



**ALBATROS**  
EXPEDITIONS



ANTARCTICA 2022/2023

# PREDEPARTURE GUIDE

IN THIS DOCUMENT YOU WILL FIND INFORMATION FOR YOUR UPCOMING EXPEDITION VOYAGE TO ANTARCTICA. PLEASE TAKE THE TIME TO CAREFULLY READ IT ALL BEFORE YOUR VOYAGE.

# Welcome on board!

Our voyages are intricately designed to engage your heart, mind and spirit through the duration of the journey. For this reason, each program includes full, active days of excursions and landings, as well as onboard activities while at sea.

Our expedition cruise team consists of expedition leaders, biologists and professionals who have extensive knowledge of Polar Regions and a passion for exploration.

Our small expedition ships have a distinct advantage - they can sail close to shore, in-between icebergs and into remote waters, permitting us to access amazing sites with greater speed and efficiency.

Please keep in mind, the itinerary and outdoor activities during each voyage are solely dependent on weather conditions to ensure the safety of our guests. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings.



# About Traveling to Antarctica

Traveling to Antarctica on an expedition voyage differs from participating in large cruise ship voyages as it is not possible to plan all details to the same extent.

Many elements of the voyage are hard to predict, and the itinerary and places to visit are subject to changes. Wind, ice and currents all play their part in the voyage, which may cause changes in the program. The Expedition Leader, together with the Captain, will always discuss and coordinate the route and daily program. They will always ensure the greatest possible benefit from the voyage, based on the current conditions – and the possibility to observe whales, penguins and other Antarctic animals.

What makes expedition voyages special is the possibility to cruise close to sights, glaciers, wildlife, bird colonies. To further enhance the experience, Zodiac boats are often used to bring the guests to the shore providing an excellent way of getting even closer to Antarctica's stunning nature.

Antarctica is the largest wilderness area on earth, unaffected by large-scale human activities. Accordingly, this unique and pristine environment has been afforded special protection. Furthermore, Antarctica is remote, inhospitable, unpredictable and potentially dangerous, and in that regard, we encourage all passengers to take out proper medical and evacuation insurance prior to their voyage.

To participate in the expedition with Albatros Expeditions, please remember to fill out the participant declaration and contact information form. If this has not yet been done, please do so as soon as possible:

[Fill out the participant declaration form here](#)

## Important Rules for Landings and Excursions

When on land, it is of course very important to show the deepest and utmost respect for the unique nature. This also means, do not leave anything else other than your footsteps and do not take anything with you from nature other than memories. Please always listen to – and follow the guidelines of – the Expedition Leader and his/her team. It is also important to stay close to one's group.



### General Safety Precautions

- Always inform the Expedition Leader if you want to go ashore/hike on your own.
- Do not enter a house/building, unless you have been specifically invited in.
- Do not walk around alone in deserted areas. Always make sure that the group is visible. Remember that the weather can change quickly and hence reduce visibility.
- Keep the safety distances to animals and birds (minimum 5 meters) – not just for their sake, but also for your own.
- Keep an eye on the time. You need to return to the ship by Zodiac, so make sure to be at the meeting point at the designated time.
- Remember when the ship is expected to depart and make sure that your watch is set to the same time-zone as the ship's.
- Always make sure to swipe your Cruise Card when you leave the ship and when you return, so the ship's crew is aware if you are on board or not when the ship is ready to depart.



## IAATO Information

International Association of Antarctica Tour Operators (IAATO) is a member organization founded in 1991 to advocate and promote the practice of safe and environmentally responsible private-sector travel to the Antarctic.

In this regard, IAATO has created a set of guidelines for responsible behavior while in Antarctica. That is also why it is important to go on an Antarctica expedition cruise with an IAATO member tour operator.

IAATO members have demonstrated the knowledge and expertise to making a visit to Antarctica the trip of a lifetime, while also promoting safe and environmentally responsible travel to and in the region.

In accordance with IAATO guidelines, Albatros Expeditions contributes to ensuring the protection of Antarctica for future generations. As vital parts of our obligations to the Antarctic Treaty Governments and IAATO we kindly ask you to read the documents 'Guidance for Visitors to Antarctica' and 'Don't Pack a Pest'; as well as to pay close attention to all IAATO briefings on board during your voyage.

For more information, visit: <https://iaato.org/da/visitor-guidelines>

# Basic Principles for Visitors to Antarctica



## Leave no lasting signs of your visit

Besides not leave any litter behind, do not engrave on rocks or buildings and do not build cairns, rearrange stones or in any other way leave visible signs of your visit. In addition, we also ask you to watch where you set foot in order to protect the flora and vegetation and avoid path-making. Avoid stepping on flowers or plant beds if possible.

## Do not take anything with you

We encourage you to leave Antarctica as it is. Cultural remains are protected. In addition, we ask you to leave stones, bones, driftwood and other items where they are. IAATO regards all flora as protected and asks you to not pick flowers or other plants.



## Do not disturb animals and birds

IAATO regards all fauna in Antarctica as protected. Avoid disturbing animals as much as possible, if close refrain from making loud noises and keep conversation low and calm.

IAATO rules dictate maximum group sizes when making landings and excursions and also the minimum distances to various wildlife. Please help us preserve the wildlife by following the instructions

## Leave cultural remains alone

Cultural remains are protected by law and a zone of 100 meters around the remains is also considered as protected. Watch where you are walking and standing. Walk around and not in between objects. Do not take anything with you and do not attempt to touch or rearrange objects.



## Be safe

Traveling in Antarctic areas may involve various risks. Rule number one is that you must always pay attention to and follow the instructions given by your expedition leader or guide. Never stray from your group.

# Safety precautions & Guidelines 1.

## Biosecurity Guidelines

### Help protect the Antarctica Environment

The Antarctic remains one of the most pristine natural environments in the world. IAATO's biosecurity guidelines aim to minimize the risk of future introductions of non-native species to Antarctica. Non-native species can spread to the Antarctic through our activities there. By following a few simple steps in these guidelines, you can help prevent this.

If you notice organic matter on boots, clothing, or personal equipment, make sure to clean it off.

### Be a responsible visitor

One of the main ways non-native species can spread to the Antarctic is by our activities there. Seeds, microorganisms, and even insects can hitchhike to the Antarctic on footwear, attached to clothing, or in bags that have been used in the outdoors previously. By following a few simple steps, you can ensure that your visit doesn't lead to non-native species being introduced to Antarctica.

### Before leaving home

Examine and clean clothes, footwear, and bags thoroughly. Examine and clean all clothing, including pockets, seams, Velcro fasteners, and the soles of footwear for dirt and organic material. Use a vacuum cleaner, brushes, and water where necessary to ensure all seeds and dirt have been removed. This is especially important if you have used your clothing and equipment previously in parklands or rural settings, or other polar regions.

### Upon arrival - be biosecurity aware

Follow the biosecurity procedures on your expedition.

Watch your step. If you notice organic matter on boots, clothing, or personal equipment, make sure to clean it off before leaving a site and use the disinfectant wash between visits. Leave disinfectant to dry between landings.

Spread the word. Share this information with others and help protect the Antarctic environment.

### Non-native species - a potential threat to the Antarctic environment

Non-native species represent a threat to biodiversity globally as they can cause serious negative impacts on the natural environment. These are species that are introduced, through human activity, to regions where they are not normally found. Increasing visitation in the Antarctic means a greater risk for the introduction of more non-native species.

# Safety precautions & Guidelines 2.

## Flying an UAV (drone)

As IAATO has banned a general use of UAV (Unmanned Aerial Vehicle) by revenue passengers, Albatros Expedition cannot allow our guests to fly a drone during Ocean Victory's Antarctic Voyages.

Keep Antarctica Pristine Antarctica remains relatively pristine. It is the largest wilderness area on earth. Please leave no trace of your visit.

## Waste

- Do not deposit any litter or garbage on land nor discard it into the sea.
- At stations or camps smoke only at designated areas, to avoid litter and risk of fire to structures. Collect ash and litter for disposal outside Antarctica.
- Ensure that all equipment and rubbish is always secured in such a way as to prevent dispersal into the environment through high winds or wildlife foraging.

## Wilderness values

- Do not disturb or pollute lakes, streams, rivers, or other water bodies (e.g. by walking, washing yourself or your equipment, throwing stones, etc.)
- Do not paint or engrave names or graffiti on any man-made or natural surface in Antarctica.
- Do not take souvenirs, whether man made, biological or geological items, including feathers, bones, eggs, vegetation, soil, rocks, meteorites or fossils.

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

## Safety precautions and preparations

- Know your capabilities, the dangers posed by the Antarctic environment, and act accordingly. Plan activities with safety in mind at all times.
- Always keep a hand free for holding on to a railing when on the ship. The Antarctic waters are notoriously rough, and the ship will roll unexpectedly at any time.
- When entering and disembarking Zodiac boats, keep your camera and other loose belongings in a backpack and have both hands free. You will be guided in and out of the Zodiac by qualified crew.
- Keep a safe distance from dangerous wildlife like fur seals, both on land and at sea. Keep at least 15m away, where practicable.
- Act on the advice and instructions of Albatros' Expeditions Leaders. Do not stray from your group.
- Do not walk onto glaciers or large snowfields without proper equipment and experience. There is a real danger of falling into hidden crevasses.
- Do not expect a rescue service. Self-preservation is increased and risks are 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 all smoking restrictions. The use of combustion-style lanterns and naked flames in or around historic structures is strictly forbidden. Take great care to safeguard against the danger of fire. This is a real hazard in the dry environment of Antarctica.

**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.

For more information about IAATO, please visit: <https://iaato.org/home>



# Practical Information

When going on an expedition cruise to Antarctica with Albatros Expeditions there are several things to remember and take into consideration before the voyage.

Antarctica is extreme – a frozen desert-land with barren, rocky coastlines flanked by crisp white icebergs and deep blue seas. The conditions can be severe and inhospitable. During the austral summer (November – March), when we cross the famed Drake Passage to the Antarctic Peninsula, nature is pulsating with kaleidoscopic weather, wildlife and even plant life, such as the continent’s only two flowering plants: the Antarctic pearl wart and Antarctic hair grass.

## Climate

Depending on your chosen itinerary, you are bound to encounter a wide range of climates. There will typically be warm almost tropical days in Buenos Aires, crisp temperate weather in Patagonia and the Falkland Islands and near-freezing temperatures on the Antarctic Peninsula. Really, Antarctica is a frozen desert where winds shape the surface of snow and ice, and average annual precipitation is only 10cm.

### Key Destination:

Buenos Aires, Argentina  
Ushuaia, Tierra del Fuego & Islands  
Antarctic Peninsula

### Average daily temperature: (October-March)

17°C to 28°C (63°F to 83 °F)  
9°C to 18°C (48°F to 64 °F)  
-2°C to 4°C (25°F to 30 °F)

## Gearing Up – What to bring

An expedition cruise to Antarctica requires a relatively large variation of clothing. On shore, we can expect temperatures of -2 C to 4 C. On the ocean – when observing wildlife from the decks – temperatures will rarely be above 2 degrees. Add to this a strong and often humid wind and the necessity of warm wind- and waterproof clothes, gloves and hats becomes obvious.

So, what is the secret of keeping warm in the Arctic summer? Layers! They insulate trapped air, and you can adjust them as needed depending on if you are feeling hot or cold. Proper and suitable clothing is a necessity for the voyage. Select lightweight technical fabrics engineered to lead moisture away, keeping you dry and warm. This could for example be, from the inside out, a wool base layer, a sweater or fleece as the mid layer and wind- and waterproof jacket as the outer layer. For the legs, it could be a wool base layer, tightly woven leisure pants as the middle layer and wind- and water-resistant pants as the outer layer.

A pair of strong slip-resistant hiking shoes/boots are ideal to wear on board and excellent for dry landings. On board the ship, the dress code is casual, so the most important to bring is practical clothes to wear on board and for landings/excursions. However, some guests choose to dress up for dinner.



## Practical Information 2.

### We highly recommend you bring:

- Thermal base layer
- Mid-layer fleece
- Jacket
- Waterproof pants (a must for Zodiac cruises and landings)
- Waterproof shell
- Insulated (down or fiber-filled) parka
- Sturdy rubber boots (rubber boots are available on board for free)
- Seasickness medication



### And don't forget:

- Passport
- Credit card and US\$ or local currency for your time in Argentina
- Winter hat, scarf & waterproof gloves
- Wool socks
- Binoculars & camera
- Swimsuit
- High-protection sunglasses
- Sunscreen & SPF lip balm
- Waterproof backpack
- Waterproof bags for separating clean clothes from wet clothes
- Camera, extra batteries & memory cards

### Sunscreen

Although Antarctica is far south, the rays of the sun are still very strong – both day and night. Therefore, we highly recommend bringing a high SPF sunscreen.

### Seasickness

On an expedition cruise, you may at times experience large swells and rough seas. There are various alternatives to combat seasickness, such as seasickness patches or seasickness pills. Seasickness medication also comes in different active ingredients and what works for one person may not work for another. Please also note that medication against motion sickness can cause drowsiness. If in doubt about what is the best option for you, please consult your doctor or a health care professional prior to your departure. The ship will carry a limited number of seasick pills for sale in the reception. We highly recommend bringing your own seasickness medication.

### Rubber Boot

We offer sturdy, high-quality boots free of charge for the duration of your trip. These boots will be your personal pair for the entire voyage to wear during landings and hikes. We have boots in the size 35 to 47 (EU sizes)

### Parkas

Upon the final payment, you will receive a link to order your complimentary Expedition Parka that is to be delivered to you onboard the Ocean Victory for your voyage.

Your gear will be collected onboard and returned to us at the end of the voyage. We offer parkas in the sizes XS-4XL men and women. (Different rules apply on full charter tours.)

## Practical Information 3.

### Zodiac Excursions

Many wonder, what is a Zodiac and are the excursions safe? Rest assured, the Zodiac brand has earned a well-deserved reputation as the sturdiest and safest small watercraft available. These boats are constructed for professional use and are outfitted with a top-quality outboard engine, their design minimally affects the environment. Your safety and comfort are our number one priority, and your Expedition Leader will carefully plan as many Zodiac excursions as possible, depending on weather and prevailing conditions. Participation can be challenging for those with physical disadvantages.



### Language

The official language aboard Ocean Victory is English; however, our expedition team and crew are knowledgeable in a variety of languages. If there is a large group, desiring communication in their own language, we will make special arrangements to accommodate these needs.

### Onboard Briefings

The Expedition Leader will conduct regularly scheduled briefings to highlight key points in the itinerary, organize excursions and communicate important information. Please participate in all briefings onboard.



### Security, Safety & Lifesaving Equipment

The ship complies with all safety regulations. The ship is an ice-class vessel suitable for sailing in polar environments. Upon arrival to the ship, there will be a mandatory passenger briefing and safety drill before departure. Here you will be provided with security information, practical details regarding life onboard and an introduction to key personnel on board.

### Cabin Service

Your cabin is serviced daily. We provide turndown service.

### Phone and Internet & Wi-Fi

Keep in mind, we will be cruising in a very remote region of the world. Mobile phone reception will be lost shortly after leaving ports.

Internet signal is downloaded to the vessel via satellite connection and distributed on board through a Wi-Fi system. Connection to the ship's Wi-Fi net with your phone or computer is available for a charge from the reception. The quality and speed of the internet is dependent on the number of users and the satellite receiving conditions, especially the further south, we cruise. In Antarctica we can often experience total block-out of the signal. Contact the Reception for prices and Wi-Fi set-up instructions for your device. Remember to switch off 'Data Roaming' function on your mobile device. For further details, please contact your mobile phone operator.

### Alcohol

Bringing alcohol aboard is generally not encouraged. It is, however, possible to consume alcohol brought on board in public areas at a small "corkage fee" of US\$20 per bottle, is charged to guest's onboard account. A large variety of alcoholic and non-alcoholic beverages are served on board in the restaurant and bar.

## Practical Information 4.

### Cruise Card / Payments / Credit Cards

During check-in on board, you will receive your personal cruise card, which you should always have with you. This cruise card is linked to your on-board account during check-in. The cruise card is used on board as a payment instrument and identity card. All on board purchases from the bar, Wi-Fi, shop, laundry, and the like are charged to your shipboard account via the cruise card.

After check-in our reception will pre-authorize your credit card for 100 USD per credit card. This guarantees that the credit card is open and there are funds available to pay for any charges incurred during the cruise, such as the cost of purchase in the shop or at bar/restaurant. The initial preauthorization will be removed after a few days and the amount will not be charged.

Most credit cards are secured with an automatic, geographic control. As a starting point, your card is only active for purchases in your country of residence and online, until you use it in another country. When you are on a voyage, sometimes it can occur that a transaction is declined by the bank due to this geographic control.

To avoid this, we recommend activating your card in advance, not just for the locations you'll be visiting during your trip, but also Miami, USA, where the payment system of Ocean Victory is registered. You can do this by contacting your credit card provider regarding the use of your credit cards abroad and informing them of your voyage, activating the locations you're visiting as well as the US, and the duration of this overseas activation until your return home. Be sure to contact your credit card provider regarding use of your credit cards overseas.

Visa, MasterCard and American Express credit cards are all accepted. Alternatively, you can deposit cash (US\$). At the end of the voyage, your account will be settled by the payment methods mentioned above. All prices and payment on board are in US\$.

There is no currency exchange office on-board the vessel.

Before and after the cruise in Ushuaia, most shops and restaurants accept credit cards. There are also several ATMs around Ushuaia if you wish to withdraw local currency. Please note that taxis do not accept credit cards, but payment in US\$ is normally possible if agreed in advance.

### Health / Medical Emergency

Ocean Victory has a small medical facility equipped with the necessary equipment and medicine to handle small emergencies. A professionally licensed, English-speaking physician runs the infirmary, but sophisticated medical care is unavailable on board and is both complicated and expensive to get to in the Antarctic. It is therefore mandatory that all guests purchase a personal travel, evacuation and repatriation insurance prior to the voyage. Please note that consultations and treatment by the doctor will be charged to the guest's onboard account. Consultations vary from US\$25-US\$75 and treatments from US\$5-US\$100. Make sure to keep the receipt for your insurance company.

Although we do not have an official requirement regarding personal fitness, you should be able to move on board and ashore without the help of others. Please be aware that the ship does not provide wheelchair accessible cabins.

Due to safety reasons, a cruise is only possible for pregnant women until the 24th week of pregnancy. A medical certificate must indicate the stage of pregnancy and presented upon request during check-in.

### Smoking

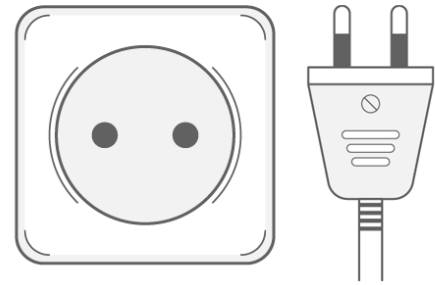
For safety reasons and to protect the health of our guests and employees, smoking is only permitted in designated areas on the outside decks. Smoking is not permitted inside the vessel, in the cabin or near the Zodiacs. Please remember to respect our natural environments and dispose of cigarette butts only in designated ashtrays and bins.

# Practical Information 5.

## Electrical Outlets

The ship has a 220v / 50 Hz cycle system. Please check your appliances before use. 110-volt appliances require an adapter prior to use aboard the ship.

The electrical outlets on board Ocean Victory are the so called 'F-type sockets', round 2-pin, 220-240 V, grounded, used in continental Europe and Russia. They take C, E, and F-type 2-pin plugs.



## Gratuities

Following international standards in the service industry, it is customary to leave gratuities for the ship's crew at the end of the voyage. All gratuities are divided among the crew. Gratuity is voluntary, but it is a custom to show appreciation to the hardworking crew. The ship will send out a letter regarding gratuity some days before disembarkation that they will automatically charge the gratuity to the onboard account unless there are any questions or objections. The gratuity per person per day is 14 US\$. In case of any questions or disagreements, please speak directly with the reception on board.

## Itinerary & Program Changes

As this is an expedition cruise to a remote region, we are at the mercy of Mother Nature. We have planned itineraries for each day of the voyage, but to ensure the safety of our guests, expedition team and crew, we may be forced to change the route.

For more information about the ship, please click on the [link](#).

# Kayaking in Antarctica

Glide through the waters and take in the royal grace of the icebergs, see the varied birds, seals and maybe even whales in their natural habitat. Paddle through this scenery under the supervision of experienced kayaking guides who will ensure your safety during each outing. Due to the colossal nature of this location, it is important to maintain certain precautions and to understand that these kayak excursions are solely dependent on favorable weather conditions.



This adventure activity will run separate from, though simultaneous to, Zodiac cruising and landing activities.

The number of participants is restricted to maximum of 10 guests in twin kayaks.

## Duration:

2-4 hours per each kayak excursion, depending on timings, weather and ice conditions.

## Price for the Kayak Excursion:

From US\$235 per kayak excursion (weather dependent).

## Clothing & Equipment:

The equipment provided by Albatros Expeditions – such as the dry suits – has been chosen based on research by professional experts in the field, to maximize comfort and minimize risk. You are welcome to bring your own dry suit, but the Kayak Master must check it before the kayak excursion, to ensure it complies with safety standards. Everyone participating is required to wear a dry suit during the entirety of the activity.

A clothing layering system is more effective for Antarctica and for any extreme cold conditions. Build an outfit through several layers: create a foundation layer that leads moisture away and keeps the body warm, a mid-layer that traps body heat and insulates, and a waterproof outer layer that allows the body to breathe but also protects you from strong winds. Participants should also wear winter gear for the extremities to allow mobility and maintain body heat. Everything participants wear under the dry suit is their own responsibility to bring to Antarctica.

## Pre-requisites to participate:

- You are required to have minimum standard skill level and previous kayaking experience. We recommend you book a kayaking outing in regular surroundings as practice before the expedition.
- You are required to have basic training in sea kayaking strokes, entries, exits, as well as a wet exit. Our guides will determine the competence of those allowed to participate in the outings.
- You must participate in all kayak related briefings on board.
- The Kayak Master decides who is capable of participation based on previous experience and who is not capable of participating in a kayak excursion.
- Due to precautionary measures, participants are not to be under the influence of any substance during these outings.
- The Kayak Master has the right to assess each situation and the qualification of each participant. The Kayak Master may decide to pull out a participant from the excursion, if the participant does not comply with directions during the kayak excursion.
- You are required to have travel and medical insurance that is verifiable during the expedition.

# Snowshoeing

Snowshoeing is as basic as hiking, relatively easy and with the added benefit of being able to approach the Antarctic landscape all while enjoying walking to unique vantage points without the hassle of sinking into deep snow.

This adventure activity will run separate from, though simultaneous to, Zodiac cruising and landing activities. The snowshoeing is conducted and supervised by experienced guides who dictate the route based on-site guidelines/zone conditions at the time of each outing.



The number of participants is restricted to a maximum of 20 guests. This activity is dependent on suitable snow conditions and appropriate terrain as agreed upon by our expedition team.

All guests are welcome to participate in this activity, and no previous experience is necessary. However, physical fitness levels should be good. Ultimately, the designated guide will determine if the passenger is physically apt for the activity.

## Duration:

2-3 hours per snowshoeing excursion, depending on timings, weather and ice conditions.

## Price for the Snowshoe Excursion:

From US\$140 per snowshoe excursion (Includes various snowshoeing outings throughout the voyage - weather dependent - The snowshoeing program is only available when the snow cover is still heavy, i.e. in November and the first half of December, but it is all-weather dependent - some years the snow melts very early other years later).

## Clothing & Equipment:

The equipment provided by Albatros Expeditions - such as the snowshoes and trekking poles - has been selected based on research by professional experts in the field, to maximize comfort and minimize risk.

A clothing layering system is more effective for Antarctica and any extreme cold conditions. Build your outfit through several layers: create a foundation layer that leads moisture away and keeps the body warm, a mid-layer that traps body heat and insulates, and a waterproof outer layer that allows the body to breathe but also protects you from strong winds. Participants should also wear winter gear for the extremities to allow mobility and maintain body heat. Everything participants wear is their own responsibility to bring to Antarctica.

# Camping

Would you like to experience the ultimate Antarctic expedition adventure, like the original explorers did? Then join us for a night under the open skies on the actual Antarctic Peninsula!

Cuddled up in a warm, snug and weatherproof sleeping bag, listening to the sounds of distant whale blows, penguins' squeaks and shifting icebergs, Antarctic Open Air Camping with Albatros Expeditions is truly a memorable experience.



After dinner on board the ship, our expedition team will take you to shore, where you will be a part of preparing your camp for the night. Once you decide on the location within the set perimeter, you will level out your own spot in the snow, fix the base cover, insulated pad, and warm sleeping bag - and get ready for a night like no other.

Camping in Antarctica is limited to 30 participants, whom all need to participate in the briefing prior to the camp activity.

Albatros Expeditions provides all the special camping and bivouac gear for this outing, allowing you to stay warm, dry, and protected for all weather types while you enjoy the beauty of the Antarctic wilderness. For the ultimate camping experience, we use wind and waterproof yet still breathable bivy bag, offering you the possibility to watch the amazing Antarctic night skies. Our experienced expedition guides stay in constant radio contact with the ship and ensure that you have a safe and unforgettable night.

## Duration:

Normally we sail ashore ca. 21:00 and return ca. 6:00 the next morning. We offer near-shore camping on the continent or nearby islands depending on the itinerary, weather, and ice conditions. Camping groups stay a maximum of 10 hours onshore.

## Price for the Camping Excursion:

Camping during the 22/23 season will be offered only on the Ocean Victory from \$350/person. Camping is offered on all November, December, and January voyages if conditions allow.

## Clothing & Equipment:

Albatros Expeditions will provide: bivy sack with large hood for clothing, mummy-style expedition sleeping bag, comfortable to -20° C (-4° F), sleeping bag inner liner, insulated sleeping pad, waterproof base tarpaulin, and a portable field toilet (one per group).

Gear you should bring: parka (can double as a pillow), thermal base layer and mid-layer clothing, warm socks, hat, and gloves, scarf or neck gaiter, hand and foot warmers, backpack, camera and accessories, eye mask if you need complete darkness, essential medication, UV-protectant sunglasses, sun cream, flashlight or lightweight headlamp and water bottle.

# Other Information

## Polar Plunge

Depending on the weather conditions, you will be offered to participate in this once in a lifetime - chilling experience. Jump into the icy waters of the Antarctic directly from our vessel- with our guides standing by at all times. The activity is free of charge.

## Albatros Ocean Shop

Maximize the way you experience the polar conditions by wearing specifically designed clothing, designed to protect your body, keep balanced body temperatures and be adequate and practical for ease of movement through your journeys.

The items you find at the Albatros Ocean Shop have been chosen by the Albatros Expeditions' team with warmth, mobility and comfort in mind.

We also have a selection of items for all ages, essential items, souvenirs and other accessories for your friends and family back home.

Visit our shop to pick the perfect souvenir, gift, t-shirt, jewellery created especially for Albatros Expeditions and the voyage, or one of the cute cuddly toys for sale, and get a copy of The Polar Handbook, Albatros Expeditions founder's latest book release.

Visit the Albatros Ocean Shop on Deck 5 behind the reception. Opening hours will be posted on board the ship.

## Information Regarding Your Passenger Ticket and Luggage Tags

With this document, you have received your passenger ticket.

Upon check-in on the ship, you will be required to present your Passenger Ticket and passport.

Luggage tags will be handed out prior to check-in by an Albatros Expeditions representative at the check-in at the pier. Please ensure that you write clearly in capital letters:

- Full name
- Cabin number

It is important that ALL pieces of luggage have luggage tags on them. Please attach these to your check-in luggage prior to check-in at the pier.

Check-in will be possible at the vessel in Ushuaia between 1400 hours and 1600 hours on departure date.





## About Albatros Travel Group

'Albatros' is the Danish spelling of 'albatross' - the globe-trotting bird with the big wingspan! From safaris and cruises, to Arctic voyages and Adventure Marathons in the African bush, Albatros Travel spans the world with our unique packages.

From a small office in Copenhagen, Denmark, the company now employs more than 250 full-time staff in branches across three continents. Being one of the first Scandinavian travel companies to send guests on safari, we have perfected and honed our offerings to provide authentic bush experiences for even the most seasoned travellers.

Initially focused on Africa, today Albatros Travel offers tours and cruises throughout the world, as well as owning the Albatros Adventure brand that arranges and hosts marathons in exotic locations, such as the Greenland ice sheet, African savannah and the Great Wall of China. Three decades ago, Albatros Arctic Circle was the pioneer travel operator to venture into the arctic wilderness of Greenland. Today, Albatros Arctic Circle has cemented its presence in Kangerlussuaq in the form of a local office offering business-to-business services, a restaurant, gift shop, two hotels and a portfolio of exciting excursions. In Ilulissat, Albatros Arctic Circle owns and operates both a hotel and a tour operations company. Staff in both locations have either lived there their entire lives or for many years. Whether you choose an exciting dog sled ride, kayaking, tundra safari or sightseeing tour, AAC's team looks forward to sharing their 12 Greenland with you.

Our passion for Greenland is all encompassing and reflected in everything done here. When choosing Albatros Arctic Circle, you are guaranteed to receive an authentic Greenlandic experience. Albatros Travel also has refitted luxury cruise ships that sail voyagers to the more isolated corners of the Arctic. A family company, Albatros Travel remains privately owned and has been awarded the AA credit rating for the financial security of its operations. All our different business operations are united under the same set of principles that govern the Albatros Way: a commitment to quality, responsible travel and customer satisfaction.