

ESSENTIAL INFORMATION EMPERORS & SOUTH POLE AN INSPIRING EXPEDITION BY GEOFFREY KENT

REVIEW YOUR PASSPORT

Your passport needs to be valid beyond June 23, 2023. For this journey you need at least (4) completely blank visa pages available in your passport for entry and exit stamps.

U.S. passport holders who frequently travel internationally may be able to obtain a second passport, which is valid for four years. This would allow you to travel with one passport, while the second may be submitted to obtain any required visas for your next trip abroad.

If you require assistance obtaining a new U.S. passport, second passport or passport renewal, contact our partner, Pinnacle TDS. You may call them at 888 838 4867, visit them online at pinnacletds.com/AandK or email AandK@pinnacletds.com for specific instructions.

VISA INFORMATION

South Africa

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

If you are not a citizen of the United States or Canada, please consult the nearest diplomatic or consular office of the countries you will be visiting for information on necessary documentation you need to enter their country.

Antarctica

There are no visa requirements for passport holders of nation to enter Antarctica.

REQUIREMENTS RELATED TO COVID-19

The following are the current COVID-19 screening requirements for travel on this journey for U.S. and Canadian residents. 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.

For guests returning home to the U.S. or Canada, there are currently no COVID-19 testing requirements for entry. Guests continuing to other countries should check the specific COVID-19 entry requirements for those destinations. A&K will arrange any required testing during your journey or for onward travel. All requirements are subject to change.

A&K and South Africa require proof of COVID-19 vaccination for travel on this journey. The current approved vaccines are Pfizer (Comirnaty), Moderna (Spikevax), AstraZeneca (Vaxzevria) and Janssen/Johnson & Johnson (Ad26.COV2.S). To meet changing requirements, a booster shot is recommended. Be sure to carry your original COVID-19 vaccination certificate with you, as well as an electronic copy in your smartphone, and send a copy to usaprivatetravel@abercrombiekent.com.

Additional South Africa Entry Requirements

- Complete a Health Questionnaire not more than two days prior to arrival in South Africa. Print the completed form as it will need to be and presented to airline personnel prior to boarding your flight to South Africa, and/or immigration officials on arrival. To access this form visit [ENTRY_SCREENING_THQ.pdf \(airports.co.za\)](https://airports.co.za/ENTRY_SCREENING_THQ.pdf).
- Travellers are subject to medical screening on arrival in South Africa, including a temperature check, questionnaire, and visual assessment. Those presenting symptoms may be required to take a COVID-19 PCR test at the airport. Should the test prove

positive, the traveller will be required to quarantine at a designated site for 10 days. All related costs are the responsibility of the traveller.

- Travellers may choose to download the COVID Alert South Africa mobile app to assist with contact tracing, however this is not mandatory. To download this app for Android phones visit [COVID Alert South Africa - Apps on Google Play](#) for iPhones visit [COVID Alert South Africa on the App Store](#).
- A COVID-19 PCR test is required to board the aircraft for your flights to and within Antarctica. A&K will facilitate the required testing and details will be provided Cape Town.

REGISTER YOUR JOURNEY

We recommend that you register with your nearest embassy or consulate for the destinations included in your journey. U.S. citizens can register through STEP, the Smart Traveller Enrollment Program (step.state.gov/step). Canadian citizens can enroll in Registration of Canadians Abroad at travel.gc.ca/travelling/registration.

UPDATE VACCINES & MEDICATIONS

Check with the Centers for Disease Control and Prevention (cdc.gov/travel) or the World Health Organization (who.int/en) for the latest on required and recommended vaccines for your destination.

A yellow fever vaccination is only required to enter South Africa if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

There are no required vaccinations to enter Antarctica.

You'll want to visit your doctor or local travel clinic a couple of months before departure to allow time for any vaccinations to take effect or to fill any prescriptions.

STAY HEALTHY ON THE ROAD & SPECIAL CONSIDERATIONS

In accordance with local regulations in South Africa, face masks must be worn during any indoor public activities, and all persons are required to practice physical distancing of at least 6 feet (2 meters). 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.

Carry your prescriptions and over-the-counter medications in their original containers in your carry-on luggage. Pack a simple first-aid kit along with medicines for motion sickness and mild upset stomach. As a precaution, use only bottled water and avoid foods from street vendors. This journey includes travel to remote regions with limited medical facilities.

This journey travels to remote destinations far removed from medical facilities and major medical care is not available. Camp staff have received medical training ranging from basic to advanced, including a qualified medical doctor who will accompany guests on South Pole flights and other excursions. First-aid kits are carried on excursions and overnight trips.

The South Pole is situated at an altitude of 13,123 feet (4,000 meters). Since air is significantly thinner at high altitudes, you may feel the effects of altitude sickness. If you feel a tingling or numbness in any of your extremities or are experiencing symptoms of high altitude sickness

(nausea, headache or dizziness and difficulty breathing normally) inform the doctor immediately – even in the middle of the night.

Furthermore, the flight to the South Pole from Whichaway Camp will be in an unpressurized plane at an altitude of approximately 9,842 – 13,123 feet (3,000 – 4,000 meters). A down jacket, Baffin boots and down pants will be provided for your use to stay warm in this extreme environment.

Emergency Evacuation Repatriation Insurance

Due to the remote locations, A&K requires guests to provide proof of a minimum of \$500,000 per person in emergency evacuation/repatriation insurance for this journey. A&K recommends insurance coverage to begin on December 11, 2022 and should not end until December 24, 2022. This ensures that you are covered throughout your time in Antarctica and in the case of an unforeseen change to flight times. Please ensure that the policy does not exclude the Antarctic region and covers the activities that will be undertaken, which may involve 'Adventure Sports' coverage. Carry proof of coverage with you when you travel.

KEEP CONNECTED

While most smartphones work overseas, you might need to turn on international roaming service before you travel. Contact your carrier for information on coverage and voice and data plan options while travelling abroad.

In Antarctica, communication will be limited, and mobile phones will not work. Remote southern latitudes can significantly affect internet satellite reception and there may be internet blackouts for several days at a time in certain locations and at certain latitudes.

At Whichaway Camp you may purchase phone credit to use a satellite phone in camp. The fee is USD \$60 for 45 minutes (subject to change). Please notify staff in advance if you would like to make calls on the satellite phones when out of camp (at the South Pole, for example). If you choose to bring or rent your own satellite phone, the camp uses the Iridium satellite network so make sure you have an Iridium phone. If you choose to bring a satellite phone, please advise A&K at least one month prior to your arrival into Cape Town. (Customs and duty fees may apply depending on the value of the satellite phone.)

At Whichaway Camp, electricity comes from solar power and backup generators. Limited solar power/charging facilities are available.

GETTING ONLINE

The Silo Hotel and many public places in Cape Town have Wi-Fi and you'll usually be able to stay connected throughout your time in South Africa.

Whichaway Camp has an Iridium dome satellite system to stay in communication by email with Cape Town and the Wolf's Fang runway. Guests may send and receive text-only emails via an iPad at camp. Availability of this service is limited.

TIME ZONES

Many websites and smartphone apps allow you to check time zones for specific destinations. We recommend timeanddate.com/worldclock. Upon arrival, the time on most smartphones will automatically adjust to the local time.

9:00 a.m. in Destination	UTC	Continental Europe	United Kingdom	New York & Ottawa
Cape Town, South Africa	+2	8:00 a.m.	7:00 a.m.	2:00 a.m.
Whichaway Camp, Antarctica	+1	9:00 a.m.	8:00 a.m.	3:00 a.m.

MONEY MATTERS

We recommend travelling with some cash and at least two different major credit cards, such as Visa and Mastercard, so you have backup if your card is not accepted or lost. Contact your bank and credit card companies to let them know where and when you'll be travelling, as well as confirm any foreign transaction fees. When carrying cash, try to travel only with recently issued currency in smaller denominations; many merchants overseas won't accept wrinkled or torn bills. Only exchange currency at authorized outlets such as currency exchanges, ATMs or hotels and save receipts as they may be required for exit.

In South Africa cash transactions should be made in South African rand. Major credit cards are widely accepted in Cape Town and access to ATMs is widespread.

Only cash is accepted at Whichaway Camp and the small souvenir shop at Amundsen-Scott South Pole Station. The recommended currency is the U.S. dollar.

KEEP VALUABLES SECURE

We strongly recommend leaving valuables such as jewelry at home as A&K cannot be responsible. Use safes where available to secure valuable items such as passports, or else always carry them on your person.

Replacing a lost or stolen passport is much easier if you have a copy on hand. Pack a photocopy of your passport's personal information page with your luggage and keep a photo of it on your smartphone.

WEATHER

We recommend weather.com to check the forecast for your journey.

	Average High Dec	Average Low Dec	Average Days w/Rain
Cape Town, South Africa	75°F / 23°C	61°F / 17°C	7
Whichaway Camp, Antarctica	28°F / -2°C	12°F / -11°C	0
South Pole, Antarctica	-15°F / -26°C	-20°F / -29°C	0

Antarctica's weather and climate are influenced by its position, elevation, the amount of snow and ice covering the surface of the continent and the lack of precipitation. The climate also varies by region, and temperatures in the interior are far more extreme than coastal areas and the Antarctic Peninsula.

At Whichaway Camp on the coast of Droning Maud Land, humidity is low and when wearing appropriate clothing it often does not feel cold. High winds dramatically lower temperatures particularly at night.

Temperatures at the South Pole drop considerably, although it tends to be much less windy.

INTERNAL AIR & BAGGAGE RESTRICTIONS

Please be aware that flying to one of the most remote locations in the world is a complicated process and your safety is our primary concern. Flights are dependent on weather and delays, last-minute changes to the schedule, and on rare occasions, a change of aircraft type are a possibility.

Flights between Cape Town, South Africa and Wolf's Fang, Antarctica are flown in a Gulfstream 550.

All internal flights within Antarctica are flown in an aircraft called the BT-67 Basler, which is powered by a turbo propeller. These aircraft are specifically designed and equipped for Antarctic conditions. They are functional with emphasis on reliability, durability and safety, as opposed to luxury. You will be flying in the same conditions as Antarctic scientists and explorers and seeing the continent as they do. The aircraft are supplied with toilets and survival bags, including tents, sleeping gear and food.

On local charter flights during the course of this journey, participants are limited to 48 pounds (22 kilograms) of checked luggage. Small carry-ons should be limited to one per person and weighing not more than 15 pounds (7 kilograms). Due to the limited hold space on the jet, duffel bags with wheels are not allowed. As a convenience, A&K will provide each guest with a complimentary, custom-designed A&K duffel. This bag is specifically crafted to meet airline standards.

PACKING LIST

While in Cape Town, the typical attire on A&K journeys is relaxed and informal during the day. Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Smart casual is appropriate for most evenings.

Safe Travel Essentials

Be sure to bring personal protective equipment (PPE), including face masks, travel-sized hand sanitizer with at least 60% alcohol, facial tissues and disinfecting wipes or spray.

Be sure to bring a global travel adapter set with you to recharge your electronics. You can purchase a global travel adapter and many items on our packing list through A&K's Travel Store at usa.thetraveloutfitter.com.

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 collect and manage your luggage for you.

During your journey in Antarctica and the South Pole, it is imperative that you dress in technical clothing that is specifically created for extreme conditions. Expedition staff will check all of your gear to ensure you are fully equipped. At approximately 120 days prior to departure, A&K will be providing you with a gear kit list and order forms. Pre-ordered items will be distributed at a briefing held in Cape Town on the second day of your journey. You will have the opportunity to try on and exchange items if necessary. Payment for items should be made at this time by credit card or in cash (South African rand).

Clothing and Equipment Provided for Temporary Use

- 1 heavy, insulated down jacket (a warm over jacket for cold days)
- 1 heavy, insulated down pants (for people feeling especially cold, or for the South Pole flight)
- 1 over mitt (warm mittens, provided when necessary)
- 1 pair Baffin boots (rated -100 degrees, warm and comfortable, used for walking and cross-country skiing)

Expedition Wear — Outer Layer

- Windproof and water-resistant hooded jacket
- Windproof and water-resistant winter pants
- 6 pairs of high thermal socks

Expedition Wear — Mid Layer

- Insulated jacket
- 1-2 thin fleece jackets
- Fitted fleece pants/tights

Expedition Wear — Base Layer

- 3 thermal tops
- 2 thermal pant/leggings

Expedition Wear — Accessories

- Small backpack (33 liter)
- Pair of lightweight, mountain/trekking boots with sturdy soles
- 6 pairs of thermal sock liners
- 1 beanie (polypropylene or wool ski cap)
- 1 brimmed sun hat with draw-cord
- 1 tube-style scarf (balaclava)
- 1-2 pairs glove liners
- 1 pair mid-weight gloves (fleece-lined)
- 1 pair waterproof insulated gloves
- Extra pair of ski mittens or gloves
- Goggles (100 UV protection)
- Sunglasses (100 UV protection)
- Sunscreen (high SPF of 30 or higher)
- Optional: Hand and foot warmers. Guides carry hand, feet, and body warmers in case of extreme weather.

Non-Expedition Wear

- Casual summer-weather outfit for daytime Cape Town
- Smart casual evening outfit for Cape Town
- 1-2 pairs of warm casual trousers to wear under snow pants (Expedition Stretch fabric, wool, or corduroy fabric work well)
- 1 warm woolen sweater
- 1-2 warm turtlenecks or long-sleeved tops/shirts (Expedition Stretch fabric, wool, or corduroy fabric work well)
- Personal garments including thermal or silk long underwear
- Sleepwear
- Pair of comfortable walking shoes with low or no heels

Miscellaneous Items

- Original COVID-19 vaccine certificate
- Valid driver's license for Cobra driving experience scheduled on December 12 in Cape Town.
- Photography equipment: Batteries (lithium batteries recommended for longer life), memory cards, charging cables. A waterproof case or sealable plastic bags and lens brush are also recommended.
- Aspirin/pain relievers
- Antacids/laxatives/anti-diarrhea medicine/motion sickness tablets
- Moisturizing cream and lip balm
- Personal toiletries (Biodegradable soap, shampoo and conditioner provided in camp; electrical system in camp cannot support hairdryers)
- If you wear glasses or contact lenses consider bringing an extra pair; contact lens solution
- Prescription medications and copy of prescriptions
- First aid kit including Band-Aids and moleskin
- Slippers (for comfort after a long day of activities)
- Ziplock bags for camera equipment, wet or dirty clothes

- Personal electronics and chargers; global travel adapter

SMART SHOPPING

Opportunities for shopping on this journey are limited to your stay in Cape Town and the small souvenir shop at Amundsen-Scott South Pole Station.

Consult the local customs authority (cbp.gov in the U.S. and travel.gc.ca in Canada) for information on what you can bring back and duty taxes. Keep receipts and items together.

PHOTOGRAPHY ETIQUETTE

Be sure to ask permission before taking pictures of local people, including small children. Extreme care should be used when photographing wildlife in order not to cause any disturbance to a single animal, or group of animals.

Note that photography is not permitted in some locations; it is usually clearly marked. If in doubt, ask your Tour Manager to avoid having your camera confiscated.

Batteries in Cold Climates

Battery life is greatly reduced in cold weather. It is recommended that you keep your mobile phone in an inner pocket of your parka and avoid taking it out in frigid temperatures. For your digital camera, bring two sets of rechargeable batteries and a charger. During outings, a set of spare batteries should be carried in an inside pocket to keep them as warm as possible. If you have a small camera, attach it to a lanyard so you can carry it under your parka.

TIPS ON TIPPING

As a convenience, all gratuities are included. Any additional gratuities that you may choose to present to specific members of your tour staff are left to your personal discretion.

LIFE IN WHICHAWAY CAMP

Whichaway Camp is comprised of seven individual sleeping pods. Each sleeping pod is heated and features en-suite wash area (sink with thermos of hot and cold water) and toilet facility. Sleeping pods may be configured as twin or double. Hot water bottles are provided on request.

A separate shower pod which houses three shower cubicles, and two toilets is located near the main lounge and kitchen area. Hot water is provided by a solar water with a back-up gas heater for cloudy days. "Grey-water" produced in camp is treated and it is necessary to keep the impact in the environment to a minimum. The shower is open daily; however, please be mindful of the amount of water you use as every drop is hand pumped from a lake and after it is used, the water is filtered through a custom-built unit.

There are also three large, interconnected communal pods, including a dining room, library, and lounge, which are always open for guest use.

Three hot meals are served daily in the dining room. Hot and cold beverages, including a selection of soft drinks, and snacks are also available throughout the day. A selection of spirits, as well as red and white wines, are available in camp. While alcohol is provided at lunch and dinner in camp, please be aware that alcohol exacerbates the effects of the cold at high altitudes. Additionally, pathways to individual pods are rocky and need to be navigated with caution to avoid danger from injury or slipping.

Sleeping pods and the communal lounge and library provide electricity for charging cameras, laptops, and other tech devices. Electrical power in comes from solar panels and back-up generators.

Smoking is prohibited inside any of the pods and guest will incur a fine of US\$5,000 per violation. If you wish to smoke during your stay, staff will direct you to designated smoking areas outside where containers for ash and cigarette butts are located.

LIFE IN SOUTH POLE CAMP

Facilities at the South Pole camp consist of two-person Arctic Oven tents. The insulated tents are large enough to stand up in and can accommodate two cot beds and hand luggage.

Temperatures in the tents will range from 23°F/-5°C to 40°F/4°C depending on the amount of sun available. Antarctic-rated sleeping bags are provided. A hot water bottle can be provided on request.

Toilet facilities are basic, and you will be provided with a bottle for use at night so that you do not have to get dressed and go outside to use the toilet facilities. Staff will provide additional details at the safety briefing.

Staff makes and serves meals in two separate tents. Meals are simple, supplemented by snacks available throughout the day. Hot drinks are provided; however, alcohol is not provided at South Pole camp.