



Luxury Travel
since 1927

Antartica to a T.

ESSENTIAL TOUR INFORMATION

PREPARING FOR YOUR TRIP

Passports and Visas

Full passport details must be provided at time of deposit. Passports must be valid for at least six months beyond your return home date. We recommend a validity of nine months to prevent any problems. There must be at least three blank visa pages in your passport (not endorsement pages). It is your responsibility to ensure that you have the correct travel documentation. Failing to obtain correct documentation may affect entry into certain countries on tour.

APT recommends that you contact the relevant consulates for the latest information on visa requirements, costs and processing time.

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 interruptions as well. As any potential evacuation from Antarctica can cost at least \$200,000 US dollars, we recommend that no policy carry less than this amount of coverage. As part of the pre-departure information, we will require full details of your travel insurance provider, including policy number and 24-hour contact number. Additionally, travel insurance is also mandatory for entry into Ecuador and entry may be denied if you cannot show proof of comprehensive insurance.

Seabourn Online Check In

Seabourn booking references will be provided to you by APT via email at approximately 85 days prior to departure. Once you receive your booking reference, you will need to complete the Seabourn Online Check In process and create a Seabourn account. Once completed, you will be able to print your boarding pass.

General Physical Fitness

This tour requires a good level of fitness. You must be able to embark and disembark vehicles, aircrafts, vessels, zodiacs and tender boats unaided. All passengers requiring special assistance must travel with a carer. The driver, cruise director, or tour director are unable to provide any assistance to travellers with mobility issues due to occupational health and safety. There are limited medical facilities in Antarctica and on board the ship. Due to this, all passengers must have good health and fitness. Wheelchairs are not suitable for this tour.

Shore excursions in Antarctica will be in inflatable Zodiacs. Getting on/off Zodiacs requires good balance and mobility walking down steep and narrow steps from the ship to the Zodiac. Excursions also include wet landings, which can mean walking through shallow water to the shore and/or walking on slippery surfaces and in snow.

Before You Go

See Your GP

Your GP or travel clinic is the best source of information about preventative measures including vaccinations. We recommend you consult your GP or local travel clinic no later than 8–10 weeks prior to departure for detailed advice to ensure maximum pre-travel preparation. Please take a copy of your travel itinerary with you to assist with the recommendations of appropriate medication and vaccinations. Vaccinations are required for travel to some parts of South America. This includes the Yellow Fever vaccination. Anti-malarial medication is also recommended for some parts of South America.

If you have health problems, ask your doctor to prepare your medical history for a foreign doctor. It should include your name, address, emergency contact, blood type, medical history, current medications and dosages, drug allergies, reasons for prior hospitalisation and a list of vaccinations and dates.

On Tour Information

Staying Healthy On Tour

It's important for you to be as healthy as possible before you travel and to maintain your health by applying good hygiene practices while on tour. Respiratory and gastrointestinal illnesses, while usually minor in nature, can spread rapidly within a tour group and have a major impact on everyone's enjoyment.

APT is committed to reducing the spread of infections on tours and asks that you read and follow our recommendations to ensure a healthy, safe and enjoyable holiday for you and your fellow travellers.

APT Health and Safety Protocol

APT has created Health and Safety as well as COVID-19 protocols that all our Tour Directors are required to adhere to. You may be requested to assist in reducing the spread of viruses if you are showing symptoms while on tour. If you are showing symptoms of a cold or a virus while on tour, you may be asked to wear a face mask, have meals in your room or cabin instead of the dining room, or remain in your room until the symptoms improve. Refer to our website for the most up-to-date protocols.

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. All suppliers will endeavour to cater for allergies, but this may not always be possible and cannot be guaranteed.

Sleep Apnoea

CPAP machines can usually be accommodated on tour but we require notification in advance with the dimensions, weight and, if possible, the make and model. This will then be passed on to our suppliers to ensure it can be accommodated. Additionally, you will need to take your own power adaptor.

Sun Exposure and Dehydration

Weather conditions will vary on tour. Drinking plenty of water is important to prevent dehydration. A hat and high-quality sunscreen are important for preventing sunburn, even on overcast days.

Delayed or Missed Flights

In the unfortunate event that you miss a flight completely or that you are delayed substantially, please advise the airline representative that you are a cruise/group tour passenger bound for a specific start location, date and time. Be sure to advise APT of your new travel arrangements immediately.

Luggage Restrictions

One piece of checked in luggage at max 23kgs is permitted per person. International airlines may impose fees or require you to remove articles if weight or size limits are exceeded. We recommend that you contact your airline(s) or travel agent for specific information prior to departure, especially as size and weight limits can vary between airlines.

Lost/Delayed Luggage

If you lose luggage or personal belongings prior to joining the tour, please contact a representative of your chosen airline at the airport. If you lose luggage or personal belongings on tour, please inform your Tour or Cruise Director immediately for assistance.

Arrival and Departure Information

Airport Transfers

Airport transfers are included on the first and last day of the tour package, and with pre/post-tour accommodation in conjunction with an on tour night at the APT hotel, booked by APT.

Transfers cannot be re-routed to other pick-up points or destinations.

No refund will be given for unused transfers. If you miss your prebooked transfers, you must make your own way to or from the hotel at your own expense. Transfers must be booked and details advised to APT at least 60 days prior to travel, otherwise transfers cannot be guaranteed.

Hotel Information

Check-in: The official check-in time at hotels is between 2pm and 3pm local time, however, where possible, the hotel will try to have your room available earlier. If your flight arrives earlier, luggage can be stored at the hotel before check-in and will often be delivered to your room later.

Check-out: Normal check-out times are usually between 10am and 11am. For later departures, most hotels will store your luggage until you leave.

What to Pack

Climate and 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.

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 that 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, while 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.

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 and Outer Shell

Your final layer should be your waterproof pants and jacket. For safety reasons on all off ship activities, waterproof pants/over trousers are mandatory and you must bring your own pair.

Lightweight PVC fabrics and disposable rain gear are not suitable for these conditions.

Polar Parka & Boots

As most landings involve stepping into water, a pair of mid-calf waterproof boots are essential. 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.

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

Please note: boot sizing must be provided to Seabourn in advance via the Seabourn Online Check In system. You will receive your Seabourn booking reference approximately 85 days prior to the cruise departure date.

APT has included a complimentary insulated polar parka for you to keep upon completion of your cruise, along with complimentary Antarctic Boot Rental for the duration of your cruise (for hire only).

Waterproof Gloves

To ensure your comfort and warmth, glove layering are 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 warmth. Always carry a spare pair of gloves should your first pair become too wet and bring an extra pair of waterproof gloves.

Sunglasses

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

During Your Expedition

Smoking

Smoking is allowed only in designated outdoor areas. It is strictly prohibited in all cabins.

Beverages

Aboard your Antarctica Cruise all beverages are included.

Communications

Wi-Fi is included on board, but cannot be guaranteed at all times due to the nature of satellite communications, which are subject to disruption from weather and obstructions. Connection speed may also be slower than on shore. The ship's library also has computers with internet access available. Mobile coverage is often not available during the cruise due to the remote location.

Gratuities

Gratuities are included for your Tour Director and all cruise staff. However, please feel free to tip further if you wish.

Electricity

Electricity The voltage used onboard is the U.S. standard (110 volts AC, flat prongs) and the European standard (220 volts AC, round prongs). Please ensure you bring appropriate cords for your devices. Adaptors can be purchased on board the ship. Please note that the use of personal hairdryers, clothing irons, coffee makers, curling tongs, etc. in the cabins is strictly forbidden as they may damage the ship's electrical system. Hairdryers are provided for your convenience. If you require electrical medical equipment, please notify the reservation department as soon as possible.

Zodiac Cruising & Shore Landings

The Antarctica cruise includes activities such as Zodiac landings (usually wet landings), and moderate walks to more active hikes. All of this is accompanied by your expedition team of naturalist guides. Considering the nature of the programs, a high level of mobility is required to enjoy these expeditions.

Due to the exceptional nature of this itinerary, the calls/sites listed are only a guide. The final route will be confirmed by the ship's Captain, with priority being given to passenger safety. Pack ice may also force the Captain to change course at the last minute. Zodiac outings will of course depend on the weather conditions.

Medical Assistance

On board the Seabourn Venture, there is an onboard doctor and Medical Centre. You will be responsible for all charges that result from visiting either the onboard medical practitioner or any local medical facility. APT is not responsible for the type or quality of the medical services you receive.

APT TRAVEL CENTRES

AUSTRALIA

Building 4, Level 1, 15 Cochranes Road,
Moorabbin, VIC 3189

P: 1300 278 278 (within Australia)

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