

ESSENTIAL INFORMATION

ARCTIC CRUISE ADVENTURE: NORWAY, GREENLAND AND ICELAND

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for at least six (6) months after your journey and should have a minimum of three (3) blank visa pages for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Norway, Greenland and Iceland for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

VACCINATIONS

There are no vaccinations required to enter Norway, Greenland and Iceland.

STAY HEALTHY ON BOARD

For Zodiac access, you must be able to negotiate stairways, walk up and down gangplanks. 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 staterooms; 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.

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 and during rough seas, inside the ship as well. 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.

CASH & CREDIT CARDS

Major credit cards are widely accepted. Automatic Teller Machines (ATMs) are widespread in larger cities and towns and many U.S. issued bankcards are compatible with them. ATMs are not accessible in remote areas visited on this cruise.

'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. 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.

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.

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 Boreal'.

BAGGAGE RESTRICTIONS & PACKING LIST

ARCTIC CRUISE ADVENTURE: NORWAY, GREENLAND AND ICELAND

BAGGAGE RESTRICTIONS

For flights between Oslo and Longyearbyen, checked baggage is limited to one (1) piece per person with a 50 pound (22.67 kilograms) maximum, and one (1) carry- bag not to exceed 11 pounds (4.9 kilograms) 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.

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.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

PACKING LIST

Non-expeditionary wear

Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

Onboard 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 one load of up to eight (8) pieces of clothing per person will be provided once during the cruise. Dry cleaning is not available.

Non-expeditionary wear

- Casual slacks
- Polo shirts, casual short-sleeve shirts or blouses
- Comfortable walking shoes with low or no heels
- Lightweight waterproof hiking boots (optional)
- Sweater or fleece jacket
- Socks
- Long sleeve shirts or blouses
- Sleepwear
- Lightweight rain jacket
- Swimwear/cover-up (optional)
- Brimmed hat for sun protection
- Personal garments

Other Recommended Items

- 1-2 pair and a spare of sturdy sunglasses or goggles with 100% UV protection
- Simple first-aid kit
- Extra eyeglasses/contact lenses
- Charging cables for electronics
- Sunblock (with SPF higher than 30 is recommended) for lips hands and face
- Prescriptions and medications (in their original bottles and/or packaging)
- Smartphone
- Global travel adapter

Expeditionary wear: Items provided on board

- Water-resistant backpack (provided on board and yours to keep)
- Water-resistant hooded parka (pre-order online/delivered on board and yours to keep)
- Pair of pull-on, mid-calf to knee-high waterproof (12-16 inches high) rated to 0 Fahrenheit with rigid non-skid sole (pre-
- Pair of waterproof pants (pre-order online/delivered on board for complimentary use)

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Collapsible trekking poles (pre-order online / delivered on board for complimentary use)

Expeditionary wear

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 & thin glove liners

1 polypropylene or wool ski cap that covers ears and a scarf or neck gaiter

Lightweight binoculars,(10x42) essential for sightseeing and wildlife viewing

Optional Items

Moisturizing lotion

Pair of thin glove liners

Heat-treated foot warming insoles and hand warmers

Heavy-duty, zip-close plastic bags for storing items in backpack

Travel alarm clock

Small LED flashlight

1 polypropylene or wool ski cap that covers ears and a scarf

Smart casual evening outfit (jacket and tie for men)

Insect repellent (mosquitos exist in the Arctic!)

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

Camera with a telephoto zoom lens in the range of 70-300mm. Second most useful focal length is 28-70mm.

1 UV filter/ polarizing filter

If shooting digital, bring plenty of memory, or bring a computer or some other storage device to periodically download images

Waterproof camera bag or covering

If using film, at least one roll of film per day. ASA 100 film and ASA 400 film

Lens cleaning materials such as a micro-cloth

2 sets of rechargeable batteries and a charger

Monopod or tripod (optional)

TIPPING GUIDELINES

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

For extra nights or Tailor Made services pre or post-cruise, please follow the Tailor Made Journeys guidelines for these days only. While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	Tailor Made Journeys
Local Guides	\$15 per person, per day (full day)
Drivers	\$10 per person, per day (full day)
Airport Transfer Drivers	\$5 per person, per transfer
Hotel Porters	\$2 per bag
Housekeepers	\$2 per person, per night
Included Meals	Included
Restaurants or Room Service on Own	10-15% unless already added

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 staterooms 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, coffee and tea making facility, small electronic safe and a vanity/writing desk. Amenities including bathrobes, slippers and toiletries, are provided in each stateroom. Most staterooms feature two twins or 1 king bed (convertible upon request), and some staterooms feature 1 queen bed. All suites boast 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.

The ship has a theater 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 in the Panoramic Lounge.

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

'Le Boreal' has a gift shop/boutique (no sundries), 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.

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. Staterooms 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.

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 stateroom 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 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 (white and red) and beer during lunch and dinner are included at no extra charge. In addition to three meals a day, early riser coffee, afternoon tea and pastries, and late night snacks are served daily.

On board 'Le Boreal,' tap water is purified and bottled water is provided in your stateroom 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 Maître 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 disturb wildlife for the sake of photography. Approach slowly, leaving a distance of 15-20 feet from nesting seabirds. Maintain a distance of at least 50 feet from wildlife. Remember, photography is not over when your shutter clicks. Retreat from your subject in the same way you approached.

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 voyage, 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 .

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.** 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.