

DESTINATION INFORMATION FOR NORWAY, GREENLAND AND ICELAND

What You Need to Know Before You Go

PASSPORT AND VISA INFORMATION

In order to enter Norway, Greenland and Iceland 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.

Contact our partner, VisaCentral for easy, efficient passport and visa processing. Call 866 788 1100 or visit our Travel Store at abercrombiekent.com/travel_store.

If you are not a citizen of the United States, your entry requirements may vary. Please consult the nearest diplomatic or consular office of the country or countries you will be visiting.

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

Norway's unit of currency is Norwegian krone.

In Greenland, the unit of currency is the Danish krone.

Iceland's national currency is the Iceland krona. Many shops also list prices in euros and accept the currency as form of payment.

Most major credit cards are widely accepted. Automatic Teller Machines (ATMs) are very common and many U.S. issued bankcards are compatible with them.

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. Unattended self-service payment kiosks such as those in parking garages, train stations or gas stations only accept a Chip and PIN card or cash. 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 widely accepted.

HEALTH

It is a good idea to read up on any health issues or concerns related to your destination. The Centers for Disease Control and Prevention (CDC) offers current health information; it can be reached at 800-232-4636 or online at wwwnc.cdc.gov/travel.

Required vaccination(s):

None

We suggest that you see a healthcare provider at least 4-6 weeks before your departure to allow time for any vaccinations or treatments to take effect.

WEATHER

Summertime in these countries is generally mild and pleasant with variations in climate from north to south and east to west. North of the Arctic Circle, the sun remains above the horizon in July and doesn't set until late in the evening. Summer temperatures in Norway and Greenland are rarely extreme with low humidity levels and temperatures generally averaging between 60° - 70° F. Weather in Iceland is bit more unpredictable with frequent changes throughout the day. Summer days are often overcast and cool with temperatures averaging approximately 50°F.

The Arctic has a cold, dry, windy climate, and even though it is summer, the temperature may drop below freezing. Daytime temperatures in the Arctic in July and August range between 32° and 50°F, but the wind chill can make it feel quite a bit colder.

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

ELECTRICAL SERVICE

Norway, Greenland and Iceland – 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 Boreal'* section found at the end of this document for packing recommendations specific to the cruise portion of your journey.

Daytime attire: Pack comfortable, casual clothing in natural, breathable fabrics that you can layer. Loose trousers topped with a pullover and a wind-proof jacket, are a good choice for active excursions. Cotton and other light fabrics are comfortable choices for summertime.

Evening attire: Smarter clothing is appropriate for evening dining in city restaurants. At the very least a stylish slacks or skirt outfit for women and a shirt with collar and slacks for men. Formal clothing is not necessary.

Cathedrals, churches, and other religious sites require conservative dress. Arms and shoulders should be covered.

Comfortable, walking shoes with low or no heels

Lightweight waterproof hiking boots (optional)

Sweater or lightweight jacket

Lightweight raincoat and/or umbrella

Swimming suit

Sunglasses, sun block and a sunhat

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:

For flights between Oslo and Longyearbyen, checked baggage is limited to one (1) piece per person with a 50 pound maximum, and one (1) carry-on bag not to exceed 11 pounds per person. (Baggage weights subject to change pending airline confirmation.)

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. Any changes or adjustment to weight restriction will be advised in final passenger documentation.

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

Norway operates on Greenwich Mean Time (GMT) +1 hour. Norway observes Daylight Saving Time (DST).

At 9:00 a.m. in Norway it is:

EDT	3:00 a.m. the same day
CDT	2:00 a.m. the same day
MDT	1:00 a.m. the same day
PDT	12:00 a.m. the same day

Greenland lies in 4 time zones. The east coast of Greenland (Ittoqqortoormiit) operates on Greenwich Mean Time. During the summer, this part of Greenland subscribes to Daylight Saving Time. Iceland operates on Greenwich Mean Time. Iceland does not subscribe to Daylight Saving Time.

At 9:00 am on the eastern coast of Greenland and in Iceland it is:

EDT	5:00 a.m. the same day
CDT	4:00 a.m. the same day
MDT	3:00 a.m. the same day
PDT	2:00 a.m. the same day

LANGUAGE

Norwegian is the official language in Norway (there are two forms that are mutually understandable). A small number of indigenous people in northern Norway speak the Sami language.

In Greenland, the official language is West Greenlandic (Kalaallisut). Danish and English are also spoken.

Iceland's official language is Icelandic, descended from Old Norse. Many Icelanders speak a second language, most commonly Danish or English.

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 yellow A&K tags we 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. 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.

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

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

Tap water in these countries is considered safe to drink however, bottled water is recommended for consumption. Bottled water is included during sightseeing and in your hotel room in Oslo.

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	Included	\$25 per person, per day (full day)
Drivers	Included	\$15 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 BOREAL'

GENERAL INFORMATION

'Le Boreal' can accommodate up to 264 guests; however, A&K limits its Arctic expeditions 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 484 sq. ft. All A&K staterooms and suites have a private balcony 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. Categories 5-8 also feature a cappuccino/expresso machine. 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 (484 sq. ft.) features 2 rooms/2 bathrooms including a bedroom and an additional second room with sofa/seating area, private dining area and a 97-sq. ft. private double balcony. Butler service is provided in all suites, categories 5 through 8.

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 Boreal' has a gift shop/boutique, as well as a Beauty Center featuring a full service beauty salon, massage and sauna services. Hair-styling, manicures, pedicures and other services are charged to your shipboard account.

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 Boreal' is equipped with three elevators accessing passenger decks 3-6. The main passenger stairwell is equipped with a handicap accessible/ wheelchair lift between deck 6 and 7.

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. There are few warning signs or barriers to alert travelers to dangers when visiting glaciers and nature areas. 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.

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. 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 and nurse aboard 'Le Boreal,' 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.

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.

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 Arctic 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. Deadline for ordering is June 14, 2019.** 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.

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

Note for Embarkation Day:

On the afternoon of Day 2, sightseeing activities are scheduled prior to boarding 'Le Boreal.' Please ensure that you wear comfortable walking shoes and carry/wear a hat, gloves and a fleece or wind resistant jacket on the charter flight as you will not have access to your checked luggage until you have boarded the ship later in the day.

Baggage Restrictions:

Baggage Restrictions: For flights between Oslo and Longyearbyen, checked baggage is limited to one (1) piece per person with a 50 pound maximum, and one (1) carry- bag not to exceed 11 pounds per person. (Baggage weights subject to change pending airline confirmation.)

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. Any changes or adjustment to weight restriction will be advised in final passenger documentation.

SHORE EXCURSIONS

'Le Boreal' 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.

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

ELECTRICITY

On board 'Le Boreal' 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 Boreal' 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.

All onboard transactions made by bank or credit card are processed via the Ponant home office in Marseille, France and charges from your on-board account may not be processed for one month after your cruise. Call your bank or credit card company to 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 Boreal'.

LANGUAGE & COMMUNICATIONS

English is the language used by staff on board.

'Le Boreal' 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.)

'Le Boreal' cruises in remote sea locations and high northern latitudes (from 66° to 82° north) and cell phones will not work in most of these areas. 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 high latitude regions.

While 'Le Boreal' has 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 northern latitudes 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. Svalbard and Greenland are locations where reception will be affected. Your patience and understanding are appreciated when this situation occurs.

When internet access is available, guests may access their emails 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 Boreal' are served in two dining rooms, La Boussole Restaurant (Grill restaurant on Deck 6) and La Licorne Restaurant, the main dining room on Deck 2. Meals are scheduled around the day's sightseeing and shipboard activities. Guests may take all three meals in La Licorne, which is able to accommodate all guests in one seating and serves contemporary, gourmet and international cuisine. La Boussole Restaurant 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 Boreal,' 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 Boreal' 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 Boreal' 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.

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

All gratuities are included on the main tour program and the Reykjavik post-tour group extension.

OF SPECIAL NOTE

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 Boreal' 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 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.

Before going ashore, you will receive a briefing regarding the guidelines and code of conduct for visiting the remote regions on this cruise. **ALWAYS follow your leaders' and polar guides' instructions.** These guidelines are in place to ensure the utmost consideration for the fragile, natural environment, local cultures and cultural remains, while ensuring safe tour operations at sea and on land. A briefing is conducted on board; however, should you wish to preview the guidelines in advance you can access the Association of Arctic Expedition Cruise Operators Guidelines for Visitors to the Arctic on their website: www.aeco.no/guidelines/visitor-guidelines.

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 in designated areas of Decks 3, 5, 6, and 7.** Never toss a match or lighted cigarette overboard, as these can land back on deck and create a dangerous situation. Ashtrays are located in designated smoking areas.

7/2018

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 trekking poles (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, loft jacket 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 and thin glove liners	
1	Polypropylene or wool ski cap that covers ears and a scarf or neck gaiter	
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	

Optional items

	Moisturizing lotion	
	Lip balm	
1	Extra pair eyeglasses or contact lenses, if applicable	
	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 the ship if weather permits)	
1	Travel alarm clock	
	Insect repellent (mosquitos exist in the Arctic!)	

Photography checklist

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	
1	Lens cleaning materials such as a micro-cloth.	
1	Monopod or tripod (optional)	
	Selection of zip-close plastic bags large enough to hold your camera(s)	