

ESSENTIAL INFORMATION CRUISING SCANDINAVIA & THE BALTIC SEA

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of seven (7) 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 Denmark, Poland, Lithuania, Latvia, Sweden, Estonia or Finland.

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.

REQUIREMENTS RELATED TO COVID-19

There are currently no COVID-19 entry requirements for the countries visited on this journey. Visit the U.S. Department of State at travel.state.gov or the Government of Canada at travel.gc.ca/travelling/advisories for up-to-date information.

A&K and the ship operator, Ponant, require proof of full COVID-19 vaccination. A booster shot is required for embarkation by the ship operator for guests aged 12 and over if full vaccination is more than four months prior to departure (two months for Janssen/Johnson & Johnson). Approved vaccines include Pfizer (Comirnaty), Moderna (Spikevax), AstraZeneca (Vaxzevria) and Janssen/Johnson & Johnson (Ad26.COV2.S). Booster shots must be an mRNA vaccine (Pfizer and Moderna) regardless of original vaccine type.

Be sure to carry your original COVID-19 vaccination certificate with you for travel on this journey.

Prior to boarding, all guests must complete Ponant's **Mandatory Health Declaration** form, provided to you in Copenhagen.

COVID-19 testing may be required during the program.

LOCAL HEALTH & SAFETY PROTOCOLS

Special Note on Isolation and Quarantine Requirements: During the group journey, any guest that tests positive for COVID-19 will be required to isolate for 5 days.

Wearing a mask is recommended in vehicles, indoor spaces and any outdoor spaces where physical distancing is not possible. We encourage you to bring your own masks; a supply will be on hand where needed.

Note all protocols are subject to change in accordance with relevant guidelines, local regulations and conditions.

SPECIAL CONSIDERATIONS FOR EXPEDITION CRUISES

Please ensure that we are aware of any physical, medical or other condition that might affect your ability to participate in 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.

CASH & CREDIT CARDS

Major credit cards are widely accepted in the areas visited on this journey. ATMs are common in larger cities and towns. Carrying moderate amounts of euros is advisable, as smaller establishments may only accept cash.

The euro is the official currency on board. Personal expenses incurred on board can be charged to your shipboard account and paid at the end of the expedition by major credit card or cash, including U.S. dollars. There is no currency exchange facility on board.

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 until one month after your cruise. Call your bank or credit card company to advise about your travel plans.

PACKING LIST

Plan on travelling with one suitcase and one carry-on bag. Soft-sided luggage will be easier to store once you have unpacked.

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.

Clothing

Casual comfortable clothing is appropriate on board. A jacket and tie for men and smart casual dress for women are suggested for the Captain's Welcome Cocktail Party and the Farewell Party on board ship and for dining at better restaurants during your leisure time.

Visits to select religious sites require modest dress covering knees, shoulders, and upper arms.

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Lightweight raincoat
- Sweater or lightweight jacket
- Brimmed hat or visor for sun protection
- Personal garments
- Socks
- Sleepwear
- Comfortable walking shoes with low or no heels (non-skid); sandals may not be appropriate for some sightseeing activities
- Swimwear/cover-up (swimwear that provides UV protection is ideal)

Other Recommended Items

- Face masks and hand sanitizer
- Prescriptions and medications (in their original bottles and/or packaging)
- Simple first-aid kit
- Sun block and lip balm / insect repellent
- Extra eyeglasses/contact lenses
- Sunglasses
- Smartphone
- Charging cables for electronics
- Global travel adapter

Traveller's Valet: A&K's complimentary laundry service for 8 articles of clothing per person will be provided once during your journey on board. Additional laundry can be done for a charge. Dry cleaning is not available.

TIPPING GUIDELINES

On A&K Luxury Expedition Cruises, all gratuities, including for the ship's crew, A&K Expedition Team and guides, are included in the cost of the program and group extensions.

For extra nights or Tailor Made services pre- or post-cruise, we suggest the following gratuities for these days only (noted in U.S. dollars):

	Extra Nights/Tailor Made Services
Local Guides	\$25 per person, per day (full day)
Drivers	\$15 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 CHAMPLAIN'

SHIP AMENITIES

Your exclusively chartered ship is 430 feet long and accommodates up to 184 passengers; however, A&K limits occupancy to a maximum of 148 guests. The ship has three elevators with ramps accessing all passenger decks.

Each stateroom features individual climate control, 110V American/220V European plugs, Wi-Fi, stocked minibar, Nespresso coffee maker and tea kettle, small electronic safe, direct line telephone, Bose Bluetooth speaker, flat-screen TV with video on demand, wardrobe, vanity with mirror, robe, slippers, hairdryer and luxury bath products. Nightly turndown is provided.

All suites feature butler service — an A&K-exclusive feature — which includes a personalized welcome, unpacking and packing upon request, nightly canapes, room service, shoe polishing and expedited laundry, as well as priority spa and salon booking.

Deck 3 features a variety of guest services and public spaces. The reception area includes a 24-hour front desk and a boutique with a selection of clothing and jewelry. The spacious main lounge offers a bar with live music on most evenings. The ship's pool deck features a heated outdoor pool with a counter-current swimming system and exterior bar with armchairs and sofas. Lectures are held in the Theater with comfortable seating for all guests, as well as audio/visual equipment and an LED wall for projecting high-resolution images and videos. Finally, medical facilities with a doctor and nurse are available 24 hours a day.

On Deck 6, the Panoramic lounge offers a small library with a selection of books and board games and direct access to the panoramic terrace.

The Wellness area on Deck 7 features a fitness center offering guests complimentary use of equipment including stationary bikes, treadmills, Kinesis wall and other exercise equipment. Due to safety reasons, there are no free weights on board the ship. Sea conditions may affect the fitness center's opening hours. There is a hair salon as well as a full-service spa equipped with a sauna and steam room, and which offers a range of beauty treatments and massage services. All spa and salon services are charged to your shipboard account.

A daily program detailing the following day's events, excursions, and hours for the restaurants, boutique and spa is delivered to your stateroom each evening.

ONBOARD CULINARY AND BEVERAGE PROGRAM

Dining is a special treat on board. International cuisine is available in two restaurants. The main dining room, at the rear of Deck 4, accommodates all guests in one sitting and offers panoramic views. This unique dining area, which opens onto the outside, offers a selection of salads, hot meals, cheeses and desserts. The al fresco restaurant on Deck 3 has seating for 70 guests and features a casual menu of grilled meats, salads and desserts.

Complimentary 24-hour room service is also available. Early riser coffee and breakfast pastries, afternoon tea and late-night snacks are offered daily. Meals on board are scheduled around the day's sightseeing and shipboard activities. Please consult your daily program for mealtimes and opening hours.

Complimentary bar drinks, beer, house wine, soft drinks, coffee drinks, juices and water (excluding premium wines, Champagne and spirits) are provided while on board.

If you have special dietary requirements (vegetarian or vegan menus, food allergies, etc.) please advise Abercrombie & Kent at least six weeks prior to the beginning of your journey. In addition, please 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. Chefs on board will make every effort to accommodate your needs. Kosher meals are not available on board.

LANGUAGE AND COMMUNICATIONS

English is the language used by staff on board A&K charters.

Complimentary Wi-Fi Internet is featured on A&K charters. Internet access at sea is made possible by satellite, and speed and connectivity are dependent on latitude, weather and atmospheric conditions as well as the number of guests using their computers or mobile devices. Do not rely on the ship's Internet service for applications such as social media sites, downloading files or streaming movies. Internet service may not always be available, and your patience and understanding are appreciated when this situation occurs.

Direct-dial telephone access is available in your stateroom. Charges for maritime satellite connections are significantly higher than those for land services and the cost of the call will be added your shipboard account.

OF SPECIAL NOTE

The ship is nonsmoking except in a designated area outside on Deck 3.

Maritime law does not permit unrestricted access to the bridge. At the Captain's discretion, guests may be offered the opportunity to visit the bridge during scheduled times in accordance with security protocols. Access to outdoor areas may be restricted during inclement weather and ship maneuvers. The ship's daily scheduled sightseeing events and timings may be altered, and flexibility is required.