



UNFORGETTABLE

ANTARCTICA

TOUR HINTS

2016





See the playful antics of the local wildlife up close

Welcome to Antarctica

Dear Traveller,

APT have teamed up with Polar Latitudes to offer you a once-in-a-lifetime opportunity on board the MV Sea Explorer to visit the world's last true wilderness – Antarctica.

Whether you are a seasoned traveller or embarking on your very first adventure abroad, there are some things you need to know beforehand. The better prepared you are the more you will enjoy this magical experience, so please make time to read this document thoroughly, along with your other APT documentation. All information within this document is important and should answer most of the questions you may have. In the instance that changes occur we will endeavour to notify you. If you have any queries, please do not hesitate to contact your travel agent or APT directly.

Welcome aboard an unforgettable adventure of a lifetime.

A handwritten signature in black ink that reads "Geoff McGeary". The signature is fluid and cursive, with a long horizontal stroke at the end.

Geoff McGeary
Company Owner



Discover isolated sites on Zodiac cruises



CONTENTS

PREPARING FOR YOUR TOUR

Forms	4
Travel Documents	4
Passport	4
Visas	4
Travel Insurance	5
Motion Sickness & Medication	6
Allergies	6
Currency	7
Pregnancy Information	7

EXPEDITION GEAR

Climate & Clothing	8
Dressing in Layers	8
Complimentary APT Waterproof Parka	
Other Clothing Essentials	10
Complimentary Rental Clothing	11
Around the Ship	12
Packing for South America	12
Your Clothing Checklist	12
Other Essentials	13

DURING YOUR VOYAGE

Your Expedition Vessel – the MV Sea Explorer	14
Putting Safety First	14
Onboard Facilities	14
Dining	15
Laundry	15
Bathrobes	15
Smoking	15
Beverages	15
Communications	16

Gratuities	16
Electricity	16
Crew	16
Bridge Access	16
Zodiac Cruising	17
Shore Landings	17
Health & Safety On Board	18
A Day On Board	18

FREQUENTLY ASKED QUESTIONS

Frequently Asked Questions	20
----------------------------	----

USEFUL INFORMATION

Our Environmental Promise	25
Conservation Rules for Visitors	25
Stay Safe	27
MV Sea Explorer Contact Information	27
Useful Websites	28
Reading List	28

DECK PLANS

Deck Plans – MV Sea Explorer	29
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TERMS & CONDITIONS

Terms & Conditions	30
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Watch icebergs splinter and glaciers crumble

Preparing For Your Tour

Forms

You will be required to fill out forms requesting personal and medical information. Completed forms should be returned no later than 90 days prior to your departure, as the forms contain information needed for the ship's manifest, as well as your safety whilst on board.

Travel Documents

Approximately 4-6 weeks prior to your departure, you will receive your final travel documents.

Passport

Please ensure that your passport is valid and the name on your airline ticket matches the name on your passport. Your passport needs to be valid for at least six months after your scheduled return date and have enough blank pages for passport stamps. We recommend you copy the first pages of your passport and keep these with a copy of your air ticket and some extra passport photos, as well as any other relevant travel and insurance documents.

Visas

Rules and regulations governing the issuance of visas are constantly changing and vary for different nationalities. You should check visa requirements with your booking agent or relevant consular authority well before travelling. If you plan any side trips to other countries you will need to investigate visa requirements. It is your responsibility to ensure you have all required visas for your trip.

Antarctica

You do not require a visa to visit the Antarctic continent or its offshore islands. However, you will need a valid passport with you throughout the journey. Our ship departs for the Antarctic continent from the Argentinian port of Ushuaia.



Perhaps embark on an optional kayak expedition

Argentina

A Reciprocity Fee is charged to citizens of Australia, Canada and the United States. This should be paid online through <https://reciprocidad.provincianet.com.ar/>. It is important that you keep the printed receipt as you will need to present this on arrival in Argentina.

Brazil

Citizens of Australia and the United States require visas for travel to Brazil. Citizens of New Zealand and the United Kingdom do not require one if your stay is 90 days or less.

Please note: you must allow a minimum of 20 working days to issue your Brazil visa, however due to past delays at the Brazilian Consulate we recommend you apply for your visa 90 days prior to your departure.

Chile

An entry permit is required for citizens of Australia, Canada and the United States. This is purchased at the point of entry and payable in US dollars, local currency or with your credit card.

Peru

No visa is required by Australians or New Zealanders for visits of up to 90 days.

Travel Insurance

All passengers are required to carry valid travel insurance. This insurance must include medical and evacuation coverage, and we recommend that it covers cancellation and trip interruption as well. As any potential evacuation from Antarctica can cost up to \$150,000, we therefore recommend that no policy carry less than this amount of coverage. As part of the pre-departure forms, we will require information as to travel insurance carrier, policy number and a 24-hour contact number.



Glide past towering peaks during excursions by Zodiac

Motion Sickness & Medication

From time to time we will encounter rough weather when crossing the Drake Passage. This is the shortest route to the Antarctic continent, connecting the Atlantic and Pacific oceans between Cape Horn and the South Shetland Islands. We find that everyone reacts differently to the occasional rough weather of the Drake Passage. It is best to be prepared for motion sickness as medication is preventative, not curative. We recommend you consult your doctor prior to your departure and bring with you the recommended preventative medications.

We have found that patch style medication and suppositories work best. It is important to start taking your preventative medication as soon as the ship heads into the Drake Passage area – DO NOT wait until you feel sick as the medication is generally not effective once you are ill. Avoid oral medication if you are unable to keep it down. Also, the best advice we can give you is to eat. It may sound counter-intuitive, but the sensation of nausea is much worse on an empty stomach. Eat a little something at every meal, avoid tobacco and alcohol, stay hydrated and rested, take your medication and you'll be fine. Please note that all this advice is for open sea days only. The waters we visit in the Antarctic Peninsula area are usually quite calm.

Allergies

If you have a food allergy or another condition that needs to be managed on tour, please advise your booking agent as soon as possible, as well as your Cruise/Tour director upon arrival, because most suppliers require advance notice to accommodate this. In some cases you might be asked to fill out a form or waiver.



See unique wildlife in their native habitat

Currency

The accepted currency on board is US dollars. All shipboard charges will be charged to an account, so you do not need to pay cash as you go. At the end of the voyage, you may pay your tab in cash, or with a credit card; we accept Visa and MasterCard. Cheques are not acceptable.

Pregnancy Information

Antarctica is one of the world's most remote areas, and medical capabilities on board are limited. Our facility is a first aid clinic, not a fully functioning medical site. There are no onboard OB/GYN facilities. Early pregnancies with the risk of miscarriage and later pregnancies with the risk of premature delivery present a serious risk when we may be days away from full medical care. In general terms, our policy is that women in weeks 1 through 13, and weeks 22 onward in their pregnancies must, in the interest of safety, be excluded from participation of our Antarctica expedition cruises.

Women who will be in weeks 13-22 of pregnancy during the entire voyage are welcome with explicit doctor's permission and having signed a specific waiver. Pregnancy policies of carriers (ship owners, airlines, bus companies, hotels, etc) may also apply.



Share your journey with like-minded travellers



www.aptouring.com.au



Sail into Ushuaia, capital of Argentina's Tierra del Fuego province

Expedition Gear

Climate & Clothing

The only thing we can guarantee about the weather is that it will be unpredictable. Having the right gear can make the difference between a comfortable, warm experience and one that is not so comfortable. Typical daytime temperatures for the Antarctic Peninsula during the summer are 0°C to 5°C. However, the weather is quite variable and you may encounter different conditions not only in a single day, but even on a single landing. Also, strong winds can make it feel considerably colder (as low as -18°C), so you must be dressed for windy and wet conditions at all times. The choice of clothing for your expedition is a personal decision, depending on your experience in polar regions and whether you are susceptible to cold weather. The best clothing is a layered system with an outer layer that is waterproof. The air trapped between each layer provides additional insulation. It is important you are prepared with clothes that will protect you from the harsh weather, including cold, wind, rain and snow.

Dressing in Layers

Layer 1 – Base Layer

We suggest you start with a base layer of thermal underwear or 'long johns', a long-sleeved thermal t-shirt and a pair of thermal socks rated for below freezing. Thermals come in a variety of fabrics; the least expensive is polypropylene, the most expensive is Merino wool. Either fabric is fine, however Merino wool is generally more comfortable next to the skin compared to synthetic polypropylene fabrics. Merino also breathes, whilst keeping you warm. Amazingly, it has a natural anti-bacterial quality, meaning the fabric stays fresh for longer. Although Merino thermals are considerably more expensive than synthetic polypropylene options, you will find they are well worth the investment. We suggest bringing a few sets of thermal underwear and base layers to allow time to have them laundered on board.



Shore excursions will bring you face-to-face with iconic wildlife

Layer 2 – Mid Layer

Next, you'll need a pair of khakis or polar fleece pants, and a light shirt followed by a polar fleece jacket. Polar fleece is a lightweight soft and synthetic insulating fabric. Though it is 100% synthetic, polar fleece garments are much warmer than cotton tracksuits. You will most likely wear your polar fleece tracksuit when on board the ship in addition to your expeditions. For this reason, we recommend you bring two fleece jackets of varying thickness.

Layer 3 – Optional Layer

If you really feel the cold you can also bring a down jacket or vest. Many people find that they are too hot with this layer, especially when walking ashore or on a mildly warm day. It is important to avoid overdressing as this can lead to excessive perspiration, and ultimately dehydration, as well as discomfort.

Layer 4 – Waterproof Outer Shell

Your final layer includes waterproof pants and a jacket. For safety reasons, to participate in landings, you must wear waterproof pants. Lightweight PVC fabrics and disposable rain gear will not endure more than one landing and will seriously impact your ability to enjoy the voyage.

Please note rental use of waterproof pants and parka is included in your holiday package (see page 11 for further information).

If you wish to bring your own waterproof gear please ensure that it is completely wind and waterproof and that the jacket is hooded.



Explore Antarctica's stark natural beauty



Cruise aboard the boutique-sized MV Sea Explorer

Other Clothing Essentials

In addition to the aforementioned clothing items, we also recommend you bring your own gloves, socks, hats and beanies.

Boots

As most landings involve stepping into water, a pair of mid-calf waterproof boots is essential. We provide a pair of rubber boots for you to use during the voyage, so you don't have to bring them. They are great for getting in and out of Zodiacs and are very warm with a good pair of thermal socks. You may wish to bring additional inner soles to keep your feet extra warm. Please note, we can only supply boots for our adult passengers – if your children are accompanying you on tour you will need to bring boots for them.

Waterproof Gloves

To ensure your comfort and warmth, a glove layering system is essential. In keeping your hands dry, you will first need a pair of thin inner gloves, either polypropylene or woollen, over which goes waterproof outer gloves. You will remove your outer gloves frequently, but leave your inner gloves on, as it makes the buttons and dials on your camera easier to manipulate, while still providing some warmth. You should always carry a spare pair of gloves should your first pair become too wet. We emphasise that it is imperative you bring along several pairs of waterproof gloves.

Socks

It is a good idea to wear two pairs of socks, with a thin inner layer then a thicker outer sock, increasing warmth and comfort inside your rubber boot. You'll need 3-4 pairs of inner and outer socks. Holeproof Explorer socks are ideal for your thick outer sock option.

Beanies & Hats

A beanie is essential and a hat or cap is also a good idea should you encounter sun. You may also enjoy the warmth provided by a scarf or a buff, a piece of fabric that slips over your head to keep your neck warm.



Discover a magical land filled with frozen wonders

Sunglasses

A good quality pair of sunglasses is absolutely essential, as the bright light that reflects off the ice and snow can be very harsh. To reduce glare, we recommend polarised sunglasses in a wrap-around style as they block light and wind from the corner of your eyes.

Complimentary Rental Clothing

As previously mentioned, APT has included a rental package of wet weather gear. This package includes waterproof jacket, pants and gloves.

Please note that your wet weather gear must be preordered at least 30 days before departure at <http://newheadings.com/apt> and will be delivered to you on board. Please use the code APTUSH Rent at checkout.

Rental Waterproof Jackets

The WetGear Jacket by Charles River is made of Waterproof Polyurethane, bonded to a woven backing for enhanced fabric strength and durability. Lined with mesh and nylon for comfort with heat sealed seams and a generous cut to allow for layering. Concealed shockcord drawstring at the hood and hem and adjustable Velcro® cuffs.

Rental Waterproof Pants

The waterproof pants by Outdoor Research are fully seam-taped – no moisture gets through protecting you from the ‘wildest winds’, the ‘drenchiest downpours’ and the ‘soggiest salt spray’. They are not insulated, which allows you to bring your own insulating layers.

Rental Waterproof Mittens

Waterproof gloves are essential to protect your hands while on deck, during wet landings and on shore during your expedition. Outdoor Research Mitten Shells are made of waterproof Gore-Tex material. Again, they are not insulated, which allows you to bring any other insulating glove or mitten layers.



Keep watch for whales while you cruise

Around the Ship

Dress on board is casual and informal at all times. Again, we suggest dressing in layers for your comfort and safety. Your base layer of thermal underclothes with a pair of jeans or khakis, and a lightweight shirt and fleece are ideal. Sturdy walking shoes or sneakers with a good grip sole for the slippery deck are all you need. There are no formal dinners on board, however you may like to bring some 'smart casual' options for the evenings.

Packing For South America

Please take note of the weather conditions in Ushuaia as this is where our voyages depart. Ushuaia is the world's most southerly city and thus, can experience unpredictable weather. In summer (December to February) temperatures generally range from 5°C to 15°C by day, and at night the temperatures can fall to 0°C.

If you are continuing your exploration to other regions of South America, you will find that the temperatures are significantly higher. For example, Buenos Aires, Rio de Janeiro and Lima are quite hot and often humid during these months and temperatures may reach as high as 35°C.

Your Clothing Checklist

- ✓ Woollen pullovers or polar fleece jumpers
- ✓ Jeans, khakis, or fleece pants (several pairs)
- ✓ A number of shirts
- ✓ Casual clothes and t-shirts for layering and wearing whilst on board
- ✓ Casual shoes with a non-slip sole for walking around the ship
- ✓ Thermal top and bottom x 2
- ✓ Thermal socks x 3



Spend time with the local wildlife

- ✓ Woollen hat or a balaclava and a scarf are essential to keep your head, ears and neck warm
- ✓ Waterproof gloves x 2 (to rotate when wet)
- ✓ Glove liners (not essential, but great for taking photos)
- ✓ Waterproof pants
- ✓ Pyjamas/tracksuit

Other Essentials

- ✓ Sunblock (facial)
- ✓ Sunglasses (polarised, close fitting are best)
- ✓ Daypack or backpack (waterproof/resistant is best; or line with plastic bags)
- ✓ Bathing suit – for a polar plunge!
- ✓ Binoculars
- ✓ Camera/digital video camera
- ✓ Extra batteries for cameras (not available on board)
- ✓ Extra memory or film for cameras (not available on board)
- ✓ Plastic freezer bags with zip closures (for keeping your camera dry)
- ✓ Battery chargers
- ✓ Converters/adapters as needed (ship voltage is 110v with US-style two-flat-pin sockets)
- ✓ Appropriate clothing for South America
- ✓ Medications – bring a sufficient supply of any medications you regularly take; prescription and over-the-counter including your preferred motion sickness remedy, as well as copies of your prescriptions. Your necessities and favourites may not be available on the vessel or in Argentina.
- ✓ If you wear prescription glasses or contact lenses, be sure to pack an extra pair



Admire penguins up close



Glide through frozen landscapes

During Your Voyage

Your Expedition Vessel – the MV Sea Explorer

Designed especially for Antarctic exploration, the five-star MV Sea Explorer is an all-suite mega-yacht accommodating up to 112 guests. This stylish vessel is just like a hotel with views from every window, international cuisine and luxury amenities including a full library, restaurant and bar area. This floating hotel navigates remote Antarctic locations offering whale watching, penguin observations, Zodiac cruises and visits to scientific research stations – highlighted by talks from international experts.

Putting Safety First

The MV Sea Explorer has established itself as one of the finest expedition cruise ships in Antarctica, with an ice-strengthened hull, a fleet of Zodiacs, experienced crew members and a set of retractable fin stabilisers for smoother sailing. It carries the most extensive inventory of safety equipment on all excursions and your expedition leaders are required to undergo vigorous safety training programs.

Onboard Facilities

Onboard facilities include:

- 24-hour tea/coffee station
- Dining room with unreserved seating
- Medical clinic with licensed doctor
- Polar Library
- Lounge/presentation room
- Exercise room
- Wraparound sun deck
- Onboard Polar Boutique
- Ship-to-shore satellite communications with email and wireless internet access (at an additional cost).



Pack your sense of adventure and discover the Antarctic Peninsula

Dining

European chefs prepare fine cuisine served in the restaurant. Breakfasts typically are buffet-style and feature a wide range of tempting options, while lunches offer a great choice of light, casual meals. Each evening, select from a variety of choices during a sumptuous three-course à la carte dinner.

Laundry

Laundry service is available on board, but the ship does not have dry cleaning facilities. Laundry is collected each morning by your cabin attendants and returned within 48 hours. A price list for laundry services will be available in your cabin.

Bathrobes

A bathrobe is placed in your cabin for onboard use. All bathrobes will be collected for laundering the day before disembarkation.

Smoking

There is no smoking inside the ship. Smoking is permitted in designated outside areas only.

Beverages

Beer, wine and non-alcoholic beverages are served with lunch and dinner during your cruise, and are included in the cost of your tour. In addition, alcohol and a range of other beverages are available for sale in the bar.



Explore the Antarctic Peninsula



Keep watch for Weddell seals

Communications

The MV Sea Explorer features a wireless network accessible from your personal computer or smartphone from virtually anywhere on board. There are also two public computers available in the library, which can be used for email and internet, if you do not want to bring your own. Charges for phone and internet apply, and packages can be purchased on board; US\$30 for 50 minute internet cards; and US\$45 for 100 minute internet cards. Telephone calls are charged at approximately US\$5 per minute. Prices are subject to change.

Gratuities

As with all APT holidays, gratuities to the crew and guides on your journey have been prepaid on your behalf by APT. Tipping cannot be redeemed for a cash refund.

Electricity

Ship voltage is 110v with US-style two-flat-pin sockets. There are outlets in each cabin and bathroom.

Crew

The staff aboard the MV Sea Explorer have an in-depth knowledge of the local wildlife and terrain, offering a truly nature-based approach to tourism. With some of the industry's most experienced expedition leaders, you'll enjoy an exceptional travel experience, complemented by onboard lectures and personal attention.

Bridge Access

We provide as much access to the bridge as possible, subject to safety and the operational requirements of the vessel.



Your experienced Expedition Crew will look after you every step of the way

Zodiac Cruising

One of the most essential elements of an expedition voyage to Antarctica is the opportunity to make landings on remote shores and navigate narrow and intricate waterways. For this very purpose, the MV Sea Explorer is outfitted with a fleet of Zodiacs.

Zodiacs comfortably accommodate up to 12 people and are the best craft for Antarctica's conditions. These large, sturdy and heavy-duty inflatable boats are extremely safe and are the workhorses for our expedition activity program. They can nose through ice chunks without slowing down and land safely on rocky shores. Our Zodiac drivers are highly experienced with safety as the primary element of consideration for all Zodiac operations. Our shore landing crew will assist in all landings, allowing access to anyone with a desire to go ashore.

In order to conserve the wildlife and natural surrounds, our Zodiacs are designed for minimal impact on the environment. Given the fragility of the Antarctic ecosystem, the best way to visit this region is gently and carefully.

With no more than 112 guests, the MV Sea Explorer is one of the few ships in Antarctica that has the capacity to transport everyone ashore at the one time, meaning you'll have less time to wait and more time to explore.

Shore Landings

The Expedition Leader and Captain will start with an intended itinerary and scheduled landings for your trip. They will adhere to this schedule as much as possible, however weather and ice conditions may necessitate making changes to the schedule. For this reason and in the interest of everyone's safety, the Expedition Leader and Captain must reserve the right to change the itinerary or cancel planned activities at any time. When making changes to the itinerary or landing schedule, the Expedition Leader will find the best alternative route and landings.



Embark on one of the world's greatest adventures

Health & Safety On Board

Although there will be a licensed English-speaking physician on board, the vessel's medical facility is a basic infirmary and full medical facilities may be days away. It is therefore imperative for your own safety that you are in good health and have taken all appropriate precautions. Our medical form will help you to determine whether or not your health level is appropriate. Please be honest with us and with yourselves as you complete this form. Please note that passengers with special medical conditions must have a physician complete and sign a section of the form.

Our ships are far from barrier free. Doors leading to the decks are heavy and narrow with high sills. Decks are often slippery with hazards such as pipes, drains and equipment. If you have mobility issues or walk with assistance devices, carefully consider your participation in the voyage. Getting in and out of Zodiacs and walking on sometimes rocky and icy terrain can also be challenging. Our Expedition Team members can help you into the Zodiac and on to shore, but cannot escort you once on shore as they have other duties. The Expedition Leader and Captain reserve the right to limit the landing participation of people with limited mobility.

A Day On Board

Expedition cruising can be a challenging adventure, and not only because every expedition day offers intense exploration of Antarctica. In the 24-hour daylight at the peak of Antarctic mid-summer, you will try to stay awake as long as possible seeking to spot another glacier, another penguin or glittering of ice in the Iceberg Valley.

While the ship makes its way through the frozen landscapes, your 'typical' expedition cruise day begins with a friendly wake-up call and breakfast. You already know the plans because everybody has been briefed the night before and a daily program announcement is waiting for you as you exit your suite. There might be a lecture or a talk by one of our experts in the morning, or you might have a chance to relax and enjoy the stunning surrounding view for some



Relax in complete comfort



Enjoy your spacious suite

time. Then there comes the call to get ready for the first Zodiac landing, and the day begins...

Whenever possible, your Expedition Leader will tailor excursions to several levels of activity, offering different options. Landing usually lasts from two to four hours, depending on the day's itinerary. There will be quite a lot of people preferring to stay ashore for the maximum time allowed, but some may prefer to return to the ship sooner – it is completely up to you.

Your expedition day might be quite intense. Amazingly, your spirit will be up and you will feel inspired. Your days may be filled with activities – two landings a day mixed up with Zodiac cruises – in the morning, afternoon and evening. This is quite a rush, which is caused by the hunger for impressions. Therefore, please be prepared for an interruption while having your lunch: amazing views and spectacular wildlife appearing through the panoramic windows.

Your return from daily excursions is greeted with complimentary refreshments, afternoon tea and all-day coffee in 'The Club'. This civilised space is for relaxation. Enjoy great views through the panoramic windows, and 'before' or 'after' dinner cocktails while the ship's musician plays arrangements from jazz and classical to contemporary.

Evenings are for relaxing; a calm time to curl up with a good book, chat with friends at the bar or watch a movie. However, if you haven't had your fill from the day's activities, there are some scheduled alternatives. There may be a lecture in the auditorium, or, of course, you can always spend a few more hours on the deck or Bridge looking at the icebergs as the ship sails by.



Get up close to penguin rookeries



Look out for friendly wildlife

Frequently Asked Questions

When is the best time to visit Antarctica?

APT's expedition cruises to Antarctica operate in February during what is known as the austral summer. During this time, weather conditions are generally mild, with temperatures typically near freezing point. You will likely encounter sunny and calm days where the temperature reaches 5°C or even 6°C. However, the continuous sunlight of 18 to 24-hour days adjusts your thermal temperature to the cold air. Passengers have been known to safely experience 't-shirt' conditions. At the same time, you may encounter fog, white-outs, and other adverse weather conditions. The milder weather means that the waters of the Antarctic Peninsula are free from thick ice, which allows our ship to access the area.

What will I see during this time?

As we have no control over nature, and wildlife is notoriously unpredictable, unfortunately we can not guarantee your wildlife sightings. In February and March sightings of whales are at their peak in the Peninsula. An increasing number of fur seals can be found along the Peninsula and offshore islands; young fur seals are also quite playful in South Georgia. Penguin colonies are very active. The penguin chicks begin their moult, losing their fuzzy down and developing their adult plumage. By now, the parents have abandoned their chicks, and have gone out to sea to feed and fatten up for their own moulting stage. Most colonies (Adélie, chinstrap and gentoo) are nearly vacated by early March.

Your first interaction with Antarctic wildlife will be at sea when crossing the Drake Passage. The ship will be followed by numerous species of sea birds that follow in the ship's wake, and your best vantage point is the bridge or the decks. Species you may encounter include the wandering albatross and black-browed albatross, along with storm petrels, shearwaters, diving petrels and, on occasion, sheathbills. You may also witness the playful antics of humpback whales frolicking in the open seas.



Cruise past towering icebergs

On reaching the Antarctic Peninsula, the silence is so perfect that every blink of an eye or every breath taken seem so loud. You will become a part of it – whether you wish it or not – with its own conditions and rules. Here, seals are highly visible, especially the Weddell, southern fur seal and crabeater, and the magnificent Antarctic skua can be observed lurking around penguin rookeries in search of penguin chicks for their next meal. Several cormorant species are found in sizeable numbers, and if you are lucky, you may even catch a glimpse of the elusive snow petrel with its dazzling white feathers.

Whale sightings are without a doubt a highlight of your Antarctic journey. The most common species found in these calm waters are minke whales, and the distinct black and white orca is occasionally seen. It is uncommon to see blue whales, though it is not impossible.

Shore landings by Zodiac allow you to get up close to some of the region's most famous species, penguins. Along the coastline and on the islands surrounding the Antarctic Peninsula, penguins live in large rookeries, some of which are home to more than 10,000 nesting birds. Forays ashore will see you face-to-face with the gentoo penguin, the most common species with a characteristic white stripe above the eye and a red beak. The gregarious black and white Adélie penguin can often be sighted leaping off icebergs and you are almost certain to come across the comical macaroni penguin, the most numerous penguin species in the world. Their distinct long red beak and a crest of bright-yellow feathers made it a popular choice for the acclaimed animated movie *Happy Feet*. Other species you may encounter include chinstrap and king penguins in South Georgia.



Sit back as this frozen world gets under your skin like nowhere else

What sort of luggage should I take and are there any limits?

You may take any type of luggage you wish, subject to your airline guidelines and restrictions. It is always best to pack for the segment of your flight itinerary that has the smallest baggage allowance requirement – baggage allowances on international flights are often larger than domestic flights. Also, be sure to check with your airline to confirm what you are allowed to carry. Once on board your expedition ship, you are able to unpack completely and store everything in the cupboards and drawers located in your suite.

The ship does have laundry facilities, so you do not need to pack clothes for every day. Our advice is to be reasonable.

Do I need to be vaccinated before I travel?

You do not require any vaccinations before travelling to Argentina or Antarctica. Vaccinations are however required if you are extending your journey to other countries in South America. It is important to note that Yellow Fever is a quarantine disease in Australia and passenger travelling to some countries within South America must hold a Yellow Fever certificate to re-enter Australia. We recommend you consult your doctor prior to your journey for a general health check and advice regarding vaccinations.

Will I be seasick?

Just like the weather, sea conditions can also be unpredictable in Antarctica. While navigating the Drake Passage we may encounter rough waters which can cause motion or sea sickness in some individuals. Everyone reacts differently to the occasional rough water of the Drake Passage. You should consult your personal physician prior to travel and carry the recommended preventative medications at all times. That said, not all Drake Passage crossings are tumultuous. Once we reach the Antarctic Peninsula and icebound waters, you won't feel any ocean swell or heavy seas.



See penguins in their spectacular natural habitat

Do I need a plug or adapter for electrical devices on board?

The electrical current on board is 110 volts with US-style two-flat-pin sockets. With the use of a suitable adapter plug, Australian devices such as laptops, camera battery chargers, iPod chargers will work on board the ship.

When is disembarkation?

Leaving the ship requires certain formalities; such as a Customs Inspection. We generally begin disembarkation after breakfast on the final day. This is followed by a group shuttle to the nearest airport.

Will I have opportunities to explore ashore?

Yes, of course. Each ship is equipped with motor powered and paddled, inflatable landing crafts known as Zodiacs. These easy to navigate boats are used for ocean level cruising and landings.

We fully understand the popularity of shore activities and provide them as frequently as possible. Of course, seasons and weather may determine where you go ashore and how often.

Is there a doctor on board the ship?

Our Expedition Team always includes a doctor who is responsible for the health of our passengers and Expedition Team. Also, your ship has a clinic area to handle foreseeable emergencies.



Learn how fascinating species survive in this fragile environment

Can I get medications on the ship?

It is extremely important that you bring any prescribed medicines with you. While we do carry emergency supplies of common medications, we cannot access the kinds of information necessary to guarantee a surplus of the necessary medicine for all travellers on a given cruise. Please plan for the entirety of your travel time – not just your time on the cruise.

Do I need to pack formal clothing?

Formal dress is not required at any point. If you choose to attend our Welcome and Farewell receptions, you may wish to wear a dress shirt and casual slacks, or the equivalent for women.

What is there to do on the ship?

Our voyages include education supplements to prepare you for shore landings and scientific discovery. After that, other than meals, informal activities range from bird and whale watching to movies and snacks in the evening. There are board games available in the lounge area and a bar. The open-air decks make excellent platforms for photography and wildlife observing.

Each cabin has a television and DVD player. On board there is small DVD movie library but we suggest that you also bring your favourite DVDs to watch.

Do you have any advice on ensuring a best possible encounter with penguins?

Penguins are curious. Pick a spot no closer than 5 metres from the penguins. Sit or kneel – making yourself smaller and less threatening. Wait quietly, with your camera ready – they will be much more open to coming over to you than vice versa. Otherwise, you would scare them away.



Embark on enthralling shore excursions by Zodiac

Useful Information

Our Environmental Promise

As a member of the International Association of Antarctic Tour Operators (IAATO), Polar Latitudes pledges to make its own contribution to the development and furthering of Antarctic scientific research. In so doing, we actively encourage and support participation in our voyages by naturalists and scientists, by offering a platform from which to perform their investigative research and a forum with which to voice their unique understanding of this delicate land mass. Preservation of the Antarctic habitat is an environmental imperative and the responsibility of all. Polar Latitudes accept this and through their work, help passengers to understand the importance of preserving our one unique earth.

Conservation Rules For Visitors

Antarctica is one of the last ecologically intact wilderness sanctuaries on our planet. The ecological balance, however, is extremely precarious. Under the region's extreme climatic conditions, animal and plant life exists on the verge of their tolerances. Any interference by man in the region must be extremely cautious and carefully considered because the consequences are much more serious than elsewhere.

With this in mind, we make sure that expeditions are arranged in a way that minimises disturbance to wildlife and the fragile natural environment. Our expeditions comply with all international ecological requirements and requirements for conservation of natural resources.

Because of the aforementioned we require you to follow certain rules of conduct while aboard, ashore and on ice.



Listen out for the thundering sound of cracking glaciers

When Aboard

- Do not throw any waste outboard onto the ice and into the water. Containers for waste are provided in your room.
- Do not leave waste on the decks, take it to your cabin and put it into the waste container.
- Do not feed any wildlife from the board of the vessel. Bird flocks often follow the vessel: please, avoid the temptation to throw any food to them. Please be aware that feeding the wildlife not only causes pollution, but it also results in changes of behaviour of animals and birds.

When Ashore

- Do not leave any waste ashore. When you find any waste ashore, please remove it – your help in keeping nature's reserves clean will be much appreciated.
- Do not get close to any wildlife.
- Walk slowly and make sure you stop occasionally to allow wildlife the space they need. Do not cut off an animal's pathway to the sea.
- Do not disturb or feed any wildlife. Please be aware that feeding the wildlife not only causes pollution, but it also results in changes of behaviour of animals and birds.
- Do not get close to the places where birds nest in order not to scare them away: the uncovered eggs cool quickly and are easy prey for predators.
- Our general rule is to keep noise to a minimum. Sometimes our vessels quietly get close enough to (but still, quite a distance away from) the nesting areas of several bird species. Please, do not shout out loudly in order not to disturb the birds.
- Do not pick flowers or plant specimens. Please, watch your step carefully not to make any unnecessary damage to the ground and the flora. The regeneration of flora is extremely slow in Antarctica.
- Do not take any souvenirs with you: bones of the wildlife, live or dead animals or parts of their bodies, rocks, fossils, plants etc.



Marvel at colourful king penguin colonies

- During lots of our expeditions we come across historical sights, cultural monuments and relicts of the past. It is unlawful to destroy or to remove relicts from the place when they are found.
- Always listen and respect the advice provided to you by your guides. They are experts in their field and want you to enjoy every element of your journey, while protecting the environment.
- Do not venture far from your group, onto glaciers or into open snow fields without your expedition leader or proper equipment. Doing so will put you in danger of falling into hidden crevasses.
- Do not enter, use equipment or take food from an emergency refuge (except in emergencies).

Stay Safe

You must be equipped for severe and unpredictable weather, and make certain that your clothing meets Antarctic standards. As the Antarctic environment is inhospitable and challenging, it also means that it can be dangerous. For this reason, it is imperative that you follow our safety advice at all times.

MV Sea Explorer Contact Information

Bridge Phone – 1 954 518 7472/7471

Note: the above are US phone numbers. When calling the ship from Australia or New Zealand you will need to use international dialling codes.

Email: purser@mvseaexplorer.com – please include recipient's name and cabin number in the subject line.



Watch humpback whales break the waters close to your Zodiac

Useful Websites

Climate: www.climate-zone.com

Time: www.timeanddate.com/worldclock

Currency Conversion: www.xe.com

Customs Australia: www.customs.gov.au

Customs New Zealand: www.customs.govt.nz

International Telephone Calling: www.countrycallingcodes.com

Australian Government Advisory & Consular Services:
www.smarttraveller.com.au

Reading List

To help you get the most out of your journey and to familiarise yourself with the region, we have compiled a list of suggested readings and documentaries.

- *South*, by Ernest Shackleton
- *Antarctica*, by Gabrielle Walker
- *Antarctica: A Biography*, by David Day
- *Empire Antarctica*, by Gavin Francis
- *Big Ice*, by Christopher Bonn Jonnes
- *Antarctica: A Year on Ice*, by Anthony Powell
- *Life in the Freezer*, by David Attenborough
- *Antarctic Odyssey*, by Phillip Law
- *Antarctica: A Guide to the Wildlife*, 4th ed., by Tony Soper
- *March of the Penguins*, by Luc Jacquet and Jerome Maison
- *In Patagonia*, by Bruce Chatwin
- *Forgotten Footprints: Lost Stories in the Discovery of Antarctica*, by John A Harrison

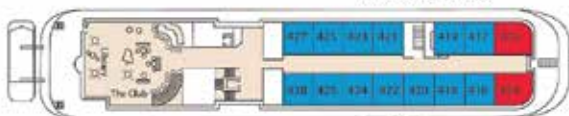
Deck Plans – MV Sea Explorer



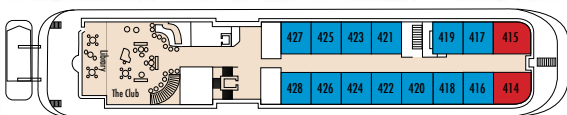
Penthouse Deck



Veranda Deck



Deck 4



Deck 3



Deck 2

Category	Description
Penthouse Suites	Penthouse Suites on Penthouse Deck with private balcony and sitting area. 37 sqm. / 400 sq. ft.
Veranda Suites	Veranda Suites on Veranda Deck with private balcony and sitting area. 28 sqm. / 300 sq. ft.
Superior Suites	Superior Suites on Deck 4 with forward and side windows and sitting area. 25 sqm. / 265 sq. ft.
Deluxe Suites	Deluxe Suites on Deck 4 with forward and side windows and sitting area. 22 sqm. / 235 sq. ft.
Window Suites	Window Suites on Deck 3 with window and sitting area. 23 sqm. / 247 sq. ft.
Porthole Suites	Porthole Suites on Deck 2 with window and sitting area. 21 sqm. / 225 sq. ft.

Terms & Conditions

Rates

Rates for Antarctica Voyages expeditions are based on anticipated fuel costs at the time of departure multiplied by a maximum daily usage. There will be no fuel surcharge for voyages aboard the MV Sea Explorer if the price of applicable fuel, delivered locally, does not exceed US\$1,000 per metric ton. Should the price go above this, a surcharge to cover only the increase in fuel costs may apply.

Inclusions/Exclusions Included

- Shipboard accommodation
- All scheduled landings/excursions
- All meals on board
- Coffee/tea/cocoa/espresso 24-hours daily on board
- Welcome/Farewell cocktail
- Soft drink, beer and wine with lunch and dinner on board
- Pair of boots for use during the voyage
- Daily international news service
- All port fees
- Digital Voyage Log
- Access to the services of an English-speaking shipboard doctor

Excluded

- Laundry and personal expenses incurred on board
- Alcohol and soft drink on board (other than Welcome and Farewell cocktail, and those included with lunch and dinner)
- Onboard communication charges

Eligibility

There are no specific physical requirements for travel in Antarctica. However, we are travelling to the most remote region of the world and we are travelling on a ship which, at times, may be in rough seas. Passengers with certain medical/health issues may not be appropriate for this type of expedition and are advised to exercise appropriate caution. Our medical information form lists a number of these conditions.

Passenger Medical Information

We require all passengers to submit basic medical information prior to departure. Upon receipt of that basic medical information, specific physical conditions may necessitate additional documentation from a passenger's physician certifying fitness to travel on a voyage to Antarctica. If additional medical confirmation is requested, boarding will not be allowed absent receipt of that confirmation. APT has a pregnancy policy that women who will be in the 12th through 23rd weeks of pregnancy during the entire voyage are welcome with explicit doctor's permission and having signed a specific waiver. Pregnancy policies of carriers (ship owners, airlines, bus companies, hotels, etc.) may also apply. Please note that medical information will, of necessity, be available to designated MV Sea Explorer staff.

Please note that regardless of general eligibility, there may be instances where environmental conditions require a level of fitness/mobility. In these cases, individual participation in the landing(s) in question may be restricted by the Captain, Expedition Leader, or ship's doctor.

Travel Insurance

All passengers are required to carry valid travel insurance. This insurance must contain medical and evacuation coverage and should include cancellation and trip interruption as well. As any potential evacuation from Antarctica can cost up to US\$150,000 we recommend that no policy carry less than this amount of coverage. As part of the pre-departure forms, APT will require information as to travel insurance carrier, policy number, and a 24-hour contact number.

Itineraries

The MV Sea Explorer's Captain and Expedition Team will do everything possible to complete the voyage as outlined in the voyage itinerary. However, itineraries in polar regions are heavily dependent on weather and ice conditions. Occasionally conditions and/or safety concerns require itinerary changes.

The Captain and Expedition Team will accordingly make every effort to find the best alternative to the original itinerary while keeping passengers informed and updated. Itinerary changes are not subject to passenger approval/consent, and in the event of such a change no refunds or price adjustments are possible.

Placement of a booking with APT amounts to an acknowledgement that itinerary changes are possible.

Onboard Authority

All passengers are subject to instructions or regulations given by the Captain or the Expedition Team.

Photography/Video

APT reserves the right to use photographs and/or videos taken during the operation of the voyage for promotional purposes for the company and/or its sales agents. Passengers who prefer that their images not be used are asked to identify themselves to MV Sea Explorer staff and its agent, prior to embarkation.

Smoking

There is no smoking inside the ship. There will be a designated smoking place outside in a sheltered area.

Alcohol

Alcohol is available for sale in our bar. MV Sea Explorer reserves the right to refuse alcohol to anyone deemed to be intoxicated.

Onboard Payments

All payments are in US dollars. Passengers may run a tab which must be paid prior to disembarkation. Payments can be made in cash or via Credit Card (Visa and Master Card), travel cheques are not accepted.

Responsibility

The MV Sea Explorer is operated by Polar Latitudes, a qualified tour operator that organises and administers its polar voyages. Polar Latitudes will provide services in conjunction with local operators and air and sea operators. The designated operator(s), in turn, acts only as an agent for any transportation carrier, hotel, ground operator, or other suppliers of services connected with these tours ('other providers'), and the other providers are solely responsible and liable for providing their respective services.

The passenger tickets in use by the carriers shall constitute the sole contract between the carriers and the passenger; the carriers are not responsible for any act, omission, or event during the time participants are not aboard their conveyances.

Polar Latitudes and its designated service providers shall not be held liable for (A) any damage to, or loss of, property or injury to, or death of, persons occasioned directly or indirectly by an act or omission of any other provider, including but not limited to any defect in any aircraft, watercraft, or vehicle operated or provided by such other provider; and (B) any loss or damage due to delay, cancellation, or disruption in any manner caused by the laws, regulations, acts or failures to act, demands, orders, or interpositions of any government or any subdivision or agent thereof, or by acts of God, strikes, fire, flood, war, rebellion, terrorism, insurrection, sickness, quarantine, epidemics, theft, or any other cause(s) beyond their control. The participant waives any claim against Polar Latitudes for any such loss, damage, injury or death.

By registering for an Antarctica voyage, the participant certifies that he/she does not have any mental, physical, or other condition or disability that would create a hazard for him/herself or other participants. Polar Latitudes and its designated tour operator reserve the right in their sole discretion to accept, decline to accept, or remove any participant from a voyage. Polar Latitudes reserves the right, without penalty, to make changes in the published itinerary whenever, in their judgment, conditions warrant, or if they deem it necessary for the comfort, convenience, or safety of participants.

Neither Polar Latitudes, nor APT shall be liable for any air carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket to or from the participant's departure city. Baggage and personal effects are at all times the sole responsibility of the participant.



APT Travel Centres

APT Head Office

Level 4, 1230 Nepean Highway, Cheltenham, VIC 3192

Enquiries and Reservations Phone: 1300 278 278

Australian Pacific Touring Pty Ltd

(ABN 44 004 684 619)

International Offices (when phoning from within the country)

APT International Tours Limited NZ: 0800 278 687

Suite 4 Level 1, 20 Augustus Terrace,
Parnell, Auckland 1151

United Kingdom & Europe: 0208 812 3400

North America: 1800 290 8687

Visit our website www.aptouring.com

This booklet is designed as a guideline to assist you when preparing for your tour. Much of the information within is subject to change and while all care has been taken to ensure all information is correct at time of printing, we cannot take responsibility for any subsequent changes. Publication No. H4734. Printed in Australia. Effective June 2015.