

# ESSENTIAL INFORMATION THE NORTHWEST PASSAGE: GREENLAND, CANADA AND UNITED STATES

## 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 two (2) blank visa pages for entry and exit stamps.

If you plan to travel to Canada with a minor who is not your own child or for whom you do not have full legal custody, Canadian immigration officials may require you to present a notarized affidavit of consent from the minor's parents.

Documentation for U.S. and Canadian citizens:

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

**Holders of U.S. passports are not required to obtain a tourist visa for entry into Canada for stays of up to 180 days.**

**Holders of Canadian passports are not required to obtain a tourist visa for entry into the United States for stays of up to six months.**

Our partner VisaCentral offers easy, efficient U.S. passport processing. Visit them online at [visacentral.com/abercrombiekent](https://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 offices for entry requirements.

## HEALTH & VACCINATIONS

Health and safety screening and protocols will be required prior to and during your cruise. Details will be provided as appropriate prior to departure to ensure they reflect the latest regulations and standards.

There are no vaccinations required to enter Greenland, Canada or the United States.

## SPECIAL CONSIDERATIONS FOR EXPEDITION CRUISES

This cruise travels to remote destinations far removed from medical facilities and major medical care is not available. A qualified physician and nurse will be aboard the ship to offer immediate medical care to guests; fees may apply. A minimum level of fitness is required to enjoy this journey as intended, with active elements that include navigating stairs and gangplanks, entering and exiting Zodiacs, and walking over uneven terrain with steep slopes and slippery footing during shore excursions.

Please ensure that we are aware of any physical, medical or other condition that might affect your ability to participate on this journey. You may be required to produce a doctor's certificate prior to travel. Due to ship restrictions, women who will be six (6) months or more pregnant at any time during the cruise are not permitted to travel on Expedition Cruises. The ship owner's medical staff and Captain reserve the right to refuse passage to anyone who is deemed unfit for travel either before or during the journey.

#### Emergency Evacuation Repatriation Insurance

Due to the remote locations, A&K requires proof of a minimum of \$100,000 per person in emergency evacuation/repatriation insurance for all Antarctica, Arctic and Kimberley cruises. This minimum amount is included in A&K's Guest Protection Program; upgrades can be purchased for higher coverage on request. If you do not purchase A&K's Guest Protection Program, we require proof of alternative coverage. Please include your insurance carrier's name and telephone number when completing your guest information online. Additionally, carry proof of 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

In Canada, should be made in local currency, however, cash in U.S. dollars is accepted at established exchange rates at many hotels, restaurants and shops. Major credit cards are widely accepted for goods and services. Access to ATM machines is widespread in cities and towns but may be limited in rural areas.

In the United States, cash transactions must be made in U.S. currency. Major credit cards are widely accepted for goods and services. Access to ATM machines is widespread in cities and towns but may be limited in rural areas.

'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 on board (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, travellers' 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 travellers' checks are limited.

All onboard transactions made by bank or credit card are processed via the ship owner's home office in Marseille, France, and charges from your onboard 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 that onboard charges are processed through France to avoid having your overseas purchases viewed as suspicious. When reviewing your credit card statement, please note credit card charges from the vessel will show on your statements as charged to 'Le Boreal.'

There is no currency exchange facility on board.

# ESSENTIAL INFORMATION

## THE NORTHWEST PASSAGE: GREENLAND, CANADA AND UNITED STATES

### BAGGAGE RESTRICTIONS

On charter flights between Montreal/Kangerlussuaq, as well as Nome/Anchorage, each traveller is limited to two (2) checked bags combined total weight of no more than 72 pounds (32.6 kilos). In addition, you are allowed one (1) carry-on weighing up to 17 pounds (7.71 kilos).

*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.*

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-Expedition Wear

Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Loose trousers, topped with a pullover and a wind-proof jacket, are a good choice for active excursions. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

#### Onboard Expedition 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 each guest with a custom A&K winter parka designed for the Arctic climate, along with a water-resistant backpack to use for carrying items ashore on Zodiac excursions. Complimentary use of waterproof pants, boots and trekking poles is also provided. All items will be valet-delivered to your stateroom or suite. Please visit [akexpeditiongear.com](http://akexpeditiongear.com) to order your complimentary A&K package, view size charts and see order deadlines for your cruise. When ordering, please provide your sailing date, stateroom number and boot, parka and pants sizes. This information is also outlined in the "Request Your Expedition Gear" flyer included in pre-travel documentation. You should receive an email confirming that your order has been received.

Refer to the online sizing charts to ensure a proper fit. It will not be possible to exchange boots for a different size on board the ship. While A&K will make every effort to provide a 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 (12-16 inches high), waterproof, rigid and 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 is ultimately at your discretion since you may find it hard to pack this limited-use outfit and meet the baggage weight restrictions.

#### Non-Expedition 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

#### Expedition Wear: Items Provided on Board

- Water-resistant backpack (provided 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-order online/delivered on board for complimentary use)
- Water-resistant hooded parka (pre-order online/delivered on board and yours to keep)
- Pair of waterproof pants (pre-order online/delivered on board for complimentary use)
- Collapsible trekking poles (pre-order online/delivered on board for complimentary use)

#### Expedition 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
- 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

2-3 warm turtlenecks or long-sleeved tops/shirts (preferably Expedition Stretch fabric; wool or corduroy fabrics work well)

equal number of pairs of thin socks (such as silk or polypropylene sock liners) to wear with them.

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

#### 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

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

#### 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)

Laundry and dry cleaning are available at your hotel in Oslo. Check costs and return times before using these services.

Traveller's Valet: A&K's complimentary laundry service for 8 articles of clothing per person during the voyage will be provided twice during your journey on board. Ship terms and conditions apply. Additional laundry can be done for a fee. Dry cleaning is not available.

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All gratuities are included on the main tour program.

For extra nights or Tailor Made services pre and post cruise, please follow the Tailor Made Journeys guidelines below 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:

	<b>Tailor Made Journeys</b>
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 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, onboard 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 one king bed (convertible upon request), and some staterooms feature one queen bed. All suites boast a separate sitting area and sofa. The Owner's Suite (484 sq. ft.) features two rooms/two 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 on A&K charters.

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). Due to safety reasons, there are no free weights on board the ship.

'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. Hairstyling, 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 the 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 two-prong style). A limited number of adaptors are available on board; however, supplies are not guaranteed. We recommend you bring a global travel adapter set with you.

## LANGUAGE & COMMUNICATIONS

On A&K charters, 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 onboard 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 internet blackouts for extended periods 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 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. Bottled water, bar drinks (exclusive of premium Champagnes, wines and spirits) soft drinks, and house wines (rosé, 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 provided 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 onboard photographer and photo concession providing passenger photography services including digital photo services and onboard 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 by visiting [abercrombiekent.com/blog](http://abercrombiekent.com/blog) and selecting "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 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 at the discretion of Abercrombie & Kent and the 'Le Boreal' 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. You can access the Association of Arctic Expedition Cruise Operators Guidelines for Visitors to the Arctic on their website: [aeco.no/guidelines/visitor-guidelines](https://aeco.no/guidelines/visitor-guidelines).

AECO has launched new Clean Seas Guidelines that offer information to visitors to the Arctic on how to reduce their waste and plastic footprint in the locations they visit. You can access their website at [aeco.no/guidelines-2/clean-seas-guidelines-for-visitors-to-the-arctic](https://aeco.no/guidelines-2/clean-seas-guidelines-for-visitors-to-the-arctic).

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.