

Preparing for your Polar voyage



YOUR GUIDE

PREPARING FOR YOUR POLAR VOYAGE



So, you're off to the polar regions! First of all, congratulations. Second of all, you couldn't have picked a better polar preparation manual. Here you'll learn what to bring, what to expect, and what to do in the unlikely event a penguin or polar bear gets too close for comfort. Hint: Don't scratch behind its ears.



Let's begin by emphasizing that you're embarking on an **expedition-style cruise**. Our focus will be amazing wildlife encounters, adventurous landscape outings, inspiring visits to historical sites – and to a lesser degree, informative tours of scientific research stations.

Also, due to the variable nature of the polar regions, we may adapt our pre-planned routes and activities to take advantage of ice, weather, and wildlife conditions.

No two voyages are alike, and there's always an element of the unexpected. But that's what makes the place so great, right?

It is the responsibility of each passenger to comply with the local rules and requirements (such as, but not limited to immigration regulations, vaccination, testing and insurance) in Spitsbergen, Iceland, Greenland or Argentina.

Valid passport and visa, if required. Please make sure your passport is valid for at least six months after your trip ends. Since visa requirements differ for each nationality, we recommend that you check with the nearest consulates/embassies well in advance of your voyage.

HEALTH

Any major health problem, disability, or physical condition that may require emergency care must be brought to our attention prior to your voyage. Please complete our Personal Information Form, which you have received from your booking agent, and return it to your booking agent within one month after booking.

Guests should be physically capable of undertaking booked activities and shore and Zodiac excursions. Safety is of the utmost importance if our team onboard have concerns over fitness/ability you may not be allowed to participate in some excursions/activities owing to the safety risks posed in remote regions.

PERSONAL MEDICATIONS

Be sure to carry an ample supply of any prescription medications you require. This includes prescription drugs, seasickness medication (incl. patches), over-the-counter medications, and any specific health supplements you rely on. These should always be packed in your hand luggage when traveling.

INSURANCE

You need to be insured in the unlikely case of a medical evacuation/repatriation. Coverage for Arctic (minimum of EUR/USD 50,000 pp), Antarctic (minimum of EUR/USD 100,000 pp), and Ross Sea (minimum of EUR/USD 300,000 pp).



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A full-page photograph captures a moment of pure joy in a polar environment. A woman, dressed in a vibrant red expedition jacket with black accents, a yellow knit hat, and black gloves, is captured mid-jump above a series of large, flat-topped brown rocks. Her arms are raised high in a V-shape, and her face is lit with a wide smile. The background reveals a vast, cold landscape under a pale sky. Several large, white icebergs float in the dark blue-grey water. In the upper portion of the image, there is a dense, overlapping pattern of light grey text that reads: "WILD ADVENTURE MOUNTAINEERING UNTOUCHED SNOW CAPPED SKING PENGUINS HIKING SNOWSHOEING GLACIERS SEABIRDS KAYAKING FJORDS BASECAMP EMPEROR PENGUIN REINDEER HIKING WILDLIFE WORLDLY WILDERNES". At the bottom left corner, a small logo featuring a stylized mountain peak is positioned next to the website address "www.oceanwide-expeditions.com".

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Checklist

When packing, don't weigh yourself down with excess clothes or gear or pictures of mother. Select informal, practical attire for your trip that can be worn in layers:

All vessels

- ☐ 1. **Sturdy shoes** with non-slip soles. We advise not to bring sandals or open-toed shoes.
- ☐ 2. **Comfortable shoes** are useful to wear around the ship. Ensure your choice of footwear is safe for moving around the ship (not loose and liable to fall off of your foot).
- ☐ 3. **Personal medications:** Be sure to carry an ample supply of any prescription medications you require. This includes prescription drugs, seasickness medication (incl. patches), over-the-counter medications, and any specific health supplements you rely on. These should always be packed in your hand luggage when traveling.
- ☐ 4. **T-shirts to wear inside the vessel**, as temperatures are comfortably warm
- ☐ 5. **Earplugs**, in case you share your cabin with a snorer
- ☐ 6. **Warm pants** or even ski pants, which can be worn over long underwear
- ☐ 7. **Waterproof trousers**, such as Gore-Tex, to be worn over regular pants
- ☐ 8. **Thermal underwear** of silk or polypropylene, since it keeps you warm without adding bulk
- ☐ 9. **Sweaters** or polar fleece jacket of medium weight
- ☐ 10. **Turtlenecks**, which are good for layering and use around the ship
- ☐ 11. **Mittens and gloves** (and more than one pair), such as thin polypropylene gloves that can be worn underneath your mittens, allowing you to take them off to operate your camera
- ☐ 12. **Woolen hat and scarf** to protect your ears and neck
- ☐ 13. **Warm socks** (also many pairs, as your feet are sure to get wet) that are tall and sturdy, layered over a thinner pair of silk, polypropylene, or cotton/wool socks
- ☐ 14. **Waterproof/windproof jacket** (waterproof above all) with an attached hood that can be worn over your under layers with reasonable comfort
- ☐ 15. **Waterproof backpack** with shoulder straps for keeping your hands free and your camera (and other gear) dry
- ☐ 16. **Sunglasses** of good quality, as the glare from the water and surrounding snow/ice can be severe even when the sky is overcast
- ☐ 17. **Binoculars** for viewing all the beautiful landscapes and wildlife
- ☐ 18. **Camera** with plenty of memory cards or film (twice what you think you'll need), and possibly even an extra camera in case of accidents, along with a tripod or long-exposure camera for borealis voyages
- ☐ 19. **Head lamp** if partaking in the outdoor camping activity

Sailing vessel only (RVR)

- ☐ 19. **Head lamp** for spring or autumn trips aboard Rembrandt van Rijn
- ☐ 20. **Rubber boots** (very important), as only Plancius, Ortelius and Hondius have rubber boots available for pre-order (see to the right). On Rembrandt van Rijn, we request that you bring a pair of knee-high rubber boots. A pair of pull-on waterproof rubber boots of mid-calf length or higher are essential for Zodiac landings. Stepping out of the Zodiacs almost always involves stepping into water, so it's important to have footwear that is high enough to avoid getting water inside. Boots such as Sorrels, snow boots, or any low boots are not satisfactory for wet landings – you'll get your feet wet!

PLEASE NOTE: All guests are required to wear waterproof clothing (a waterproof jacket and trousers) while aboard a Zodiac. Note that water-resistant or water-repellent treated clothing is not suitable or sufficient.

This is for safety reasons owing to the increased risk of exposure related illness if you get wet. In Norwegian waters this is also a legal requirement – any person not properly dressed will not be permitted to leave the vessel.

If you have questions or just need further advice, please don't hesitate to contact us.



THE BIG DEAL ABOUT BOOTS

Happiness starts at ground level. Do not bring heavy, cumbersome boots that make it difficult to walk. Boots with waffle soles, like those on a hiking boot or running shoe, tend to give the best footing. Also avoid imitation rubber boots made from PVC, as these are unyielding and more prone to slipping. (Wellington-style boots are ideal.)

Rubber boots can be purchased from work clothing stores, surplus stores, farm co-op stores, garden supply centers, outdoor stores, and marine supply houses. Sailing boots sold at marine stores have non-skid soles that work well on slick decks and wet rocks but lack traction on snow, ice, or mud. The all-around traction soles are good for ice and snow but not as slip resistant on decks or rocks.

Remember, you'll be wearing these boots a lot, so they must be comfortable for extended wear. The boots should not be too tight or sloppy. If they're too tight, you'll get cold feet – the literal kind. If they're too loose, you can add an insole or extra pair of socks to take up the space.



For maximum warmth, wear loose-fitting boots and two pairs of socks. Rubber boots generally come in whole sizes and many brands are unisex. Be sure to get the best fit, no matter what size they are.

Your boots are probably the most important item you'll bring, so if you have questions or need more advice, don't hesitate to contact us. Those traveling to Antarctica can rent equipment in Ushuaia instead of carrying it from home. For more information go to oceanwide.newheadings.com.

OH, AND ONE MORE THING: If you don't bring the correct footwear, you might not be allowed to land during the voyage – and this will make us all very, very sad.

RUBBER BOOTS

On Plancius, Ortelius and Hondius, all passengers are entitled to a free pair of sturdy rubber boots that will keep your feet dry, warm, and comfortable during landings.

Sizes need to be pre-ordered with the Oceanwide reservation department at least eight weeks prior to departure. A voucher will be sent with your travel documents about four weeks before departure.

Please make sure to order your boots early! Requesting equipment without a pre-order and voucher is not possible when boarding the vessel. Boots need to be returned to the expedition team at the end of the voyage. Terms and conditions are on the pre-order form.

ABOARD THE SHIP

A-Z SERVICES AND DAILY PROGRAM

We can't wait to welcome you aboard one of our vessels, which we hope will be your home away from home during your polar voyage. (Just please leave the decorating to us.) The following guidelines are intended to help you make the most of your stay.



A Announcements: These will be made in English (or a second language during bilingual voyages) to alert you or remind you of certain events.

Amenities: On our vessels Plancius, Ortelius, Hondius and Rembrandt van Rijn the cabins are equipped with bed linen, towels, shampoo and shower gel. On our motor vessels Plancius, Ortelius and Hondius all cabins have a hair dryer in the bathroom. On our sailing vessel Rembrandt van Rijn a hair dryer can be requested with the Hotel Manager on board.

B Books: Reference books (mostly English) are available in the library. Please read books labelled with polar library stickers in the bar or observation lounge only, and return them to their original place. Non-labelled paperback novels can be taken to your cabin.

Bar: This is a great place to meet your fellow travelers, a social area in which to talk, write, read, listen to music, and of course, buy a drink. Like all interior areas of the ship, the bar is a strict non-smoking area. Hot drinks (tea and coffee) will be available in the observation lounge at all times, free of charge.

Bridge visits: You are nearly always welcome on the bridge, an excellent place to watch ship operations and maintain a lookout for wildlife. Please remember, however, that the bridge is a working place. To enable our officers to navigate the ship, please remain on one side of the bridge and do not eat or drink. When in port, during rough weather, and other times for reasons of safety, the bridge will be closed to visitors. If you are in doubt, please ask the officer on watch.

C Communication: Wi-Fi is available on board our vessels. Costs do apply to make use of this service. Communication by phone is possible via satellite connection.

Crew areas: Please do not enter crew areas.

Currency and payment: Refreshments and souvenirs will be charged to your cabin. The day before departure, you can settle your bill with the hotel manager. All major credit cards are accepted, along with UnionPay, or cash (euro or US dollar). The prices and standard currency on board all of our vessels is the euro.

PLEASE NOTE: On Rembrandt van Rijn, payments can be in euro, US dollar, Visa, or MasterCard. We do not accept checks.

D Daily program: This will be displayed on board (TV or whiteboards). Please check this on a regular basis in case of changes or new information. We will plan activities and schedules, but they are always subject to change due to polar conditions. If a lecture is cancelled due to excursions or certain activities, it will be rescheduled for the next possible time. This is an expedition cruise in every sense, and our exact route and itinerary are subject to weather conditions, ice, wildlife opportunities, and many other factors. As with any voyage, information we collect en route is analyzed and taken into consideration. We will do our best to keep you informed over the intercom system, notice board, or directly.

Dressing: In keeping with our expedition-like atmosphere, dress on board is informal. Bring casual and comfortable clothing for all activities.



Keep in mind that much of the spectacular scenery is best appreciated from the deck, which can be slippery. Bring sturdy shoes with non-slip soles (not sneakers), and make sure your jacket is never far away in case a voice calls "whales!" over the loudspeaker. Wear layers, since it is comfortably warm aboard the ship and often cold on deck.

Doctor: On board our motor vessels, we have a basic infirmary to treat minor injuries and provide first aid. If you feel sick or uncomfortable, please don't hesitate to consult the doctor. If you take particular medication or are allergic to any medicine, inform our doctor beforehand.

In case of emergencies, we must be aware of any specific treatment required beforehand. We kindly remind all passengers that our onboard infirmary is



only equipped to handle emergency medical situations. Therefore, we strongly encourage you to bring an adequate supply of any personal medication you may need during your journey. This includes prescription drugs, seasickness medication (incl. patches), over-the-counter medications, and any specific health supplements you rely on.

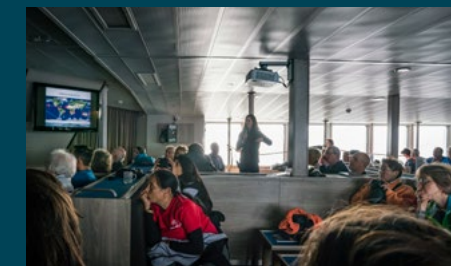
REMBRANDT VAN RIJN: Rembrandt van Rijn has no doctor or infirmary aboard. Please pack adequate medication before any voyage aboard.

E Equipment: Rubber boots are available free of charge (loan only) on board Plancius, Ortelius and Hondius. Other vessels might have leftover boots on board, but don't count on it. Other specialized equipment (camping, snowshoes, etc.) will be provided for the activities booked. The activity manuals contain more information about this.

Electric current: The electrical supply aboard the ships is 220v, 60Hz. Electrical outlets are standard European, with two thick round pins. American passengers may need a 220v/110v converter.

G Gratuities: The customary gratuity to the ship's service personnel is made as a blanket contribution in one envelope at the end of the voyage, then divided among the crew and staff. Tipping is a personal matter, and the amount you give is at your sole discretion, but we advise 10 – 15 EU/USD per guest, per day. Cash preferred, given either individually or as a group.

L Language: English is the ship's language and is spoken by all staff and crew. Several departures are dedicated to certain language groups, so-called bilingual voyages. Some German-speaking expedition staff will be on board for bilingual voyages (English – German). Welcome and safety briefings, announcements, daily briefings, and recaps will be provided in English and German. English and German lectures may vary in content. Simultaneous translations of lectures will not occur, but a summary in the second language may be given at the end of a lecture. Guidance during activities on shore will depend on the group each passenger chooses according to their own physical ability.



In the Arctic, we aim at splitting into three groups: a hiking group on a strenuous walk, a medium-paced group with more time for photography, etc., and a leisurely group. A German-speaking staff member will not necessarily be available for each group. During Zodiac cruises, each boat's pilot-guide will not necessarily be bilingual.

Laundry: Although limited, there is a laundry service on board (not on Rembrandt van Rijn). In your cabin, you will find laundry forms and linen bags. Please fill out the form, put the laundry in

the provided bag, and leave them on your bed. The cabin stewardess will pick them up and return your laundry within 24 hours. Dry cleaning is not available.

Life jackets: You will be provided with a lightweight inflatable life jacket that inflates automatically upon contact with water. These life jackets must be worn at all times while cruising in the Zodiacs. Please handle your life jacket with care, and do not leave it lying around on the beach in the rain. Always bring the life jacket back to your cabin. For your own safety, wear the inflatable life jacket when it is windy on deck. Additionally, there is a large orange life jacket in your cabin, which is to be used in case of ship emergency and for the lifeboat drill.



M Mealtimes and dietary requirements: All meals will be announced on the ship. Normally breakfast starts at 07:30, lunch at 12:30, and dinner at 19:00. Please inform the hotel manager if you have specific dietary requirements so our chefs have the time to prepare something special for you. For vegan guests, please note this in your PIF form. Breakfast is always buffet style, lunch is always buffet style with the exception of sea days, dinner is always plate service. We offer a range of vegetarian options within our varied menu.

N Non-smoking policy: We have a strict non-smoking policy inside our vessels at all times. There are certain designated smoking areas onboard. For example, certain areas of the deck. This is for both safety and the comfort of all guests. Do not throw your cigarette filter overboard, and do not smoke on the aft deck in the proximity of Zodiacs, engines, and fuel. Please respect the wishes of nonsmokers.



S Safe: All cabins on m/v Otelius, m/v Plancius and m/v Hondius feature a safe per bed.

Safety: Please observe the following safety rules.

- There will be a life jacket and life boat (abandon ship) drill at the beginning of the voyage. It is mandatory for all passengers to participate in this exercise.
- During the voyage, the expedition leader may have to perform an additional fire drill, which will be announced.
- As on all ships, please anticipate pitching and rolling.
- Be prepared for sudden lurches and stops as the ship works its way through the ice. Use the handrails whenever possible, especially when going up stairways and ladders.
- Be careful while walking on the open decks, as they can be slippery.
- Watch your step while going out on deck, since there are high steps in many doorways.
- When passing through all doorways and while in your cabin, do not place your hands on the edge of the doors, as a lurching movement could slam the door on your fingers.
- When walking on the ship, please remember: one hand for yourself, one hand for the ship.

Souvenirs: T-shirts, sweaters, postcards, etc., are available in the souvenir shop (items at display).

Opening hours will be announced.



T Tag on and off: All guests are required to sign/on/off the ship - this is done using your cabin keycard provided to you onboard. Always keep your keycard with you at all times. For guests on our helicopter trips, you will also be allocated a 'helicopter card' with a unique number to assist us when managing flight operations.



U USB: During your time with us, the Expedition Team (on motor vessels) will prepare a slideshow. This is only available on board owing to the file size. Be sure to bring a USB with you to take this polar memory home – it cannot be sent out afterwards.

W Wildlife watch: The officers and staff are constantly on the lookout for interesting wildlife and other scenes of nature. Your participation is much appreciated, however, so please don't hesitate to report a sighting to our personnel. If we are fortunate enough to spot some special wildlife, we will announce it from the bridge to all cabins and decks, regardless of the hour. Viewing these animals is of course optional, so if you wish to continue sleeping after the announcement, please do so. The snow tends to look prettier after a good night's rest, anyhow – just ask the penguins.

ZODIAC INSTRUCTIONS

The taxis of the polar world, Zodiac boats are stored on all of our vessels and comprise the main method of transportation to and from landing sites.

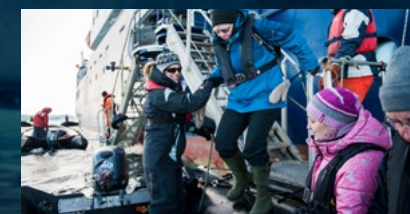
Our guides are well-trained in the proper use of these boats, which allow us to go places inaccessible to larger vessels: beaches, river banks, rocky outcrops, coral reef flats, ice floes, and more conventional areas like docks, sea walls, and jetties.

Zodiacs have shallow drafts (the vertical distance between the waterline and the bottom of the hull) and contain six air-filled compartments, giving them impressive floatation and weight-carrying abilities. The compartments are connected by valves, which allow the internal air pressure of the Zodiac to be regulated, and they can still float even if several compartments become deflated.

Though Zodiacs are tough, durable, and dependable, be aware that certain regulations involving these boats will help keep you safe during our landings.

Important Zodiac notes:

- The Zodiac driver is in charge of the boat and its operations. Please follow his or her instructions at all times.
- Always wear the provided safety vests when travelling in the Zodiacs. This is for your safety and is required at all times in the Zodiacs, regardless of weather or sea conditions.
- Always accept the helping hand of crew members and Zodiac drivers



when stepping into or out of the Zodiacs, either at the gangway or on shore. Keep both hands free for this operation, and use the preferred sailor's grip (grip each other by the wrist), because this provides a much stronger connection than simply holding hands.

- Minimize the number of items you take aboard the Zodiacs. Backpacks are ideal for consolidating cameras, binoculars, rain gear, extra shoes, etc. Carry-on items may be handed to the boat handlers before embarking or disembarking. Keep both hands free.
- **NEVER** smoke in the Zodiacs. This is very hazardous, as the boats are rubber and there are exposed fuel tanks connected to the outboard engines.
- All landing conditions will be announced beforehand. Wet landings may require you to get your feet wet by wading to shore, and dry landings may dock or other object with which you can step on shore directly.

- Never disembark or embark the Zodiac over the wooden transom (stern) when the boat is backed onto a beach. If you do, an oncoming wave could suddenly push the boat higher onto the beach, striking you with the engine or crushing your foot with the transom.



- During wet landings, you may safely get in or out of the boat by first sitting on the rubber pontoon and then swinging your leg over the side. Always wait for instructions from the driver during landings.
- Always use a weatherproof bag (or bring a small plastic bag) to protect non-waterproof items from sea spray or rain when in the Zodiacs. The perfect polar bear pic can be erased in an instant by a random wave, and you'll be so wet we won't even be able to see your tears.



Do I have to be very fit to join an expedition?

You need to be in good general health and able to walk several hours per day. Our expeditions can be physically demanding. You can choose to stay on the vessel if you prefer, but you will still need to be able to move safely around the ship even in bad weather. Assuming you choose to join landings, you will need to be able to get in and out of the Zodiacs. You must also be capable of getting up and down the gangway. Conditions on shore can also be rocky, uneven, and slippery, and we will be in remote areas without access to sophisticated medical facilities. You must not join an expedition if you have a life-threatening condition or need daily medical treatment.

What's the typical age range on board?

Most of our passengers are in their 30s to 80s, with the majority between 45 to 65 (and a little younger on our schooner). Our expeditions attract independent, adventurous travelers from around the globe who share a strong interest in remote regions, exotic wildlife, and, naturally, huge heaps of ice. Many voyages include several nationalities, and it is the camaraderie and spirit that develops on board that's so important to the polar expedition experience.

Can I recharge my batteries and use electrical appliances on board?

Yes, the power supply is 220v, 50Hz. The wall plugs accommodate two thick round pins, such as those found in most European countries. If you are joining us from other regions of the world, you may need a transformer and international adapter for your particular equipment.

What about sea sickness?

Ah, the eternal question. In our experience, a small percentage of people get sick on any trip and most are fine within a day or two. If you're particularly susceptible to motion sickness, it's a good idea to talk to your doctor before your trip. **Bring motion sickness tablets**, learn their side effects, make sure to eat enough, and get adequate rest. We expect to sail at night most of the time, but we also sail during the day to visit our various landing sites. Anticipate rough seas in certain areas, such as the Drake Passage or Denmark Strait. It can also help to avoid alcohol, tobacco, excess liquids, and confined spaces. Most people feel better simply lying in bed or sitting on deck and looking at the horizon. Sea sickness may also improve with food, such as crackers or dry toast. Remember, once you start to experience nausea, medications are of little help. Take them well in advance. For those with sea sick roommates, please take care of each other and inform the on-board doctor, expedition leader, or hotel manager.

Can I fly my UAV/quadcopter/drone during a voyage?

Oceanwide Expeditions does not allow the use of recreational UAVs/quadcopters/drones during its voyages. This applies both on the ship and off, regardless of any permits held by the passenger. The International Association of Antarctic Tour Operators (IAATO) has prohibited the recreational use of UAVs/quadcopters/drones on member vessels, Zodiac boats, and during scheduled landings. Also, the Government of South Georgia and the South Sandwich Islands have issued a ban on recreational use of these devices in their territories. The Association of Arctic Expedition Cruise Operators (AECO) has also prohibited the recreational use of UAVs/quadcopters/drones on member vessels and during all cruise excursions. **As a full member of both IAATO and AECO, Oceanwide Expeditions supports their prohibition on the recreational use of drones in order to minimize environmental impact and enhance passenger experience.**

Are there restrictions as to what can be done while on shore?

Yes, though you're free to do as much snow yoga as you have time for – if that's even a thing. Our overriding concern is protecting the wildlife, environment, and cultural sites of any area we visit. We'll address specific conservation issues in our on-board briefings, and our expedition staff will keep you informed of these regulations on shore.

How much time do we spend on shore?

Our aim is always to spend as much time on shore as possible, but nature and the expedition leader ultimately make the final decision. During some voyages, you may spend several days on the ship followed by a series of hours-long landings. On other voyages, you might land two or three times per day. At high latitudes, we have almost continuous daylight, so we like to show you as much as possible, but we leave it up to you whether or not to skip an outing.

Can I take anything back home?

Unless you mean from a souvenir shop, no. We travel in special places not everyone is lucky enough to enjoy, so please treat these places with their due respect. When in doubt, follow the prime polar rule: Leave nothing but footprints, take nothing but memories.

What does Oceanwide do in terms of biosecurity?

To minimize outside contaminants in the polar regions, we strongly advise that passengers refrain from bringing items (e.g., backpacks, shoes, or clothing) that contain mesh or Velcro.



FREQUENTLY ASKED QUESTIONS

If you still have some unanswered questions, feel free to contact us.

You will find our contact info on the last page of this manual.



WI-FI & BLUETOOTH PROHIBITED

IN KONGSFJORDEN AND NY-ÅLESUND

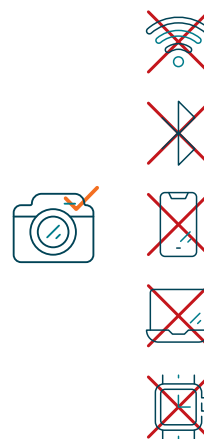
The use of Wi-Fi and Bluetooth in Kongsfjorden or within 20 km (12 miles) of Ny-Ålesund Research Station is prohibited by Norwegian law.

Wi-Fi and Bluetooth transmitters (such as in cell phones, smart watches, laptops, and cameras) interfere with the quality of the Norwegian Mapping Authority's (NMA) measurements, which calibrate GPS systems.

All passengers, crew, and guides visiting Kongsfjorden and Ny-Ålesund Research Station will be asked to disable Wi-Fi and Bluetooth on their electronic devices for the duration of their stay within the 20-km distance line. Our vessels will likewise disable their Wi-Fi access points on all decks.

Additionally, Wi-Fi and Bluetooth devices must remain on board in this area. Only cameras may be taken to shore, but only if they remain in airplane mode. Above all, Wi-Fi and Bluetooth must be turned off completely.

We will highlight these rules in our briefings, Q&A sessions, and onshore checks. Passengers who do not comply will be excluded from landing. Thank you for your cooperation and for following the instructions of our staff members.



Oceanwide Expeditions | Head Office

Visserijkade 5 | 4382 ZA Vlissingen | The Netherlands

T +31 (0) 118 410 410

E info@oceanwide-expeditions.com

Oceanwide Expeditions | USA & Canada office

222 Pennbright Drive, Suite 109-A | Houston, TX 77090 | USA

T +1 800 453 7245 or +1 281 741 2372

E usa@oceanwide-expeditions.com

