possible impacts from vessel-based operations include:

- Creating a cruise only segment by prohibiting vessels carrying more than 500 passengers from making landings in Antarctica;
- Requiring that tour operators coordinate their itineraries so that no more than one vessel visits a landing site at any one time;
- Permitting no more than 100 passengers ashore at one time; with a guide to passenger ratio of no more than 1:20.

These standard operating procedures have been incorporated into Antarctic Treaty Consultative Meeting Measure 15 (2009): *Landing of Persons from Passenger Vessels in the Antarctic Treaty Area*.

See <https://iaato.org/current-iaato-information-papers>



Bryan and Cherry Alexander/ALE

Supporting science

During the 2018–2019 season, IAATO Operators cost-effectively or freely transported 133 support, conservation and scientific staff - and their equipment and supplies - between stations, field sites and gateway ports. The support included data collection for research programmes.

Many Antarctic visitors are offered the opportunity to participate in citizen science, which is the practice of involving members of the public in scientific projects. It is a powerful tool for building scientific knowledge, public engagement and education. See examples of citizen science in action by visiting www.happywhale.com or www.penguinwatch.org.

To improve navigation in Antarctica where surveying is difficult and expensive, IAATO participates in the crowdsourcing of OLEX bathymetric information for hydrographic offices and research groups; including providing substantial data to the International Hydrographic Organization (IHO).

Eliminating plastics

IAATO is acting to reduce and eliminate the use of single-use plastics and microplastics across the industry, in collaboration with its sister association in the Arctic, the Association of Arctic Expedition Cruise Operators (AECO). Solutions are being developed, raising awareness through partnerships with high profile campaigns including the UNEP CleanSeas initiative, undertaking beach clean ups and participating in research to understand the scale of the problem in the polar regions.

Creating Antarctic Ambassadors

Tourism is, and should continue to be, a driving force in conservation. First-hand travel experiences lead to a better understanding of the destination, the need for responsible tourism and, ultimately, continued protection. IAATO members highlight education as a component of visiting Antarctica, enabling visitors to learn about this unique environment and its value to global science. Visitors travelling with IAATO operators – representing more than 100 different nationalities on average per season – return home as ambassadors for the Continent's continued conservation.

Are you an Antarctic Ambassador?

Join the conversation:

AntarcticAmbassadors
 @ANT_Ambassadors
 #Antarctic_Ambassadors
 #LoveAntarctica

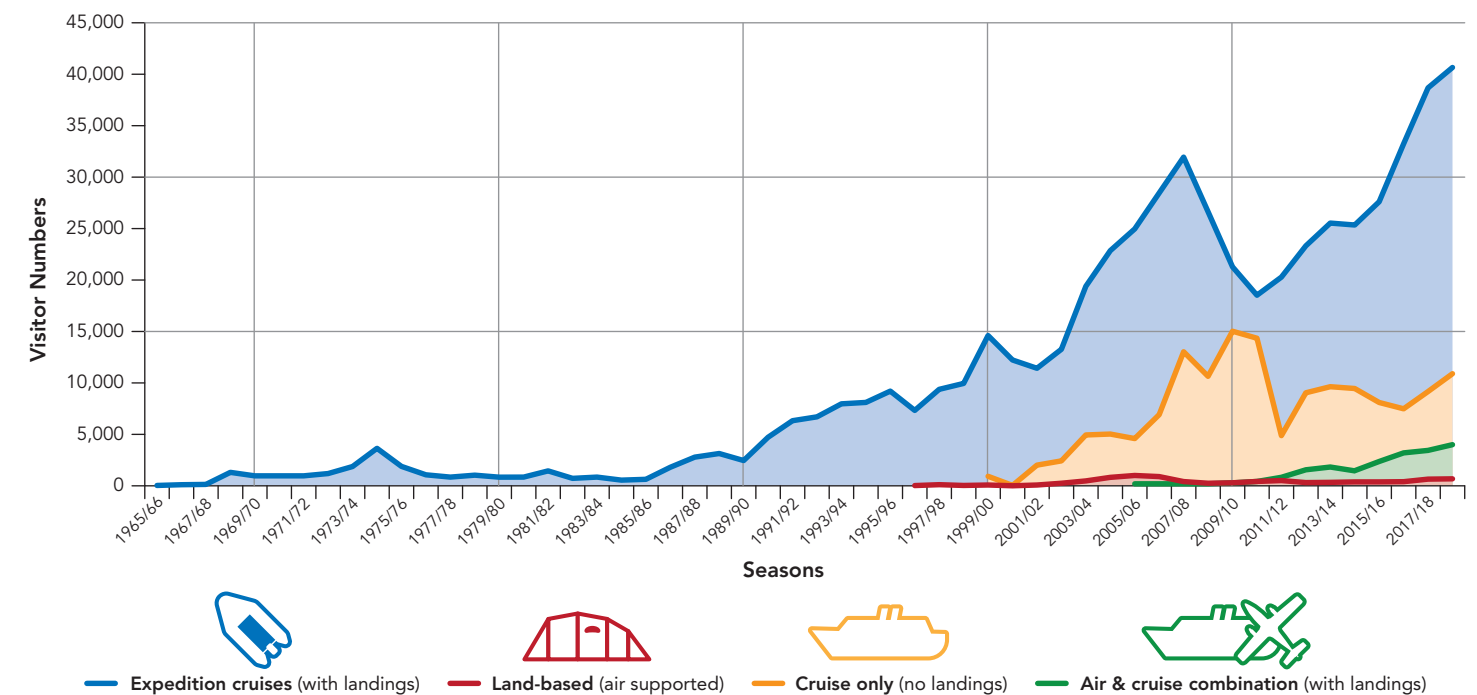
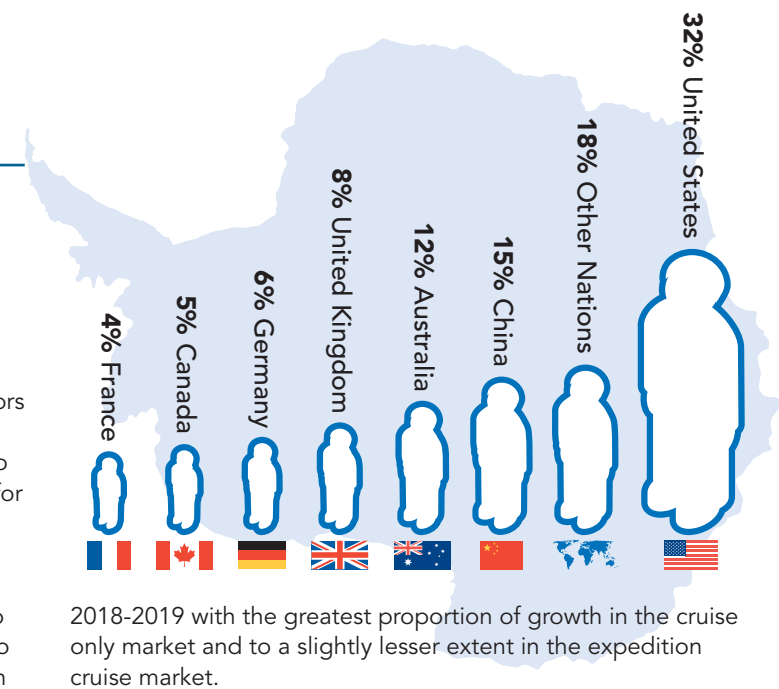


Where do Antarctic visitors come from?

Traditionally most Antarctic travellers have been from North America and other English-speaking countries, however there are increasing numbers visiting from emerging markets such as China. Visitor demographics are heavily influenced by global socio-economic factors.

Trends

Nearly all visitors travelling to the Antarctic with IAATO operators arrive by sea from Chile or Argentina. A limited number depart from New Zealand or Australia. Some fly from South America to the northern Antarctic Peninsula where they embark on a ship for onward cruising. Around 1% of all annual visitors fly to experience the interior of Antarctica from South America or South Africa where they stay in field camps. In the 2007-2008 season there was a peak in visitors (46,265) followed by a sharp decline due to the world economic crisis. The industry began to recover after 2011 and reached a new peak of 56,168 visitors in



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 iaato



Guidance for Visitors to the Antarctic

Recommendation XVIII-1, Adopted at The Antarctic Treaty Meeting, Kyoto, 1994

Activities in the Antarctic are governed by the Antarctic Treaty of 1959 and associated agreements, referred to collectively as the Antarctic Treaty System. The Treaty established Antarctica as a zone of peace and science.

In 1991, the Antarctic Treaty Consultative Parties adopted the Protocol on Environmental Protection to the Antarctic Treaty, which designates the Antarctic as a natural reserve. The Protocol sets out environmental principles, procedures and obligations for the comprehensive protection of the Antarctic environment, and its dependent and associated ecosystems. The Consultative Parties have agreed that as far as possible and in accordance with their legal system, the provisions of the Protocol should be applied as appropriate. The Environmental Protocol was ratified in January 1998.

The Environmental Protocol applies to tourism and non-governmental activities, as well as governmental activities in the Antarctic Treaty Area. It is intended to ensure that these activities, do not have adverse impacts on the Antarctic environment, or on its scientific and aesthetic values.

This Guidance for Visitors to the Antarctic is intended to ensure that all visitors are aware of, and are therefore able to comply with, the Treaty and the Protocol. Visitors are, of course, bound by national laws and regulations applicable to activities in the Antarctic.

PROTECT ANTARCTIC WILDLIFE

- Taking or harmful interference with Antarctic wildlife is prohibited except in accordance with a permit issued by a national authority.
- Do not use aircraft, vessels, small boats, or other means of transport in ways that disturb wildlife, either at sea or on land.
 - Do not feed, touch, or handle birds or seals, or approach or photograph them in ways that cause them to alter their behavior. Special care is needed when animals are breeding or molting.
 - Do not damage plants, for example by walking, driving, or landing on extensive moss beds or lichen-covered scree slopes.
 - Do not use guns or explosives. Keep noise to the minimum to avoid frightening wildlife.
 - Do not bring non-native plants or animals into the Antarctic, such as live poultry, pet dogs and cats, or house plants.

RESPECT PROTECTED AREAS

A variety of areas in the Antarctic have been afforded special protection because of their particular ecological, scientific, historic, or other values. Entry into certain areas may be prohibited except in accordance with a permit issued by an appropriate national authority.

Activities in and near designated Historic Sites and Monuments and certain other areas may be subject to special restrictions.

- Know the locations of areas that have been afforded special protection and any restrictions regarding entry and activities that can be carried out in and near them.
- Observe applicable restrictions.
- Do not damage, remove, or destroy Historic Sites or Monuments or any artifacts associated with them.

RESPECT SCIENTIFIC RESEARCH

Do not interfere with scientific research, facilities or equipment.

- Obtain permission before visiting Antarctic science and support facilities; reconfirm arrangements 24–72 hours before arrival; and comply with the rules regarding such visits.
- Do not interfere with, or remove, scientific equipment or marker posts, and do not disturb experimental study sites, field camps, or supplies.



BE SAFE

Be prepared for severe and changeable weather and ensure that your equipment and clothing meet Antarctic standards. Remember that the Antarctic environment is inhospitable, unpredictable, and potentially dangerous.

- Know your capabilities and the dangers posed by the Antarctic environment, and act accordingly. Plan activities with safety in mind at all times.
- Keep a safe distance from all wildlife, both on land and at sea.
- Take note of, and act on, the advice and instructions from your leaders; do not stray from your group.
- Do not walk onto glaciers or large snow fields without the proper equipment and experience; there is a real danger of falling into hidden crevasses.
- Do not expect a rescue service. Self-sufficiency is increased and risks reduced by sound planning, quality equipment, and trained personnel.
- Do not enter emergency refuges (except in emergencies). If you use equipment or food from a refuge, inform the nearest research station or national authority once the emergency is over.
- Respect any smoking restrictions, particularly around buildings, and take great care to safeguard against the danger of fire. This is a real hazard in the dry environment of Antarctica.

KEEP ANTARCTICA PRISTINE

Antarctica remains relatively pristine, the largest wilderness area on Earth. It has not yet been subjected to large-scale human perturbations. Please keep it that way.

- Do not dispose of litter or garbage on land. Open burning is prohibited.
- Do not disturb or pollute lakes or streams. Any materials discarded at sea must be disposed of properly.
- Do not paint or engrave names or graffiti on rocks or buildings.
- Do not collect or take away biological or geological specimens or man-made artifacts as a souvenir, including rocks, bones, eggs, fossils, and parts or contents of buildings.
- Do not deface or vandalize buildings or emergency refuges, whether occupied, abandoned, or unoccupied.



Don't Pack a Pest!

Non-native species in Antarctica

Non-native species are those species that do not naturally occur in an area and have been introduced either intentionally or unintentionally. A wide range of non-native species now occur in Antarctica and the sub-Antarctic islands. These introduced species include microbes, algae, fungi, vascular plants, invertebrates, fish, birds and mammals.

Be a Responsible Visitor

Despite known introductions of non-native species, Antarctica remains a relatively pristine environment. Human activity has the potential to act as a vector for non-native species. Across the continent, science programs and tour operators are working to minimize the risk of humans being a vector for transporting non-native species into and within the Antarctic.



Still at home?

How to help before you head south

Clean and examine clothes thoroughly: Examine all clothing, including pockets, seams, Velcro® fasteners, and boot soles for dirt and organic material. A thorough cleaning is recommended.

Pack clean gear: Make sure your gear and outdoor equipment are freshly cleaned and free of dirt and organic material. Even if your gear is still dirty from a previous trip to the Antarctic, you could be transporting a non-native species.

How might non-native species hitch a ride with you?

- Boots and shoes
- Trouser hems and turn-ups
- Pockets
- Velcro® and fleece
- Backpacks
- Outdoor equipment, camera bags
- Walking sticks, tripods

Once you have arrived

Five steps to protecting the Antarctic

- 1 Follow the boot and clothing decontamination procedures** on your expedition. This is especially important if you are moving between distinct geographic regions (e.g. between a sub-Antarctic Island and the Antarctic) but also if moving between distinct landing or field sites.
- 2 Watch your step.** Be careful when walking in areas that contain organic matter as this can be easily transported to other areas. If you do notice organic matter on boots, clothing or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits.
- 3 Clean your gear regularly.** This includes boots, equipment, day packs and camera bags, trouser hems and turn-ups, fleece clothing Velcro® fasteners for outer clothing, etc.

- 4 Report a pest.** Tell your guides if you think you have found a non-native species.
- 5 Spread the word.** Share this information with others.
We all contribute to the health of the Antarctic.



IAATO would like to thank the United States Antarctic Program at the National Science Foundation for their assistance in creating this document.



Lessons learned for Antarctica from the sub-Antarctic



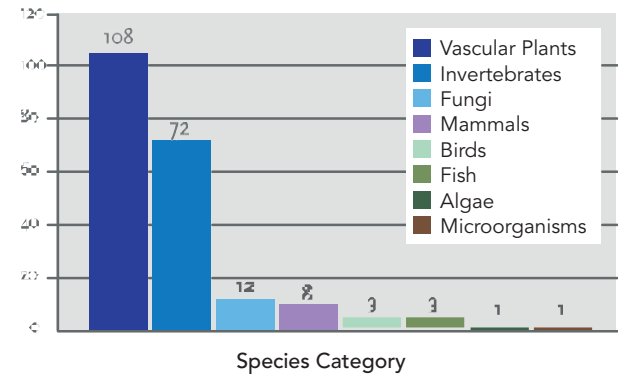
Human activities in the sub-Antarctic islands have contributed to a large number of introductions of non-native species both intentional (rabbits and reindeer for food) and unintentional (mice, rats, worms and grasses). Approximately 200 non- native species exist on the islands (see Figure 1).

These species have come to survive in – and in some cases dominate – terrestrial, freshwater and marine habitats, often causing alterations to the ecosystems through extinction or decreased abundance of native species.

What types of non-native species have already arrived in Antarctica?

- seeds
- grasses
- algae
- fruit flies
- worms
- spiders
- midges
- micro-organisms

Figure 1: Non-Native Species in the Sub-Antarctic



Source: Frenot, Y et al. Biological invasions in the Antarctic: extent, impacts and implications. Biol. Rev. (2005), 80, pp. 45-72.



"GLITTERING WHITE, SHINING BLUE, RAVEN BLACK, IN THE LIGHT OF THE SUN, THE LAND LOOKS LIKE A FAIRY TALE. PINNACLE AFTER PINNACLE, PEAK AFTER PEAK - CREVASSED, WILD AS ANY LAND ON OUR GLOBE, IT LIES, UNSEEN AND UNTRODDEN."

- ROALD AMUNDSEN



OUR TRIPS ARE

