

DESTINATION INFORMATION FOR ANTARCTICA JOURNEYS

What You Need to Know Before You Go

PASSPORT AND VISA INFORMATION

In order to enter Argentina and/or the British Dependent Territories of South Georgia and the Falkland Islands as a citizen of the United States, you will need:

A signed passport valid for 6 months beyond the completion of this trip.

Make sure your passport has enough blank visa pages available for entry and exit stamps.

Nationals of other countries may require a visa for entry in Argentina and non U.S. passport holders should contact the nearest Embassy of Argentina (Consular Services) for specific visa requirements and information. A technical stop in Chile during the voyage may be scheduled and if you are required to obtain an Argentine visa, please request a multiple-entry visa as you will be subject to immigration procedures upon re-entering Argentina.

Guests travelling on the Iguazu Falls, Brazil Pre-tour Extension:

A tourist visa for Brazil is required. The Brazilian visa must be obtained prior to departing the United States. Visas cannot be obtained at the Brazilian border and authorities will refuse entry to anyone not holding a valid visa.

Brazil has implemented an Electronic Visitor Visa Program for U.S. passport holders (as well as Canadian, Japanese and Australian nationals). You may apply for an e- visa online via the Ministry of Foreign Affairs website at www.vfsglobal.com/brazil-evisa. The current tourist visa fee is USD\$40 plus an additional USD\$4.24 service fee (fees are subject to change) and, if approved, you will receive your visa within five days of completing the application process. In addition to providing a valid e-mail address and credit card/debit card for payment, you will need to scan and upload the information pages of your passport and a passport-size photo with your application. E-visas are issued with a two-year validity with a maximum length of stay of 90 days per year. Keep the original print-out with your passport, as proof of the e-visa will be requested by your air carrier prior to embarking your flight to Brazil.

It is still possible to apply for a traditional 10-year visa through the Brazilian Consulate. Our partner, VisaCentral can assist you with passport and traditional and electronic visa processing. Call 844-823-1224 and reference A&K's account number #73001 or visit our Travel Store at abercrombiekent.com/travel_store.

CONSULAR INFORMATION

The US Department of State provides Country Specific Information Sheets for every country in the world, as well as Travel Advisories. Find this information by calling 888 407 4747 or 202 501 4444 or online at travel.state.gov.

CURRENCY

Argentina's unit of currency is the Argentine peso.

In the Falkland Islands, the unit of currency is the British pound or the local pound (on par with the British pound sterling).

At present in Argentina, U.S. dollars are accepted by many tourist-oriented businesses and shops and restaurants offer favorable prices to those willing to pay in cash (rather than a credit card). U.S. dollars also bring a higher rate of exchange. Major credit cards such as Visa or Mastercard

are accepted at larger establishments although local merchants may refuse to accept them. ATM access (with payout in pesos) is available in urban areas. If using an ATM, do so during business hours at a location inside a bank, supermarket, or large commercial building.

We suggest travelling with some U.S. dollars to be exchanged for local currency and at least two major credit cards. If you have a “Chip and PIN” card, be careful to shield your number from view while entering it on a keypad; never disclose your PIN verbally. Notify your credit card company of your travel plans prior to your departure to avoid any fraud concerns.

Foreign currency can be exchanged only at authorized agencies such as banks and bureaux de change. Exchange currency only at authorized outlets such as exchange kiosks, banks and hotels and exchange only what you think you will need during your trip. Save all receipts from any currency transaction. You may be asked to produce them when you exit the country, and they are required if you intend to reconvert local currency.

We do not recommend traveller’s checks as they are not as widely accepted as in previous years.

In the Falkland Islands, U.S. dollars are accepted as payment at most commercial outlets. Acceptance of credit cards other than Visa or MasterCard is limited. There is currently no ATM access or foreign exchange service.

HEALTH

It is important to familiarize yourself with any potential health issues or concerns related to your destination, and so we strongly recommend consulting the Center for Disease Control and Prevention (CDC) for up-to-date information on required and recommended vaccines and medications. Visit them online at wwwnc.cdc.gov/travel or call 800 232 4636. Plan to visit your doctor or local travel clinic at least 4-6 weeks before departure to allow time for any vaccinations to take effect or to fill any prescriptions.

Required Vaccination: None

If your journey includes a pre–or post-tour extension in the High Andes regions of Argentina, you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

WEATHER

Argentina is a long country and its climate varies by region and altitude. Here, the seasons are reversed from the northern hemisphere and summer occurs during the months of December, January and February. Most of Argentina (except for the sub-tropical northern regions and sub-polar southern regions) enjoys a temperate climate with hot, humid summers and cool, dry winters. Temperatures in Buenos Aires average in the low 80s during the summer months. Tropical regions experience high temperatures and rainfall year-round. The mountainous regions feature an arid climate and Patagonia is cold and windy. Tierra de Fuego’s weather is generally cold and rainy with summer temperatures rarely climbing beyond the 60s.

Falkland Islands have a mean average temperature of approximately 42°F. Temperatures can reach 76°F in January and fall down to 22°F in July. Rainfall is comparatively low and evenly distributed throughout the year.

In South Georgia, the climate is cloudy, cold and windy with little variation throughout the year. Temperatures seldom exceed 48° in the austral summer with February being the warmest month. Precipitation is highest during winter and temperatures may fall to about 5°F. Winds are prevalent and can bring low clouds and fog, cold weather and severe storms.

Antarctica's weather and climate is influenced by its position, elevation, the amount of snow and ice covering the surface of the continent and the lack of precipitation. The climate also varies by region and temperatures in the interior are far more extreme than coastal areas and the Antarctic Peninsula. The Peninsula experiences relatively mild temperatures during the austral summer. Between November and February temperatures can go up as high as the mid-50s, but usually average in the 30s.

Use a website such as weather.com to find average temperatures and rainfall during your travel times.

ELECTRICAL SERVICE

Argentina - 220 volts and 50 hertz

Be sure to pack a universal travel adapter. You can purchase one through A&K's Travel Store at usa.thetraveloutfitter.com.

WHAT TO PACK

Please refer to the *Life on Board 'Le Lyrial'* section for packing recommendations specific to the cruise portion of your journey.

Daytime attire: One or two changes of comfortable, casual clothing in natural, breathable fabrics for daytime activities in Buenos Aires.

Evening attire: Somewhat smarter clothing is appropriate for evening dining in city restaurants. In Buenos Aires especially, residents are very fashion conscious and it is customary to dress for dinner. Formal clothing is not necessary.

If visiting mountainous regions or exploring Patagonia on a pre or post-tour extension, pack lightweight, waterproof and well broken-in hiking boots that provide ankle support for trekking related activities.

Comfortable, walking shoes with low or no heels

Sweater or lightweight jacket

Lightweight raincoat or poncho

Swimming suit

Sunglasses, sun block and a sunhat

Mosquito repellent

Lightweight binoculars (optional)

Simple first-aid kit

Prescriptions and medications (We recommend you carry these in their original bottles and/or packaging.)

Charging cables for electronics

Voltage converter and adapter plugs

Note: Laundry service is available at your hotel.

Traveller's Valet: Complimentary laundry service for eight (8) pieces of clothing per person will be provided on board ship. Dry cleaning is not available.

Baggage Restrictions:

On the Buenos Aires/Ushuaia/Buenos Aires charter flights (LAN), the checked baggage allowance per passenger is limited to two (2) checked bags, with a total weight of both bags not to exceed a maximum of 44 pounds (20 kilos), plus one (1) carry-on item weighing a maximum of 17.6 pounds (8 kilos) with measurements not to exceed 21 inches x 13 inches x 9 inches (55 centimeters x 35 centimeters x 25 centimeters).

Baggage restrictions on scheduled flights (Aerolineas) between Buenos Aires and Ushuaia, limit passengers to one (1) checked bag maximum 33 pounds (15 kilos) plus one (1) carry-on item weighing a maximum of 17.6 pounds. (8 kilos).

Photography equipment: Although photography is most certainly a key objective and component on all Antarctica voyages, it is important to be mindful of baggage size and weight restrictions when planning for specific lenses and equipment that you intend to carry on your journey. Air carriers may require you to check your carry-on if it does not meet specific size and weight limits. Please contact Abercrombie & Kent if you need additional information.

NOTE: Baggage restrictions on some contracted charter air flights may vary from the airlines' stated baggage restrictions and are at the full discretion of the air carrier and outside of Abercrombie & Kent's control.

As a preventative measure, it is recommended that all luggage be secured with a TSA approved lock.

What You Need to Know When You Arrive

TIME ZONES

Argentina and the Falkland Islands operate on Greenwich Mean Time (GMT) –3 hours.

At 9:00 am in Argentina and the Falkland Islands, it is:

EST	7:00 a.m. the same day
CST	6:00 a.m. the same day
MST	5:00 a.m. the same day
PST	4:00 a.m. the same day

In Antarctica, technically you can choose your time since at the South Pole itself there is only one “day” and one “night,” each 6 months long; however, when cruising in the Antarctic Peninsula, the ship operates on Argentine time. Time changes may occur when visiting the Falkland Islands and South Georgia and you are given notice of these changes in the shipboard newsletter.

LANGUAGE

The official language in Argentina is Spanish.

English is the official language in the Falklands and South Georgia Island.

Please consult with your guide on translations, if needed.

AIRPORT INFORMATION

At most international airports, passengers cannot be met inside secured areas. This includes Immigration, Customs halls and Baggage Claim. Your A&K representative will greet you as you exit these restricted areas; look for the person holding the distinctive yellow A&K signboard.

Before departing, remember to tag your checked luggage with the A&K luggage tags provided. These brightly colored markers help identify you and your luggage quickly.

PROTECTIONS AND PRECAUTIONS

Use the safes where available in your accommodations to secure your valuables, especially passports, medications, jewelry, money and electronics. If you must carry valuables, keep them on your person at all times; do not leave them unattended. As in any big city, visitors to Buenos Aires and popular tourist destinations should be alert as street crime can be a problem. Be mindful of your surroundings and take extra caution in crowds.

Photocopy the personal information pages of your passport; leave one copy with a family member or friend and pack another separately from the passport itself. You may want to scan and email a copy to yourself for easy, online access. This will help speed up the replacement process.

Emergency Evacuation Repatriation Insurance:

Due to the remote locations travelled to on an Arctic cruise, emergency medical evacuation of a patient by plane from the Arctic regions to mainland Norway can be expensive and may reach costs of \$100,000 or more. **Proof of a minimum of \$100,000 per person in Emergency Evacuation Repatriation insurance is required by A&K on Arctic programs.** The required amount of coverage is included in the Guest Protection Program purchased through A&K. If you

do not purchase the Guest Protection Program offered through A&K, you must provide proof of adequate emergency medical evacuation coverage details to A&K at least 90 days prior to the cruise departure date. Please include carrier name, policy number, emergency contact number and limits of coverage. Please enclose a copy of your coverage details when returning your Guest Information Form or by faxing or e-mailing a copy to the Operations dept. The A&K e-mail address and fax numbers are listed on your Guest Information Form. Additionally, carry proof of alternate coverage with you on the cruise.

PLEASE NOTE: Emergency evacuation insurance provides for covering the cost associated with emergency evacuation and repatriation up to the limits of the respective policy; however, it does NOT guarantee the timing, method or mode of such evacuation and repatriation, which is subject to weather, location and other conditions or variables outside of A&K's control.

ETIQUETTE AND PHOTOGRAPHY

Unless you are shooting a crowded public scene, it is considered courteous to ask permission before taking pictures of local people, especially small children. Please be respectful of local people who do not wish to be photographed.

Photography is not permitted at some locations, which may include government buildings, museums, art galleries, private houses, etc. These areas are usually clearly marked. If in doubt, please ask.

Be sure to pack ample amounts of batteries and memory cards or film for your camera and video equipment, along with the appropriate charging cables. A dustproof case or sealable plastic bags and lens brush are also recommended.

FOOD AND DRINK

Do not use tap water for drinking or brushing teeth. Even "purified" water in open containers should be avoided. It is always preferable and safer to use only bottled or canned water.

Regardless of precautions, changes in water and diet can result in mild abdominal upsets and nausea. To prevent serious illness, avoid suspect foods such as uncooked vegetables, peeled fruit, un-pasteurized milk and milk products. Beware of any food or drink sold by street vendors.

SHOPPING

Many A&K guests enjoy the chance to purchase items that reflect their destination, and so as a courtesy, your guide may recommend a particular shop or arrange a shopping visit. Please note, however, that these recommendations should not be taken as A&K's endorsement of the shop, merchandise and/or pricing. You assume all responsibility for any transactions that take place, including shipping arrangements that are made.

The decision to shop while travelling is a personal choice and shopping is never compulsory. If at any point during your journey you feel pressured to shop or make purchases, please immediately discuss the matter with your Abercrombie & Kent representative.

To avoid disappointment, we suggest the following guidelines:

- Compute the exchange rate and thoroughly review credit card receipts before signing.
- Take your purchases home with you whenever possible. Airfreight can take many months and actual shipping charges can be excessive. Customs delays, fees and regulations can further complicate the issue. If you choose to ship purchases, we suggest taking a picture of the item(s) and/or marking them in some way to ensure you receive what was purchased. For example, you could write your name on the backside of a rug. Determine if your shipment will

be delivered door-to-door or to the nearest customs facility, as is often the case. Most goods shipped from other countries to the United States are subject to Customs duty.

- Duty taxes, if applicable, are paid as you re-enter the United States. Regardless of assurances by merchants, these cannot be prepaid on your behalf. Currently, each person is entitled to an \$800 duty-free exemption, however, may only bring one liter of alcoholic beverages, 200 cigarettes and 100 cigars.
- Keep all sales receipts for items purchased throughout your trip and try to pack all items that you will need to declare together. This will ease the Customs process upon re-entry into the U.S.

Consult the U.S. Customs and Border Protection website for more details.
<http://www.cbp.gov/>

COMMUNICATIONS

Contact your cellular telephone provider to determine if your phone operates on the Global System for Mobile Communications (GSM) and what, if any, activation may be required.

If your phone is not GSM-enabled, you may find that renting a phone specifically designed for use overseas is the most practical option.

TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	Luxury Expedition Cruises and Pre/Post Tour Group Extensions	Tailor Made Journeys
Local Guide	\$15 per person, per day (Iguazu Falls Pre-tour Extension only)	\$15 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Ship's Crew & Expedition Staff	Included	N/A
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	10-15% unless already added
Restaurants or Room Service on own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a small group journey, please follow the Tailor Made Journey guidelines for these days only.

LIFE ON BOARD 'LE LYRIAL'

GENERAL INFORMATION

'Le Lyrial' can accommodate up to 256 guests; however, A&K limits is Antarctic expeditions are limited to a maximum of 199 guests. Accommodations are in outside staterooms in eight different categories (including one Owner's Suite) ranging in size from 200 to 581 sq. feet. All A&K staterooms and suites have private balconies and a bathroom with shower. (Some cabins will have a tub and shower, depending on category.) Each stateroom has a hairdryer, individual climate control, closed circuit flat-screen TV (for watching pre-programmed movies, on-board services and channels with voyage information such as positioning, temperature, etc.), iPod player, direct-dial telephones, wardrobe, small electronic safe and a vanity/writing desk. Amenities including bathrobes, slippers and toiletries, are provided in each cabin. Most staterooms feature two twins or 1 king bed (convertible upon request). All suites feature a separate sitting area and sofa. The Owner's Suite and Grand Privilege Suite (581 sq. ft.) feature 3 rooms/2 baths with an additional with sofa/seating area, private dining area and a 129-sq. ft. private double balcony. Butler Service is featured in Categories 4 through 9.

The ship has a theater-style lecture room featuring the most up-to-date audio/visual equipment. Lectures are open to all guests. Presentations are given in The Theater. There is a small reading area/library stocked with destination relevant books.

The Fitness Center offers guests complimentary use of equipment including stationery bikes, treadmills and other exercise equipment (sea conditions may affect opening hours).

'Le Lyrial' has a gift shop/boutique, as well as a Beauty Center featuring a full service beauty salon, hammam and massage services. Hair-styling, manicures, pedicures and other services are charged to your shipboard account. Deck 6 has an outdoor heated swimming pool (only open if weather permits).

A daily program features the following day's events, excursions, and hours of meal service and is delivered to your stateroom each evening.

Atmospheric conditions permitting, news is received daily from various news services and printed copies are available for guests at reception.

'Le Lyrial' is equipped with three elevators accessing all passenger decks.

HEALTH

For Zodiac access, you must be able to negotiate stairways, walk up and down gangplanks and about the ship. Sightseeing on land takes place on foot. Expect uneven terrain and some slippery, rocky slopes. While passengers are assisted into and out of ship's inflatable Zodiac landing craft, some landings are wet and require wading through shallow water to shore. Additionally, high winds and icy conditions can exacerbate the difficulty of visiting these areas. Gusty winds or inclement seas that cause the ship to pitch or roll can be a feature of life on board.

Please note that, on average, one in five passengers experiences seasickness during the 38-44 hour crossing of the Drake Passage on 600-650 miles of open sea. If you are susceptible to seasickness, we suggest that you bring medication to avoid discomfort and treat your motion sickness.

The ship has a limited number of handicap-accessible cabins; however, guests in wheelchairs or those with a condition which demands special attention while travelling are required to travel with a companion as the staff, crew or fellow guests are not able to provide care for guests with

medical conditions. Additionally, certain landings and activities may be restricted due to landing conditions.

Travel to these regions is not suitable for people who require frequent or on-going medical attention and Abercrombie & Kent reserves the right to refuse passage to anyone who either failed to advise of a physical disability or is deemed unfit for travel. Women over (6) six months pregnant are not permitted to board 'Le Lyrial.' Please ensure that we are aware of any physical disability or frequent or on-going medical requirements.

Carry a simple guests' first-aid kit containing items you feel may be required including remedies for minor stomach complaints and motion sickness.

While there is an experienced, qualified physician aboard 'Le Lyrial,' the ship travels to remote destinations far removed from hospital or other medical resources and major medical care is not available. Medical services and all medicines which may be dispensed during your cruise will be charged to your passenger account (specific prescriptions are not available).

It is recommended to use caution at all times when out on deck or on private balconies. Access to outdoor areas (including private passenger balconies) may be restricted during times of heavy seas or inclement weather. Balcony doors must be kept closed in rough seas. You will be advised when this restriction is in effect and all passengers will be required to comply with ship Captain's command.

WHAT TO PACK

Please refer to the last page of this document for an Expedition Cruise Clothing & Packing checklist. These guidelines are intended to assist you in packing sensibly for your journey while keeping within the specified baggage limitations.

Expeditionary wear:

As a general rule, pack clothing you can layer, as temperatures are likely to vary widely in the course of your trip. In colder destinations, it's important not to overdress to the point of perspiration, and important to wear waterproof clothing. Wet skin can quickly lead to a dangerous loss of body heat. Wearing several medium-weight layers of clothing under your parka allows you to adjust your personal temperature at will.

A&K provides you with a water-resistant, hooded parka designed for the Antarctic climate and a water-resistant backpack to use for carrying items ashore on Zodiac excursions as it is necessary for you to keep your hands free while entering and exiting the Zodiacs. Complimentary use of waterproof pants, boots and trekking poles is provided on board and all items will be valet-delivered to your stateroom or suite. **You need to complete an online order form with your name, expedition number, sailing date, stateroom number and provide your parka, pants and boot size. Sizing tips and the order form can be found at www.akexpeditiongear.com . Please check the website and/or the enclosed expedition gear flyer for deadlines to request gear for your specific cruise.** After you have completed your order you will receive an auto email confirming that your request has been received. **It will not be possible to exchange boots for a different size on board the ship.**

Refer to the online sizing charts to ensure a proper fit. While A&K will make every effort to provide parka based on your size request, exact fit cannot be guaranteed. For harder-to-fit sizes, it is recommended that you bring your personal parka or boots to ensure a proper fit.

Trekking poles provided are ultra-light carbon telescopic trekking poles and adjustable with minimum pole height of 28"/71 cm. and maximum pole height of 55"/139 cm.

At the end of your cruise, the parka and backpack are yours to keep. Your boots, pants and poles are left on board and will be collected prior to disembarkation.

Should you choose to bring your own boots on the cruise, keep in mind that boots should be mid-calf to knee-high, waterproof (12-16 inches high), rigid with high traction soles. These are necessary when splashing through icy shallows during Zodiac landings or negotiating icy or rough terrain. Be sure to try your boots out in advance to ensure they are comfortable and allow enough space to layer one or two pairs of socks (depending on your boot temperature rating) and accommodate foot-warmer insoles if you are prone to cold feet.

Daytime/Evening attire: Casual comfortable clothing is appropriate on board. A jacket and tie (and for ladies, one or two casual evening outfits) are suggested for the Captain's Welcome Cocktail Party and the Farewell Party on board ship. This clothing 'upgrade' is ultimately at your discretion since you may find it hard to pack this limited-use outfit and meet the baggage weight restrictions.

On board 'Le Lyrial' laundry service is available; however dry cleaning is not. Cost for laundry service will be added to your shipboard account.

Baggage Restrictions:

Baggage restrictions: On the Buenos Aires/Ushuaia/Buenos Aires charter flights (LAN), the checked baggage allowance per passenger is limited to two (2) checked bags, with a total weight of both bags not to exceed a maximum of 44 lbs. (20 kg), plus one (1) carry-on item weighing a maximum of 17 lbs. (8 kg) with measurements not to exceed 21 in. x 13 in. x 9 in. (55 cm x 35 cm x 25 cm). *Baggage restrictions are subject to change and will be confirmed in your final documents.*

Baggage restrictions on scheduled flights (Aerolineas) between Buenos Aires and Ushuaia, limit passengers to one (1) checked bag maximum 33 lbs. (15 kg) plus one (1) carry-on item weighing a maximum of 17 lbs. (8 kg).

Photography equipment: Although photography is most certainly a key objective and component on all Antarctica voyages, it is important to be mindful of baggage size and weight restrictions when planning for specific lenses and equipment that you intend to carry on your journey. Air carriers may require you to check your carry-on if it does not meet specific size and weight limits. Please contact Abercrombie & Kent if you need additional information.

NOTE: Baggage restrictions on some contracted charter air flights may vary from the airlines' stated baggage restrictions and are at the full discretion of the air carrier and outside of Abercrombie & Kent's control.

SHORE EXCURSIONS

'Le Lyrial' has a fleet of Zodiacs (10-seat rubber motorized boats) that are used for all landings—either for transfers ashore or for exploration by Zodiac. While guests are assisted into and out of ship's inflatable Zodiac landing craft, some landings are wet and require wading through shallow water to shore. Landings usually last for 1-1/2 to 2 hours each. Guests are briefed in advance to prepare the appropriate clothing and other gear.

Visitor guidelines set by IAATO restrict a maximum of 100 passengers ashore from a vessel at any one time. Guests will be divided into two primary landing groups. The order of disembarkation will be rotated on a set basis to ensure that groups have the same opportunities ashore. Landings are determined by the Captain and Expedition Leader and are based on weather and ice conditions.

If early morning excursions are planned on board 'Le Lyrial' a general wake-up call will be made over the ship's public-address system. Individual wake-up calls on board 'Le Lyrial' can be programmed by using your stateroom telephone or bedside clock.

ELECTRICITY

On board 'Le Lyrial' electricity runs 220 volts. All staterooms have a 110/220 volt-shaving socket in the bathroom, to be used for electric razors only. Cabins have a 110v plug (U.S. three-prong outlet) by the bedroom TV, in addition to the standard 220v outlets (European 2-prong style). A limited amount of adaptors are available on board; however, supplies are not guaranteed. We recommend you bring a global travel adapter set with you.

CURRENCY

'Le Lyrial' uses the euro as its official currency. Guests can pay for incidentals with U.S. dollars as well and exchange rates will be provided by the Purser when making payment. For purchases on board guests should present their Boarding Swipe card to the cashier who in turn will swipe the card and process a charge docket for signature. The charges will automatically be transferred to your onboard account. Any personal expenses incurred onboard (including champagnes and non-house wines, boutique, laundry, communications charges, medical services and medications) will be charged to your shipboard account and presented for payment at the end of each expedition.

Cash, travelers' checks (in euros) and credit cards are accepted as payment of onboard accounts. VISA and MasterCard are the recommended brands although American Express is accepted as well. Personal checks cannot be cashed on board and funds for cashing travelers' checks are limited. There is no ATM access on board the ship.

All onboard transactions made by bank or credit card are processed via the Ponant home office in Marseille, France. Call your bank or credit card company and let them know about your travel plans and advise on board charges are processed through France to avoid having your overseas purchases viewed as suspicious. Please note when receiving your credit card statement, credit card charges from the vessel will show on your statements as charged to 'Le Lyrial'.

LANGUAGE & COMMUNICATIONS

English is the language used by staff on board.

'Le Lyrial' is equipped with the INMARSAT system that allows direct communication by telephone and e-mail. Staterooms feature direct-dial telephones. (Transmission may not always be possible in remote areas or during heavy sea conditions). Additionally, Reception can assist you in placing telephone calls. Please note that charges for maritime satellite connections are significantly higher than those for land services. The approximate cost for use of the direct-dial phone from the cabin is €5 (euros) per minute. Fees for on-board communication services will be added to guests' shipboard accounts. *(Fees are subject to change.)*

Cell phones will not work in the remote areas visited by the 'Le Lyrial' which will be cruising at latitudes that range as far as 65° south. If remaining in contact is of critical importance to you, you may consider carrying an iridium satellite phone which operates on a different satellite system and is more effective in these regions. Guests on board 'Le Lyrial' can access their e-mails via their personal e-mail account. 'Le Lyrial' is equipped with wireless internet access.

While 'Le Lyrial' has complimentary Wi-Fi internet on board, please be prepared for significant periods of time during your voyage where Wi-Fi internet access will not be available. In many areas this black-out may last for several days. Remote southern latitudes, weather and other conditions can significantly affect internet satellite reception. There may be passenger internet

blackouts for several days at a time in certain locations and at certain latitudes. Your patience and understanding are appreciated when this situation occurs.

When internet access is available, guests may access their emails on a complimentary basis via their personal accounts with their personal device or through one of the three PCs located in the library adjacent to the Panoramic Lounge. The ship's wireless access is suitable for simple e-mail communication. Internet speed is also affected by the number of users on board relative to the ship's available bandwidth. Due to limitations of bandwidth and the number of potential users, it is highly recommended NOT to use the internet for accessing social media sites, downloading files or streaming movies and limit its use to accessing smaller email messaging and communications.

Satellite phone reception and transmission as well as the speed and accessibility of wireless internet are affected by the ship's location, weather and atmospheric conditions.

FOOD AND DRINK

Meals on board 'Le Lyrial' are served in two restaurants and are scheduled around the day's sightseeing and shipboard activities. Guests may take all three meals in the main dining room on Deck 2, which is able to accommodate all guests in one seating and serves contemporary, gourmet and international cuisine. Another restaurant on Deck 6 offers indoor and outdoor seating (weather and sea conditions permitting) for breakfast, lunch and dinner served buffet style. Bottled water, bar drinks (exclusive of premium champagnes, wines and spirits) soft drinks, and house wines (rosés, white and red) and beer during lunch and dinner are included at no extra charge. In addition to three meals a day, afternoon tea is served daily.

On board 'Le Lyrial,' tap water is purified and bottled water is provided in your cabin daily.

The Grand Salon offers afternoon tea, pre-dinner cocktails, live piano music and after dinner and late-night cocktails. The Observation Lounge features live piano music as well as pre-dinner cocktails.

If you have special dietary requirements (vegetarian or vegan menus, food allergies, etc.) please advise Abercrombie & Kent at least 6 weeks prior to the beginning of your journey. Chefs on board 'Le Lyrial' will make every effort to accommodate your needs. If you have food allergies and/or special dietary requirements, in addition to advising A&K prior to departure, it is recommended that you take the opportunity early in the cruise to meet with the Maitre D' and Cruise Director to discuss your special requests and inform your server prior to dining. Kosher meals are not available on board.

PHOTOGRAPHY

'Le Lyrial' has an on-board photographer and photo concession providing passenger photography services including digital photo services and on-board photography for purchase. An end-of-voyage commemorative DVD is also available for purchase at the conclusion of your voyage.

Photos and a diary depicting highlights of the cruise activities as the ship travels are posted on A&K's website. Family and friends can check this "digital logbook" to follow the cruise and perhaps see you pictured on board or ashore at <http://abercrombiekent.com/blog/> and select "trip logs".

Generally photographers underestimate the number of photographs throughout the voyage. If shooting digital, bring plenty of memory, or bring a computer or some other storage device to periodically download images. Memory cards are not available on board and there is no film development facility on board.

If shooting film, bring at least one roll of film per day. Many photographers carry a third more rolls of film than the one-per-day rule of thumb.

The ideal lens depends on one's photographic style. In general, a telephoto zoom lens in the range of 70-300mm is the most useful lens. The second most useful focal length is 28-70mm. Wider lenses are practical for specialty shots only.

A UV filter reduces the amount of ultraviolet light photographed. This can reduce excessive violet and blue tones that some digital cameras produce in Antarctica. Keeping a UV filter on each lens also helps protect and keep your lenses clean. Another useful filter is a polarizing filter. A polarizer reduces haze and deepens the blue colors of the sky and water.

Flash is often useful to bring out colors. If your camera does not have built in flash, consider a small external flash unit. Remember to bring extra rechargeable batteries for the flash.

Battery life is greatly reduced in cold weather. Bring two sets of rechargeable batteries and a charger. During outings a set of spare batteries should be carried in an inside pocket to keep them as warm as possible.

Salt-spray, rain, and snow can disable a camera. If you have a small camera, attach it to a lanyard so you can carry it under your parka. It also helps to keep it in a waterproof bag when not taking pictures. If you have a larger camera, consider a specialized waterproof covering. A shower-cap can also protect a SLR body in misting rain. Also be sure to bring lens cleaning materials such as a micro-cloth.

A monopod can be helpful when using a telephoto lens. It can also do double-duty as a walking stick. Some photographers instead bring a tripod, but a tripod can limit your on-land mobility. Remember that all monopod and tripods need to be sterilized at that gangway before going ashore on any landing.

Extreme care should be used when photographing wildlife in order not to cause any disturbance to a single animal, or group of animals. Do not harass wildlife for the sake of photography. Approach slowly, leaving a distance of 15-20 feet from nesting seabirds. Maintain a distance of at 50 feet from wildlife. Remember, photography is not over when your shutter clicks. Retreat from your subject in the same way you approached.

GRATUITIES

Gratuities to Expedition Staff and all shipboard personnel are included in the cost of the cruise.

OF SPECIAL NOTE

Visitors are bound by national laws and regulations applicable to activities in the Antarctic. You will receive a briefing on board the ship regarding the guidelines for visiting Antarctica before going ashore. A Visitor Guideline may also be found on the IAATO (International Association of Antarctica Tour Operators) website at <http://iaato.org/visitor-guidelines#protectguidelines>.

Information on the code of conduct for visitors going ashore to South Georgia and South Sandwich Islands can be accessed in the Visitors Section of South Georgia's website at www.sgisland.gs.

Maritime law does not allow guests unrestricted access to the bridge. Dependent on the Captain's discretion there may be scheduled opportunities offered during the cruise when guests may visit the bridge in such a way that the vessel's commitment to these security measures will not be compromised.

Due to the expeditionary nature of this tour, please keep in mind that in more remote areas, the day's scheduled sightseeing events and timings on board 'Le Lyrial' may be altered and a certain degree of flexibility and spontaneity is required. Additionally, every effort will be made to follow the published itineraries but please note that they are subject to change due to conditions and

variables which may include but are not limited to weather, ice, sea, wildlife and other conditions beyond Abercrombie and Kent's control and are at the discretion of the Captain's command. Landing may be subject to approval by local government officials and can be altered without prior notice.

Smoking:

Please refrain from smoking while in sightseeing vehicles and when dining with fellow guests. Throughout the cruise, smoking is forbidden during shore excursions and wilderness landings. On board the ship, smoking is not permitted in passenger staterooms, on passenger balconies or any interior public area. Smoking is only permitted outside the Grand Salon on Deck 3 aft. Never toss a match or lighted cigarette overboard, as these can land back on deck and create a dangerous situation.

Note for all Japanese nationals and residents of Japan:

All Japanese nationals and residents of Japan intending to travel to Antarctica are required by law to follow specific reporting requirements to the Japanese Ministry of Environment prior to departure.

A&K has copies of a sample notification letter and instructions on file which may be sent to you upon request. Information may be obtained from the Japanese Ministry of Environment website:

http://www.env.go.jp/nature/nankyoku/kankyohogo/kankyou_hogo/tetsuzuki/kinyuu.html

English version: http://www.env.go.jp/nature/nankyoku/kankyohogo_en/houmon_en/index.html

A draft of your notification letter should be e-mailed to the Ministry of Environment at Antarctic@env.go.jp to ensure the proper information is enclosed and reported accurately before sending the actual letter to Japan.

Mail notification letters to:

Policy and Coordination Division,
Nature Conservation Bureau Ministry of the Environment,
Government of Japan
Godochosha No. 5,
Kasumigaseki 1-2-2, Chiyoda-ku,
Tokyo 100-8975, Japan

EXPEDITION CRUISE CLOTHING AND PACKING CHECKLIST (RECOMMENDATIONS)

Expeditionary wear

1	Water-resistant backpack (provided on board and yours to keep)	✓
1	Water-resistant hooded parka (pre-order online / delivered on board and yours to keep)	✓
1	Pair of pull-on, mid-calf to knee-high waterproof (12-16 inches high) rated to 0 Fahrenheit with rigid non-skid sole (pre-order online / delivered on board for complimentary use)	✓
1	Pair of waterproof pants (pre-order online / delivered on board for complimentary use)	✓
1	Collapsible walking stick (pre-order online / delivered on board for complimentary use)	✓
2-3	Pairs of warm, casual trousers to wear under waterproof pants (preferably Expedition Stretch fabric; wool or corduroy fabrics work well)	
2-3	Warm, woolen sweaters or a medium-weight polar fleece jacket	
2-3	Warm turtlenecks or long-sleeved tops/shirts (preferably Expedition Stretch fabric; wool or corduroy fabrics work well)	
1	Full set of thermal or silk long underwear	
3-4	Pairs of tall warm wool or wool-blend socks. If you are prone to cold feet pack an equal number of pairs of thin socks (such as silk or polypropylene sock liners) to wear with them	
2	Pairs of ski mittens or ski gloves & thin glove liners	
1	Polypropylene or wool ski cap that covers ears and a scarf	
1-2	Pair and a spare of sturdy sunglasses or goggles with 100% UV protection	
1	Sunblock (with SPF higher than 30 is recommended) for lips hands and face	

Non-expeditionary wear

1	Pair comfortable walking shoes with low or no heels	
1	Waterproof rain jacket or poncho	
2-3	Changes of comfortable, casual indoor clothing	
1	Sweat suit or similar outfit for wearing in the Fitness Center	

Optional items

	Moisturizing lotion	
	Lip balm	
1	Extra pair eyeglasses or contact lenses, if applicable	
1	Pair of thin glove liners	
	Heat-treated foot warming insoles and hand warmers	

	Heavy-duty, zip-close plastic bags for storing items in backpack	
1-2	Casual evening outfits (jacket and tie for men)	
	Lightweight binoculars,(10x42) essential for sightseeing and wildlife viewing	
1	Swimsuit (pool may open on board 'Le Lyrial; if weather permits)	
1	Travel alarm clock	

Photography checklist (Remember to keep within airline size and weight restrictions)

1-2	Camera with a telephoto zoom lens in the range of 70-300mm. Second most useful focal length is 28-70mm.	
	If shooting digital, bring plenty of memory, or bring a computer or some other storage device to periodically download images	
	If using film, at least one roll of film per day. ASA 100 film and ASA 400 film	
2	Sets of rechargeable batteries and a charger.	
1	UV filter/ polarizing filter	
1	Waterproof camera bag or covering	
	Lens cleaning materials such as a micro-cloth.	
	Monopod or tripod (optional)	
	Selection of zip-close plastic bags large enough to hold your camera(s)	

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