



Welcome!

This packet is designed to help answer any questions you might have about your upcoming expedition. The journey ahead of us is one filled with great company, good food and amazing natural and physical experiences. Your memories of your Antarctic journey will be something you will cherish for the rest of your life.

On our website, you will find the following forms. The bolded forms will need to be completed:

- **Enrollment Form.**
- **Medical Form.** Should you have medical conditions that may require special attention, you will need to download a physical form and have it completed by a physician.
- **Trekking and Ski Skills Questionnaire**
- **Clear photocopy or email scan of your passport sent to our office via email or fax**
- **Arrival/Departure Form**
- **Boat Contract**
- Ski Gear list
- Trek Gear list

When completing the medical form, please note that the ship's physician and medical director, insurance companies and Ice Axe personnel will have or may need to access your medical records.

We ask that you complete all your forms before July 25, 2017. This is also the date that final deposits are due. Final Payments must be made by wire transfer or check. Once we have received your final deposit, we will send you an additional packet of information:

- Antarctic History and Wildlife primer. This guide is to read before the trip to get you excited and for you to use on the boat as a reference guide for exploring with the onboard program leaders.
- Antarctic Map
- Luggage Tags

Those who complete their paperwork and payment by July 25th will be entered into a drawing to win an Ice Axe Mountain Hardwear Down Jacket!

ANTARCTICA TRAVEL DETAILS

October 28-November 9, 2017

To plan your travel, most flights will route you through Buenos Aires and we encourage you to look at flights through the International airport (Ministro Pistarini International Airport, EZE) and the domestic airport (Jorge Newbery, AEP) to Ushuaia to find the best fares.

You need to be in Ushuaia (Islas Malvinas Airport; USH) by 1PM on October 28th for Orientation with your ski or

12242 Business Park Drive, Suite 4 Truckee, CA 96161 USA P: 530.582.1246 F: 530.582.1279

www.iceaxeexpeditions.com

trekking guide. We have a Welcome Dinner that night (the 28th) and board the boat the afternoon of the 29th. Some folks like to arrive to town early. We offer an unofficial meet and greet at 6PM on night of the 27th for folks that arrive in town early. ***We highly encourage you to plan to arrive a couple days early to acclimate and to accommodate for possible loss of luggage during travel.*** There are many hiking and backcountry ski options in the area. We have a limited room block at the Hotel Albatros before and after the expedition and can make additional hotel room bookings on your behalf. There are also many affordable options in town. We recommend that you book your hotel rooms early to ensure availability.

For those interested, there will be a Backcountry Skiing and Mountaineering in Antarctica Prep Course in Ushuaia. This program will be held on October 25th and 26th and will be available for \$550. This is a ski mountaineering course tailored to skiing in Antarctica. Skills include ropework, travelling as a team, gear adjustments/tweaks and tips of the trade, kickturns, ski crampons, self arrest, knots, crevasse rescue, and much more. Contact our office if you are interested.

It is required that you book your flight after 12PM on the 9th in case we are delayed for any reason. We cannot guarantee that you will be in port in time to catch any flight booked before 12PM.

All Southbound flights fly into the International airport in Buenos Aires EZE, but most then fly out of the domestic airport AEP to Ushuaia. There are a few flights a day that you would not need to change airports, but those are limited. The domestic airport, AEP is about a 1 hour cab ride from EZE. There is a shuttle available right outside the customs area of EZE but you need to book your flights with enough time to clear customs at EZE, catch a shuttle (which often only run on the 1/2 hour but are very easy to use) or taxi, and then check back in and clear security at AEP. Four hours is a safe window of time to accomplish this. We recommend that you use the efficient airport shuttle service, Manuel Tienda Leon, which costs approximately US\$17 per person each way. Taxis are also available for the transfer from EZE to AEP; the cost is approximately US\$50.

For your return flights back North through Buenos Aires, the afternoon flight does fly directly from USH to EZE. This is more convenient as you do not need to take a shuttle/taxi from the domestic airport to the international airport. You will need to gather your luggage and walk to the international terminal and re-check in for their international flight. This airport is pretty busy and it has taken us up to 3 hours to gather luggage, check in and clear customs so it is good to have a large window of time between these flights.

We arrange the transfers upon your arrival in Ushuaia on the 27th and 28th and the transfers on the 9th. Clients leaving after the 9th or arriving before the 27th will need to arrange their own taxi or transfer.

Many people like to break up the trip either on the way down or the way back and spend a nice spring day exploring Buenos Aires or Calafate.

Passport

You must have a valid passport to participate in our expeditions. When you embark, an Expedition Team member will collect your passport and hold it for safekeeping during your entire voyage.

Your passport must be valid for six (6) months beyond the return date of your expedition. Please be sure that you have sufficient pages available for entry and/or exit stamps. If you do not have a passport, please apply for it well in advance of your departure. Make a photocopy or scan of your passport information pages, including the page with your photograph. This photocopy or scan will facilitate replacement if your passport should be lost or stolen while traveling to or from the ship.

Visas and Fees

Please check with your local Argentine consulate for your particular requirements, as well as the consulates of countries through which you may be traveling en route.

Canadian citizens must pay US\$75 at time of entry or US\$150 for multiple entries for 5 consecutive years. If you are a citizen of another country please enquire at your local Argentine consulate. We have included the link to pay these fees below.

On departure from Ushuaia, you must pay an airport tax of approximately US\$6 per person. These numbers are current, but subject to change.

Argentinean Reciprocity Fee

Canadians and Australians will need to pay a reciprocity fee that will be **good for up to 10 years**. You now need to make this payment **BEFORE** you enter the country. You will not be able to board a plane to Argentina without paying this fee. If you have paid the reciprocity fee at the airport on recent visits to Argentina, you do not need to pay again online.

Canadians and Australians must pay the reciprocity fee by credit card online. Once paid, you must print out the receipt and present it to the Argentine immigration officer at the time of entry. The fee is valid for ten years from the date of payment and multiple entries.

The directions on how to pay the fee can be found here:

<http://www.migraciones.gov.ar/accesible/templates/reciprocidad/reciprocidad.htm>

By pressing continue, you will be directed to the Provincia Pagos website where you will be able to pay the fee: <https://virtual.provinciapagos.com.ar/ArgentineTaxes/>

Traveling with Avalanche Airbag Backpacks

In past years, there has been no location in Ushuaia to purchase canisters or re-fill. Canisters have also caused luggage to be held in Buenos Aires or at other international airports. If you choose to travel with an airbag, please plan to arrive early so that you have adequate time to deal with any delays in the delivery of your luggage. It is very difficult to source any backcountry ski or splitboard equipment once you arrive in Ushuaia.

Evacuation Insurance

We require that you have at least \$100,000 in medical evacuation insurance for your trip to the Antarctic Peninsula. We also encourage you to purchase trip cancellation insurance should you need to cancel your trip. Trip cancellation insurance is not required, but recommended. Our cancellation policy is strict and listed below, but your ticket is fully transferrable should you not be able to attend and chose not to purchase trip cancellation insurance. Please make sure your policy has HAZARDOUS SPORT COVERAGE also known as ADVENTURE SPORTS UPGRADE as not all policies offer this and not all policies cover ski mountaineering. We have included a link on our website to a TravelEx policy that will meet our need if purchased with an Adventure Sports Pak Upgrade for US Citizens. Travelguard also offers a similar and suitable insurance plan. For non US citizens, please contact our office. Since policies vary per country, we have no specific policy that covers all passengers.

Hotel Accommodations

Your hotel reservation will match your name on your passport. The group hotel for October 28th is either the Hotel Albatros or Hotel Las Lengas.

Hotel Albatros, Av. Maipu 505-Ushuaia-Tel +54 2901 42-3206

Hotel Las Lengas, Goleta Florencia 1722, 9410 Ushuaia 54 2901 43-6100

In most but not all cases, your roommate at the hotel will be your roommate on the boat.

You will receive your hotel assignment in August.

Money Matters

Currency on Board

The US dollar is the standard currency on board. You can also use Visa, MasterCard, Diners Club or American Express credit cards to pay your shipboard account.

Payment System

After embarking, you will be advised of a time to provide your credit card to the Hotel Manager. This will be used to pay for your cabin charges, which include laundry, postage, and communication charges.

A "chit" system is used on the ship. This means you will sign for items, such as alcoholic drinks, when you take them, but pay your account balance on the final day of the voyage. Your final payment can be made using cash, traveler's checks or major credit cards. Personal checks are not accepted.

Note: If you are sharing a cabin and would like separate accounts, you must advise the Hotel Manager.

Currency on Land

Automated Banking Machines are available in Buenos Aires and Ushuaia but many clients have had issues using them in the past so you may want to consider bringing cash that you can convert to the local currency. The currency of Argentina is the Peso; however you will find that US cash and credit cards are accepted in popular tourist areas. We recommend that you inform your financial institutions about your travel plans avoid the possibility of having your bank or credit cards frozen. Check with your bank to ensure your Automated Banking Card will work outside your home country. Before leaving, familiarize yourself with the emergency services offered by your bank and affiliate credit card companies.

Cash on Hand

You will want to maintain a cash reserve to pay for your guide tips, clothing purchases made directly through Ice Axe onboard, incidental charges such as shipboard items on your last day of the voyage, airport taxes or taxicab fares.

Tipping for Guides and Hospitality Staff

Some of you have asked about customary tips for ski guides and hospitality staff. Tips are always greatly appreciated and for ski guides, it is recommended to tip in the range of \$50-\$100 for each guided day. Tips for ski guides should be paid

in cash directly to the guide at the end of the trip or provided to Ice Axe in an envelope to distribute to the guide. Tips for hospitality staff can be added to your onboard account to be settled by credit card at the end of the trip. We suggest this guideline for hospitality staff: aboard ship US\$13 to \$15 per traveler per day. The amount you choose to give is at your discretion and can be added to your shipboard account. Tips are always optional and always appreciated.

SHIP LIFE

Electricity

The electrical supply on board is 220 volts, 50 Hz. If you are traveling from the USA or Canada, you may want to bring a small 220v/110v converter. Before you buy a converter, check your electronics as most modern cameras, computers and devices are already compatible to use 220 volts. The electrical outlet sockets found in your cabin and around the ship are the standard European two round pin plugs, so you may need to bring your own travel adapter.

Water

Tap water on the Sea Adventurer is safe to drink. We recommend that you bring a refillable bottle to use onboard. Please remember that clean water is a precious natural resource. We ask you to take care in conserving your water usage during daily routines such as showering and brushing your teeth.

Bridge Visits

During your voyage you may be invited to visit the Bridge, where you can observe how the Captain and officers sail and navigate the ship. A chart of your expedition path will be available, so you can see exactly where you have been. As the Bridge is an important working area on the ship, we ask that you keep noise to a minimum during your visits to avoid distracting the officers from doing their jobs efficiently.

Bathrobes & Hairdryer

Bathrobes are on loan for the duration of the expedition in every cabin. A hair dryer is also provided in each room.

Housekeeping Service

Your cabin will be cleaned on a daily basis. Your towels will be changed along with your bed sheets every third day, subject to the length of the voyage and in accordance with Quark's sustainability practices. If you would like your towels changed more frequently, please see the Hotel Manager.

Bar & Wine Service

The well-stocked bar on the ship is open for you to enjoy with your fellow shipmates in the late morning, afternoon and evening. Soft drinks, juices and water are available, as is a selection of liquors, spirits, beer and wine. A varied list of good wine and champagne will be available in the dining room as well as the bar.

If you bring any beverages on board the ship, please confine their consumption to your cabin. If you do wish to bring your own wine to the dining room, a small corkage fee will be charged to your shipboard account. Please note that it is Quark Expeditions' policy to not serve alcoholic beverages to persons under the age of 18 years.

Laundry

A complete list of laundry charges will be provided when you are on board the ship. Laundry is collected each morning and request forms and bags are provided in your cabin. Please allow 48 hours for your laundry to be returned. Ironing services are also available to you, at a minimal charge. We encourage you to take advantage of the laundry services, as it will mean you need to pack fewer articles of clothing.

Library

You will find a small library of polar books, reference materials and general reading material on board the ship.

Smoking

Smoking is not permitted in the cabins, bar, dining room, lounge, and presentation room. No smoking is permitted on the Zodiac and helicopter decks. Smoking is permitted in designated areas only.

Valuables

Deposit envelopes will be provided to store your valuables. These envelopes should be given to the Hotel Manager who will keep them in the main safe.

DVDs

All rooms are equipped with televisions and dvd players. We encourage you to bring DVDs to watch and share during the crossings. There is also a limited library of historic DVDs onboard.

Internet Onboard

Wireless internet access is available onboard. You may purchase an Internet Cards for approximately \$2 per MB. Once you have the card, you can access the internet and email from your personal accounts. There are two computer stations onboard should you choose not to bring a personal laptop. Please be aware the internet is very slow, and best used only for email.

Contact Information While At Sea: Communicating with SEA ADVENTURER

Please note that due to weather conditions and satellite positions it may be necessary to attempt your call several times before the connection is successful.

SHIP IRIDIUM TELEPHONE: + 88 163 145 1252

Direct Dial instructions:

From other countries: Your country's international access code + ship's phone number

From non-direct dial phones: Call your local International Operator and ask to place a satellite call. Give the ship's phone number.

GUEST E-MAIL: cpa@quarkatsea.com

This service is not equipped to accept images or attachments. Please specify the passenger's name in the subject line to assure prompt delivery.

HEALTH AND MEDICAL

General Health

If you are taking any prescription medicines, we suggest that you carry an extra week's supply in case of flight delays or other unforeseen circumstances. As your health and safety are a priority for us, if you have particular health needs, please advise the ship doctor upon your arrival.

Mobility

As your voyage will be operating in remote parts of the world, it is essential that you have a high level of mobility. You must be able to complete the on board safety drills and emergency evacuation procedures without the assistance of others. Rolling seas and windy conditions require you to be stable on your feet, especially when walking on slippery decks or up and down the steep gangway to your Zodiac.

Inoculations

You do not require any inoculations for the destinations we visit on your expedition, however this is always subject change. Please confer with your physician to be sure that your routine immunizations such as tetanus and diphtheria are up-to-date and ask your doctor if you should be vaccinated against Hepatitis A or B prior to traveling to Antarctica. Older travelers, in particular, may wish to consider preventative measures against influenza and pneumonia. For the most accurate information about inoculation requirements, contact your physician or your local Public Health Service.

Medical Facilities

Your ship will have an English-speaking doctor on board who manages a medical clinic that is stocked with a supply of common prescription medicines and basic first aid equipment. If you are under regular treatment for any ailment, you must bring a sufficient supply of medicines for yourself. We cannot accept responsibility for not having a specific brand or type of drug on board.

Combating Motion and Sea Sickness

You should anticipate some rough seas. Therefore we suggest that you consult with your physician about effective medications and their possible side effects. Before you leave home please read the dosage instructions, because most preventive seasickness medicine must be ingested while you are still feeling well to be effective. There will be limited (over the counter) motion sickness medication available onboard. However, you must bring your own remedies even if you think you do not get seasick. To avert motion sickness, avoid alcohol, tobacco, excess liquids, and confined spaces. Most people feel better sitting on deck looking at the horizon or lying still with their eyes shut. You will definitely feel better with some food in your stomach, such as dry toast or crackers. Some people have found that ginger pills or foods can help alleviate nausea. Previous expedition members have found the patch most helpful.

EARLY ARRIVAL

Our official program begins on October 28th but we highly recommend folks plan to arrive in Ushuaia a day or two early as the boat will not wait should there be travel or luggage delays.

If you are in town early, please join the Ice Axe team for an informal gathering at KUAR, a great local restaurant right on Beagle Channel. We will be offering an informal happy hour at the restaurant Kuar on October 27th from 6:00-8:00PM for those who have arrived in town early. This happy hour is great opportunity to meet with other clients and the Ice Axe

12242 Business Park Drive, Suite 4 Truckee, CA 96161 USA P: 530.582.1246 F: 530.582.1279

www.iceaxeexpeditions.com

team. We will hosting heavy h'orderves. We encourage you to make a reservation should you wish to stay on at the restaurant for dinner. I have included Kuar's phone number and website below to assist you in making a reservation.

The restaurant is a short taxi ride from the center of town:

KUAR

Av. Perito Moreno 2232, Ushuaia 9410, Argentina

Phone: 0054 (2901) 43-7396

<http://www.kuar.com.ar/>

Please note this is not part of the formal Ice Axe program and all participants are responsible for any additional expenses incurred. Also note this event not being held at the downtown location. You will need to take a short taxi ride.

ORIENTATION WITH GUIDES

The official Ice Axe program begins at 1PM on October 28th. Plan to meet in the lobby of the Hotel Albatros or Las Lengas (assignment of your hotel will be sent in August) with all of your gear, unless your guide has contacted you and made other arrangements. During the orientation with your guide, you will go over your gear and weather permitting, head up to the Glacier to go over safety protocol. If you are planning to ski at any time during your trip, you will need to meet with your ski guide and go over a safety and gear review.

If you are trekking, plan to meet in the lobby of the Hotel Albatros at 1:15PM. Dress for cold weather and snowshoeing, and bring water and snacks. Weather permitting, you will take a guided snowshoe on the glacier.

WHITE PARTY AT WHITE CONTINENT

The costume party is back this year, with the White Ball at the White Continent. Get to know your fellow expedition members while dressing up in your best formal or fun wear. Come dressed as a snow petrel, a storm trooper, in your fabulous winter whites or as your smashingly stylish self! Fun and fabulous is key!

SNACKS

If you have specific energy foods you like to use for touring or trekking we encourage you to pack some. There is a great local grocery store in Ushuaia where you can pick up last minute items, but they do not carry items like Shotblocks, GU, or snackbars.

GEAR LIST WITH BRAND RECCOMENDATIONS BY ANDREW MCLEAN

You will notice our gear list includes live web links to specific products recommended by our guide Andrew McLean. This is to assist if you are purchasing new items for the trip, but you are clearly welcome to buy whatever brands or products you like. We are also always available to answer any gear questions you have.

WHAT IF I NEED TO CANCEL

All requests for cancellations must be received in writing. Cancellations received up to 150 days prior to departure are refunded less an administrative fee of \$500 per person. If cancellation is received between 149 and 95 days prior to departure, the deposit is forfeited. Please note that for cancellations received within 94 days prior to departure, all deposits and tariffs are forfeited. If cancellation occurs within the 94-day period and full payment has not yet been received, the full penalty will still apply and unpaid monies are due immediately. For these and other reasons mentioned

12242 Business Park Drive, Suite 4 Truckee, CA 96161 USA P: 530.582.1246 F: 530.582.1279

www.iceaxeexpeditions.com

below, you are strongly encouraged to obtain trip cancellation insurance. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate.

Once again, welcome! We look forward to seeing you all in October 2017. Don't hesitate to contact the office with any questions.

All the best,

A handwritten signature in black ink, appearing to read "Doug Stoup". The signature is fluid and cursive, with a large initial "D" and a stylized "S" at the end.

Doug Stoup
President
Ice Axe Expeditions

A handwritten signature in black ink, appearing to read "Karyn Stanley". The signature is more compact and stylized than the one to its left, with a prominent "K" and "S".

Karyn Stanley
Managing Director
Ice Axe Expeditions