



PLX ADVENTURE OPTION INFORMATION

ANTARCTIC VOYAGES

Polar Latitudes Expeditions is pleased to offer sea kayaking on selected voyages. Please contact your booking agent for more details on the adventure options available on your voyage and to secure your space.

These options are available at additional cost, and we can accommodate a limited number of participants, so contact your booking agent now if you wish to participate and have not already signed up! Activities often sell out well in advance of departure. Please reach out to your booking agent to discuss booking and payment terms for adventure options.

To prepare for these optional activities, please review the terms of participation below, and sign the waiver for these activities when completing your personal information online.

KAYAKING

What to See & What to Expect

The Polar regions are truly the last best frontiers for kayaking. Paddling in these pristine, icy wilderness areas will overwhelm even the most seasoned adventurer. It is a rare opportunity, for few have experienced these magical places by kayak. We hope to paddle amid icebergs, through brash ice, along pristine beaches and narrow channels. We will be silent and can maneuver into places Zodiacs may not go – kayaks are truly the best way to experience the environment on a more intimate level.

Typical length of a paddle excursion is anywhere from 1-3 hours. We will have an experienced kayak guide(s) on the vessel who will lead the trips and will safely guide you in the kayaks. A safety Zodiac will keep a safe but unobtrusive distance.

Your expedition guides select paddling sites for their protected waters, wildlife, and scenery. We cannot guarantee specific locations. Kayaking opportunities depend on expedition logistics, and on weather and ice conditions, which are changeable, and over which we have no control. All excursions are weather dependent, and your safety is our priority.

Most times we will be paddling near the Zodiac landing and shore excursion site. At all times we will travel at a safe distance from ice shelves and icebergs, keep a respectable distance away from wildlife and conduct all operations in accordance with AECO guidelines and any recommendations from the local authorities. **It is important to always understand and follow the guides' instructions.** Kayaks may be embarked from shore or from a Zodiac, depending on sea and wind conditions and onshore terrain.

How often will we kayak?

IMMERSIVE KAYAKING (selected voyages only)

Immersive kayakers will have the opportunity to paddle at most landing and excursion sites, weather and sea conditions permitting.

DISCOVER KAYAKING

Discover Kayakers kayak **once per voyage**.

About You

To take part in any Polar Latitudes kayak program, participants must be at least 14 years of age and weigh 260 lbs / 118kg or less (weight limit per the kayak manufacturer's specifications).

Previous kayaking experience is recommended. **We also require that you can swim.** You will have a PFD and appropriate gear and equipment, but swimming experience is necessary to minimize any problems should you need to make a wet exit. We recommend, regardless of your experience, that before leaving for your expedition, you re-familiarize yourself with the basics of getting in and out of a kayak. For the safety of yourself and the other kayakers, the kayak guide may for any reason ask you to undertake a practical test to determine your experience level.

If you are totally inexperienced, we will make every effort to do a short "basics" instruction and have you paddle safely in a sheltered area. However, please note that participation in general, and on specific outings, is completely up to the kayak guide team and the Expedition Leader. As always, your safety is our top priority.

Equipment and Safety

To safely take part in this program you must be appropriately dressed. Recommended clothing and gear are listed in this document. In the Arctic, the weather conditions can change rapidly, with little or no warning. It is therefore important that you are adequately dressed for the worst possible conditions. We will provide you with a personal flotation device (PFD), a dry suit, and pogies (gloves). Prior to each paddle we will check this equipment, and we will ask you to carry out a safety check to ensure that all equipment you use is in good condition and that you understand its use. You must confirm to the kayak guide that you have checked your equipment properly and that it is in good condition.

During your kayaking excursions, you will be accompanied by a kayak guide(s). Throughout your paddle, there will be a Zodiac in constant communication with the group, which will assist if needed. For the safety of yourself and the other participants in the kayaking excursions, there will be a limited number of paddlers. Our kayak guides reserve the right for reasons of safety to restrict the number of people participating in our excursions at any time.

In the interests of your safety and comfort, and that of the other participants, it is very important that you listen to, understand, and comply with all instructions given. You must also attend the pre-excursion description and safety briefings. Instructions will be given in English. You must have a good command of the English language, so that you are able to fully understand instructions. If at any time you are not sure that you have fully understood instructions, for your own safety please advise your guides immediately. **If you must be withdrawn from the program onboard, there will be no refund**, so please contact your agent immediately if you are not sure you are qualified to participate.

Your Health

When you book the kayaking program, and immediately prior to starting your kayaking excursion, please declare any pre-existing medical condition or illness, or poor state of health. Before starting your expedition, visit a doctor for a personal medical examination to ensure that you are fully able to participate in the kayaking program. If you are recovering from any breathing illness or have recently had any major illness or surgery, you may be placing yourself and others at risk. If so, we would strongly advise you not take part in the program.

Insurance

As you will be kayaking in cold and icy conditions, there will be risk of personal injury. You must accept that element of risk. All passengers are required to have medical and evacuation insurance. **Please check your policy to ensure that kayaking is not explicitly excluded; some insurance policies require extra coverage for adventure activities.**

Equipment provided onboard

- Tandem High-Density Polyethylene (HDPE) sea kayaks with rudders – stable, tough and perfect for paddling around ice
- Dry Suits
- Paddles
- Pogies (mitts) and Neoprene gloves to be worn inside the pogies
- Neoprene boots
- Personal Flotation Device (PFD)
- Small dry bag for personal items

Thermal Layers

For warmth under your dry suit (provided), use the layering system (like what we describe in the Packing section of our Pre-tour Information). Temperatures will range between about -2° to 12°C (28° to 54°F) and adding or removing a layer may be necessary during an excursion. Wool or Polypropylene (polar fleece) work well as thermal layers. Cotton is unacceptable, due to poor heat retention when damp or wet. Try thermal long underwear (light weight for bottoms, medium weight for top), light or medium weight fleece pants, and a non-bulky, long sleeve fleece top.

For your hands

We provide pogies (mitts) and neoprene gloves to be worn inside the pogies, while you are paddling. Onshore, industrial strength rubber gloves with a mid-weight fleece glove underneath or neoprene gloves work well.

Socks

Heavy wool socks with silk polypro, or Gore-Tex, liners are recommended. As the hull of the boat can get quite cold when kayaking, a second pair of wool socks is recommended. Again, cotton does not work when damp or wet so do not use a cotton liner.

Other Gear You May Want to Bring

- Weatherproof binoculars
- Pelican case or zip-lock bag for camera, or waterproof camera
- UV protection (sunglasses, sunscreen, lip balm)

Kayaking in the Polar Regions - Gear Preparation Tutorial

Join Zack, expert kayaking guide at Polar Latitudes Expeditions, as he breaks down exactly how to dress for kayaking in the polar regions. From essential layering tips to must-have gear, you'll learn how to stay warm, dry, and comfortable while paddling. Whether you're planning your first expedition or just curious about the experience, this video also offers a behind-the-scenes look at the Polar Latitudes Expeditions kayaking program- so you know exactly what to expect before you hit the water.

Watch the video here: <https://www.youtube.com/watch?v=agVCYgNmPeE>

CAMPING (selected early season departures only)

Your Camping Experience

After a full day of exciting excursions followed by a delicious dinner onboard the ship, jump back in the Zodiacs and head ashore for a night of camping in Antarctica! After helping to set up camp, enjoy the sounds of the waves and brash ice on the beach, the creaking of the glaciers, maybe even the blow of a passing whale. Warm and cozy in your sleeping bag under the midnight sun, you will be breathing the cleanest air in the most beautiful place on the planet. Get a taste of Antarctica as it was experienced by the early explorers, while knowing that in the morning, you'll enjoy a hot shower and a hearty breakfast back on board our comfortable ship.

Who can participate?

Anyone age 14 or over, with an adventurous spirit and a willingness to rough-it for a night. Sleeping on the snow in Antarctica is the ultimate camping experience! Our experienced expedition team will select a camping site that is snow-covered and away from any breeding wildlife.

We provide all the gear needed to ensure your comfort during your night ashore – including expedition-weight sleeping bags, bivy sacks, insulated sleeping pads and a few four-season tents generally set up for emergency purposes.

How Often and Where Will We Camp?

We will do our best to provide you with the opportunity to camp once overnight at a snow-covered site chosen by our experienced team, away from wildlife and protected or vulnerable areas. Like your expedition, your camping experience will take place in one of the roughest and toughest environments in the most remote part of the world. Despite our experience in organizing camping programs, we cannot guarantee any location because our ability to do so very much depends on the weather, ice, and snow conditions, which can be changeable, and over which we have no control. **Although rare, it may be impossible to camp during a voyage if conditions are not safe. Should the camping program be cancelled for weather or safety reasons, we will refund all camping fees.** If not, enough people choose to participate in the camping program, we reserve the right to cancel the camping program prior to your expedition and advise you accordingly.

Waitlist

We take a limited number of campers, so sign up now if you haven't already! If the camping program is already full and you wish to camp, we're happy to waitlist you – please notify your agent immediately. Upon embarkation, all confirmed and waitlisted campers will be briefed on the expected conditions and procedures for camping. If any spaces open up prior to the camping taking place, our expedition team will clear passengers from the waitlist, based on the date waitlisted (as well as gender, # of people in party etc). If upon embarkation camping spaces are still available, an onboard waitlist will be collected, and a lottery process will determine any additions to the camping program. **Anyone added to the camping program after embarkation must pay the camping fee prior to participation in the camping.**

Equipment and Safety

We provide the following camping equipment:

- Insulated sleeping bag, rated to -20° F (-29° C). We do not expect temperatures below 10° F, but warmer bags ensure your comfort overnight.
- Sleeping bag liner
- One dry-bag for pillow and change of dry clothes
- Mountaineering bivy sacks
- Insulated sleeping pads
- A limited number of 4-season mountaineering tents

We will also provide one portable toilet for the group. True darkness during the polar summer is limited or absent, but we advise you to bring a light on trips departing after Feb 1, when the night sun is less powerful.

To take part in the camping program, you must be appropriately dressed. Details of the recommended clothing are listed in our preparatory material. Remember that in Antarctica weather conditions can change rapidly, and with little or no warning. It is therefore important that you are adequately prepared for the worst possible conditions. For sleeping, we suggest you bring a clean, dry set of thermals (top and bottom), and warm socks ashore with you to change into just before getting into your sleeping bag; it is important not to leave on clothing which you've been wearing, since any sweat or moisture will make you colder during the night.

Camping Logistics – Be Prepared!

Once you have left the ship for the start of your camping experience, you will not be returning to the vessel until the next morning, unless there is a genuine medical emergency which requires you to return to the vessel or to be taken elsewhere. Therefore, it is important that you prepare properly and adequately for your night camping ashore and away from the vessel. As with all shore activities it is possible conditions may change unexpectedly and prevent immediate access to the ship. Each guest is responsible for ensuring he/she is properly outfitted for an extended stay onshore. If camping with children, please remember that their smaller size and lower body weight means they may get cold more quickly, so please prepare accordingly.

During your night ashore, very basic sanitary facilities will be provided. We recommend avoiding over-consumption of liquids before embarking on the camping excursion. Emergency food rations, drinking water and essential medical supplies will be taken ashore to the campsite, but per IAATO guidelines there will be no cooking facilities or offerings of food. Eat well at dinner before leaving the ship! Campers will return to the ship before breakfast in the morning. If you have a medical condition that requires you to eat more frequently, please speak to the Camp Master before going ashore to camp.

During your camping experience, you will be accompanied by experienced Expedition Team members who will supervise our camping activities throughout and help you ensure your bivy and gear are set up correctly for a

secure and comfortable night in Antarctica. All campers will be required to attend all shipboard and field-based camping briefings.

In the interests of your safety and comfort, and that of the other participants, you must listen to, understand, and comply with all instructions given. You must have a good command of the English language, so that you are able to fully understand instructions. If at any time you are not sure that you have fully understood instructions, for your own safety please advise your guides immediately. **If you must be withdrawn from the program, there will be no refund**, so please contact your agent immediately if you are not sure you are qualified to participate.

SNOWSHOEING – offered on selected early season voyages

What to expect

Early season Antarctic conditions are often perfect for snowshoeing. Widespread snow cover allows our guests to explore further afield than would be possible on foot, allowing you to see more of the terrain and take in even more breathtaking vistas. Experienced guides will take groups of 10-20 out at a time and a typical excursion can last anywhere from 1 to 3 hours, depending on the group and conditions.

It can be difficult to gauge the actual distance we will cover, but it can range anywhere from 1-5 km with 2.5 km being our “typical” excursion distance.

Who can participate

Anyone with an explorer’s spirit and good mobility is welcome to snowshoe. No previous snowshoeing experience is required, although it is highly recommended that you are relatively fit in order to keep up with the pace set by the guides and other participants. It is crucial that we walk as a close-knit group and not let ourselves get too spread out.

Equipment and Safety

We provide the following equipment:

- Properly sized snowshoes – Your guides will show you how to properly don your shoes and make sure they fit
- Trekking poles
- Footwear (your voyage loaner boots work great!)

How to Dress

You will need to be suitably dressed and equipped for rapidly changing weather conditions. For warmth, use a thermal layering system (similar to what we describe in the Packing section of our Pre-tour Information). Temperatures will range between about -2° to 4°C (28° to 39°F) and adding or removing a layer may be necessary during an excursion. Wool or Polypropylene (polar fleece) work well as thermal layers. Cotton is unacceptable, due to poor heat retention when damp or wet. Try thermal long underwear (light weight for bottoms, medium weight for top), light or medium weight fleece pants, and a non-bulky, long sleeve fleece top.

Other Gear You May Want to Bring

- Camera
- Binoculars
- Water

- UV protection (sunglasses, sunscreen, lip balm)
- Extra layer of clothing
- Day pack to carry the above

Safety

Because we are operating in an area that is covered in snow, with numerous crevasses and dense wildlife, it is of the utmost importance that you listen to, and follow the instructions of, your guides. **Always stay with the group.** Wandering off the trail jeopardizes not only your safety, but the safety of guides and fellow guests. Guides are certified mountain guides and carry a First Aid field kit, ice probes, and crevasse rescue gear on every excursion.

POLAR PLUNGE

What to expect

A polar plunge is a quick, brief immersion in very cold water, at or near freezing temperature depending on location and time of season. The plunge takes place from the ship's shell door or Marina platform, or while ashore, depending on conditions and location. Guests wear swimwear and are tethered with a harness and rope for the duration. Time in the water is kept to a minimum - this is a brief, supervised activity focused on quick exposure and recovery, not an endurance swim.

Who can participate

Anyone who wishes to take part may do so, provided they have read and signed the required waiver beforehand (see Safety below). No swimming ability or prior cold-water experience is needed - expedition team are on hand throughout to assist.

Equipment and Safety

We provide the following:

- Harness and tether rope
- Towels and warm drinks, ready immediately after the plunge

Safety

Cold water immersion carries real risks, including cold shock and rapid loss of muscle control, and cardiovascular risk, particularly for guests with heart conditions, among other factors. Expedition Team are stationed to help guests out of the water quickly, and medical staff and/or expedition crew are on standby throughout. Because of these risks, all participating guests must read and sign a waiver before taking part.

How to Dress

Wear swimwear for the plunge itself. Bring a robe, warm layers, and dry footwear to change into immediately afterward, you'll want to get warm and dry quickly once you're out of the water.