



Adventure Canada

FREQUENTLY ASKED QUESTIONS

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PREBOOKING

GENERAL INFORMATION BEFORE YOU BOOK

What is the nature of expedition travel?

Expeditions are unpredictable due to factors like wildlife, weather, and policy changes. Your itinerary may change, but this flexibility is an advantage. We embrace adaptability and believe detours can lead to unique experiences.

Each day offers new opportunities like bird colonies, fjords, whale watching, community visits, and more. We encourage respectful and sustainable exploration of these exciting regions. Thank you for joining us on this once-in-a-lifetime journey.

Will my itinerary change from what was advertised?

In one word? Probably. Adventure Canada expeditions explore remote and wild places, but weather, especially ice in northern routes, can impact our plans. Safety is our top priority, so our itinerary may change as needed. Our Captain and Expedition Leader may modify plans at any time. Our experienced team can plan alternative routes and excursions to ensure the safety and enjoyment of our guests, expedition team, vessel, and host communities.

Is this trip right for me?

Adventure Canada expeditions are ideal for the curious and easygoing, reasonably fit, and healthy individuals. We accommodate various physical abilities and interests on shore. Expect walking on uneven ground and boarding Zodiacs via a flight of stairs.

Our trips are best suited for adventurous souls seeking comfortable accommodations and good food. Deviations from the expected itinerary are part of the adventure! There is also no age limit – we have had guests from 3 weeks to 95 years old.

Am I fit enough to take an expedition?

Our trips demand a certain level of fitness and mobility. Activities may include lengthy hikes on uneven terrain or leisurely exploration in towns. Zodiac cruises may last an hour or more in cold waters for wildlife viewing. While there's limited elevator access on the ship, not all decks are served, so you must be able to climb stairs between them.

You will also need to manage external gangway stairs to transfer between the ship and Zodiacs. Guides and crew assist with Zodiac embarkation and disembarkation.

What is accessibility like? (Elevators/assisted-walking equipment/wheelchair accessibility)

The *Ocean Endeavour* is not wheelchair accessible. The only access to board the ship is by stairs. There are doorway lips ranging from 2 inches to half a foot in washrooms and main areas around the ship. Washrooms/showers are not accessible.

There is a small elevator on the ship from decks 4 to 6. The elevator does not access all decks of the ship, which means travellers must be able to easily navigate multiple flights of stairs.

Excursions often require the use of Zodiacs to access remote places with no pier or dock for the ship to pull alongside. Boarding the Zodiacs requires descending a set of stairs from deck 4 to 3, and another smaller set from the gangway to the Zodiac.



What medical considerations should I be making?

Adventure Canada expeditions travel to remote areas of the world where medical care is either unavailable or not up to modern standards. We will request your medical details before your trip, and it's strongly recommended to consult your healthcare professional if you have health concerns. Our programs involve active participation, including transferring from the ship to Zodiacs and navigating at least one flight of stairs without assistance. Prior dental care is advised, and travellers should avoid temporary fillings, caps, or unfinished root canals.

Do families take these cruises?

Absolutely! Adventure Canada has a 30 Under 30 program, providing a 30% discount to guests under thirty, whether travelling solo or with a companion. We also offer special incentives for children under five. Contact an Adventure Specialist for more information.



Will we encounter rough seas?

During the summer, the seas are generally calm, but adverse weather conditions can occur unexpectedly. If you're concerned about seasickness, consult your physician for guidance on available remedies.

Why are your cruises priced in US dollars?

Although we are a Canadian company, most of our small-ship expedition operating costs are paid in US dollars. For this reason, our shipboard trips are priced in US dollars. This allows us to offer a more stable tour fare throughout the year, with less fluctuation in cost.

Can I extend my stay?

It is possible to extend your stay on your own. Adventure Canada is not a travel agency and therefore does not arrange independent travel arrangements at the end of our expeditions. However, we are happy to share our local knowledge of our embarkation and disembarkation cities.

What is the activity level of an Adventure Canada expedition?

Adventure Canada expeditions offer varying activity levels that can change daily and by location. During shore excursions, we accommodate different physical abilities and interests by forming smaller groups. For example, one group may embark on a

challenging two-hour hike on steep terrain, while another explores the landing site with shorter distances and level terrain. You can explore at your own pace during landings, and when you're ready to return to the ship, the Zodiacs are standing by.

The Expedition Leader will also provide detailed explanations of each included activity and its required mobility level, helping you choose the excursion that suits your interests and needs.



What is a berth vs a cabin?

A berth is a bed or sleeping space within a shared cabin or sleeping area on a ship. A cabin refers to a private room or suite.

What is a Zodiac?

Zodiacs are inflatable, rigid-hulled watercraft with outboard motors, accommodating up to ten guests plus the driver. They are the preferred mode of transportation for our expeditions, suitable for shallow waters and beaches. Zodiacs are stable and versatile, travelling at about four knots, but can be splashy in windy conditions. Life preservers and wet gear are mandatory for Zodiac travel, typically involving disembarking on rocky or gravel beaches.

Zodiacs provide us the freedom to access remote areas without relying on ports or infrastructure, taking you where the action is.



What is the currency used aboard the ship?

The U.S. dollar (USD) is the standard currency on the ship for settling the Shipboard Account, while the Canadian dollar (CAD) is used in the Gift Shop and for equipment rentals and additional excursions.

Please be aware that currency for purchases ashore will depend on the location, including but not limited to:

- Canada: Canadian dollar (CAD)
- Saint-Pierre: Euro (EUR)
- Greenland: Danish krone (DKK)
- Scotland: Pound sterling (GBP)
- Iceland: Icelandic króna (ISK)
- Faroe Islands: Danish krone (DKK)
- On board: United States dollar (USD)
- Adventure Canada Gift Shop: Canadian dollar (CAD)

**In remote communities, credit card facilities or e-commerce technology are not always available. Please be prepared with the appropriate currency to avoid disappointment.*

Can I use my credit or debit card during shore visits?

Depending on the size of the communities we visit, cash machines cannot be relied upon, and we always recommend coming prepared with cash to spend in gift shops.

What is the tipping policy aboard the ship?

A recommended tip of \$15 USD per person per day is added to your final Shipboard Account statement and divided among the ship's crew. Tipping is a personal choice, and you can adjust the amount, or tip individually. Please notify the Reception Desk of your tipping preference. The Adventure Canada expedition team does not accept tips.

Will there be insects on this trip?

A common (and annoying) reality of travel in the wilderness is the prevalence of insects like mosquitos. We recommend using bug netting head coverings and bringing insect repellent for expeditions.

What is Adventure Canada's policy on single-use plastic?

We prioritize environmental responsibility by minimizing single-use plastics, not using straws on board, and supporting oceanic microplastic research through our Young Explorers and Researcher in Residence programs.

Can I buy local art?

Yes! Local artisan crafts are available for purchase in the communities we visit. Check your itinerary for the recommended currency. Many countries impose restrictions on importing items made of certain materials – we recommend reviewing the CITES guidelines and your customs department beforehand to avoid issues.

Cash is recommended for purchases in communities without card facilities; consult our advisors for further information.



INSURANCE

What should I be considering with regards to travel insurance?

For Adventure Canada expeditions, mandatory emergency medical and evacuation insurance of at least \$500,000 USD per person is required. This coverage may not cover all emergency costs, and passengers are responsible for any additional expenses.

Travel insurance, including deposit and cancellation coverage, is strongly recommended, and should be secured at least 120 days before departure. Contact Adventure Canada or your travel agent for assistance with insurance inquiries.

Does Adventure Canada sell insurance?

Adventure Canada representatives are licensed to sell travel insurance to residents of Ontario through Manulife Insurance. Canadian residents living outside Ontario can be referred to a knowledgeable Manulife Representative. For US residents, we collaborate with CSA Travel Insurance; quotes can be accessed by the CSA portal, choosing the Freestyle Luxe plan to meet Adventure Canada's minimum requirements, or you can contact our Guest Services Team for more information.

Should I purchase cancellation insurance?

Although not mandatory, we highly recommend obtaining cancellation insurance when travelling with Adventure Canada. We advise passengers to insure their entire trip cost before the final payment deadline (120 days before departure). Without adequate travel protection, travellers are responsible for all expenses related to delays, including food, lodging, transportation, and fees. If the trip is interrupted, repatriation costs and prepaid travel expenses are the passenger's sole responsibility, with no refunds for any part of the trip already completed.

Why do I need a minimum of \$500,000 USD insurance coverage?

We travel to remote destinations where emergency medical treatment may be difficult to access. Emergency Medical and Evacuation Insurance of at least \$500,000 USD per person is required. This coverage may not fully cover medical emergencies, and passengers are responsible for additional expenses. If you have existing coverage, please ensure it meets Adventure Canada's requirements, including emergency medical evacuation. If not, consult your travel advisor or Client Services Representative for assistance.

HEALTH + SAFETY

What should I do about my prescription medication while on the expedition?

Please bring enough prescribed medication for the trip, with an extra week's supply for potential delays. Medication cannot be replaced during the expedition. Transport it safely in your carry-on luggage, and if you need to carry needles, ensure you have a doctor's note. If you have specific medication needs on board, please notify Adventure Canada promptly.

Is there a doctor on board?

Our vessel features a modest infirmary, basic emergency provisions, and an on-board emergency physician. It is essential to have travel medical and evacuation insurance with a coverage value of at least \$500,000 USD. In specific regions, access to a suitable medical facility might entail a 72-hour or longer journey, potentially resulting in delays or unavailability of emergency evacuation and adequate medical care.

Will medication be available on board?

While the ship is equipped with a variety of equipment and supplies, please consider it a basic or emergency service. Guests should ensure they have an ample supply of their prescribed medications. It is crucial for individuals with medical conditions and dietary restrictions to notify us well in advance of departure so that we can properly inform the ship's staff.

Will I get seasick?

The *Ocean Endeavour* is a robust, ice-strengthened ship with two stabilizers for balance in rough seas. On choppy days, you might feel a gentle and predictable sway, which may affect sensitive individuals. To mitigate this, first-time cruisers or those prone to motion sickness can take precautions like bringing medications, wristbands, or patches and choosing cabins on lower decks (e.g., deck 4 or 5) for a smoother experience.

What are the on-board safety protocols?

Safety on board the ship is our first priority. The ship contains firefighting equipment and a sprinkler system, which fully complies with the strict provisions of the International Convention for the Safety of Life at Sea (SOLAS). A lifeboat drill is held within twenty-four hours of embarkation. This drill is for your protection. Attendance is mandatory. In the event of a witnessed emergency, please notify the bridge. You will be fully informed at the time of your departure of all health and safety protocol.

What happens if I/we need to evacuate the ship?

Should a medical emergency occur that requires your evacuation from the vessel, arrangements will be made on your behalf. Guests without full insurance coverage must accept full responsibility for the costs or payments under any circumstances where they require hospitalization or medical treatment ashore, including any transportation, evacuation, or other special service as may be required as per our terms and conditions.

If you have any medical condition that will require special assistance in case of an emergency, please be sure to communicate this to our team before departure, so we can notify the safety officer ahead of travel.

What are the medical facilities aboard the ship?

The ship has a basic infirmary with a crew doctor available for guests. While the ship carries some supplies, this facility is for basic or emergency needs, so guests should bring enough prescription medication. Doctor's hours are posted on the infirmary door. Please inform us in advance about any medical issues and dietary restrictions for proper briefing of the ship's expedition team.

Is the on-board doctor free of charge?

No. The doctor aboard the ship charges for services rendered - even if those services are as simple as providing seasickness medication. Prices for treatment and supplies will be posted on board, and charges will be debited to your Shipboard Account which is payable at the end of the voyage.

What medications are recommended?

We have prepared a list of over-the-counter medication that can, when necessary, improve your experience aboard the ship. Please see the Clothing and Equipment list in the Adventurer Package, and speak to your physician for more information.

How should I prepare for motion sickness?

Some individuals, especially those new to ship travel, may experience seasickness, typically occurring within the first 48 hours of sailing. To prevent symptoms, avoid alcohol, tobacco, excessive liquids, and confined spaces. Fresh air and plain foods can help. Medication responses vary; they may cause drowsiness, so be cautious while moving around the ship. Taking them before symptoms appear is most effective. Consult your physician for more information.

I have a prescription for medical marijuana – can I bring it aboard the ship?

No, Adventure Canada does not allow the possession or use of medical marijuana on any of our expeditions. Canadian law may permit it, but due to international travel and border crossings, any drugs prohibited outside Canada are not allowed on our ship, irrespective of how they were obtained.

I have recreational marijuana, which is legal in Canada – can I bring it aboard the ship?

No. Adventure Canada prohibits the possession, distribution, or use of recreational marijuana aboard any of its expeditions.

Can I smoke cigarettes on the ship?

Smoking is not allowed during group transfers, at historic sites, or in cabins and public spaces on board. Designated smoking areas are provided on outer decks with care and guests are advised to use the ashtrays provided. Do not toss lit items overboard due to fire hazards. Smoking is strictly prohibited in Zodiacs at all times.

MOBILITY**What is the activity level of an Adventure Canada expedition?**

Adventure Canada expeditions offer varying activity levels, which can change daily and by location. We create smaller groups during shore excursions to accommodate different physical abilities and interests. For instance, one group might take on a challenging two-hour hike, while another explores with shorter distances and level terrain. You can explore at your own pace, and Zodiacs are ready for your return to the ship.

The Expedition Leader will provide detailed explanations of each activity's mobility level to help you choose the excursion that suits you best.

Am I fit enough to take an expedition?

Our trips demand a certain level of fitness and mobility. Activities may include lengthy hikes on uneven terrain or leisurely exploration in towns. Zodiac cruises may last an hour or more in cold waters for wildlife viewing. While there's limited elevator access on the ship, not all decks are served, so you must be able to climb stairs between them.

You will also need to manage external gangway stairs to transfer between the ship and Zodiacs. Guides and crew assist with Zodiac embarkation and disembarkation.

What is accessibility like? (Elevators/assisted-walking equipment/wheelchair accessibility)

The *Ocean Endeavour* is not wheelchair accessible. Boarding is only accessible by stairs. There are also doorway lips ranging from 2 inches to half a foot in washrooms and main areas around the ship. Washrooms/showers are not accessible.

There are small elevators on the ship from decks 4 to 6, however, the elevators do not access all decks of the ship, so guests must navigate stairs easily.

Excursions often require the use of Zodiacs to access remote places with no pier or dock for the ship to pull alongside. Boarding the Zodiacs requires descending a set of stairs from deck 4 to 3, and another smaller set from the gangway to the Zodiac.

AFTER YOU HAVE BOOKED

PASSPORT/VISA

Do I require a passport to travel with Adventure Canada? Do I need a visa to travel with Adventure Canada?

All *Ocean Endeavour* expeditions visit international destinations, necessitating a valid passport for all guests. Non-Canadian passport holders should carefully review visa requirements. Ensure your passport is government-issued, signed, and valid for at least six (6) months beyond the expected departure date with one blank visa page. Guests must provide this information in accordance with provincial regulations (Travel Industry Council of Ontario).

Obtaining and complying with necessary travel documents (passport, visa, etc.) for entry and exit in visited countries is the guest's responsibility. Failure to do so may result in denied boarding or entry to the destination country.

What should I do with my passport on the ship?

All guests' passports will be collected for safekeeping by the ship's concierge upon embarkation at the start of the voyage and returned upon disembarkation.

TRANSPORTATION

How do charter flights work?

Expeditions often commence and/or conclude with a charter flight, booked upon confirmation of your registration. Please notify Adventure Canada should you have any health concerns when flying.

You will receive the specifics of charter flights during the passenger briefing on the evening before departure, as flight times may be adjusted until that point.

What pre- and post-trip transfers are included in my trip?

Refer to your pre-departure documents for details on included transfers. Independent hotel transfers before and after the tour are not covered.

How do I arrange my charter flight?

Your charter flight will be automatically added to your invoice at time of booking. On certain expeditions, you may opt out of the charter flight, but you must sign a waiver acknowledging the potential risk of missing your onward flights should our expedition not reach the original destination.

Charter flight payment is due at the time of your final trip payment, 120 days prior to departure.

How do I gain access to our port embarkation if arriving independently (or as part of the Adventure Canada group)?

You will be notified in the Final Joining Instructions, sent via e-mail, of where and when to be for embarkation. A government-issued photo ID will be necessary for security clearance. Friends and family are not permitted to visit the ship if not booked aboard the expedition.

Where do I meet my Adventure Canada expedition?

The instructions for joining your adventure will be provided to you in the Final Joining instructions, which will be e-mailed to you approximately 1 month prior to departure.

LUGGAGE/PACKING

What are the luggage regulations and restrictions for this expedition?

Please limit your packing to essential items due to weight restrictions on charter flights and the limited storage space available on the ship. Your total luggage allowance is 30kg, which includes 20kg as checked luggage and 10kg as carry-on. You cannot exceed 10kg for carry-on or add the difference to checked luggage if carry-on is less than 10kg. Additional baggage weight cannot be purchased – we recommend weighing your bags before departure to avoid issues at check-in.

Aircraft payload is set and monitored by Transport Canada.

What is my carry-on allowance?

All carry-on luggage must fit under the seat in front of you or in the overhead bin. You may not bring more than two (2) pieces. Please be aware of FAA restrictions surrounding hazardous or unlawful items and check with any connecting carriers to determine their regulations.

What is my duty-free allowance?

As duty-free allowances vary from country to country, we recommend contacting the customs department of your home port of entry for up-to-date information.

Can I bring my drone?

Adventure Canada does not permit the use of UAVs by guests. No exceptions will be made.

Do I need to bring a life jacket?

No; you will receive a lightweight life jacket for Zodiac excursions, and it must be worn and fastened before boarding the Zodiac or gangway.

Do I need to bring a water bottle?

Passengers aboard the *Ocean Endeavour** will be supplied with a reusable water bottle for use aboard the ship; this is yours to keep. There are water stations throughout the ship for your use.

**Note – water bottles will not be provided on Antarctica voyages.*

Do I really need wet weather gear?

Yes, dressing appropriately for the weather is crucial during our land expeditions. On *Ocean Endeavour* trips, we provide a 100% waterproof expedition jacket, but you are required to bring your own Gore-Tex or similar waterproof pants. These should be worn over your insulating layers to ensure your safety and comfort.

Zodiac drivers can refuse disembarkation for inappropriate attire. Wet gear is essential for Zodiac transfers and most shore excursions.

What kind of footwear should I bring?

You'll receive rubber boots for Zodiac-to-shore transport at the beginning of your expedition. However, for hiking on uneven, potentially wet terrain, it's recommended to bring your own pair of water-resistant/proof hiking shoes, as the rubber boots do not offer sufficient support for extended hikes.

Where can I store my wet gear?

The ship has a staging area for changing into wet gear before Zodiac outings. You'll receive a designated locker upon arrival, which is yours for the entirety of the expedition. We suggest storing rain gear, walking sticks, and personal equipment for landings in the mudroom. Avoid leaving valuables in cubbies, as Adventure Canada is not responsible for lost or damaged items.

ON BOARD

GENERAL SHIPBOARD

How should I conduct myself on the ship?

The vessel has a generous amount of open space, ideal for birdwatching and enjoying scenery. Be cautious near the Zodiac storage during loading and unloading, and when the crane is in operation. Open decks may be slippery, and access could be restricted in rough weather. Expect some pitching and rolling, and use handrails, especially on stairs and ladders. "One hand for yourself, and one for the ship" is the rule. When outside on decks, please beware of equipment and fixtures. Exercise caution at doorways with high steps. Avoid placing hands near moving doorframes or hinges, as doors can close forcefully and quickly.

How can I find my way around the ship?

Be aware of relevant signage when moving throughout the ship. Lifeboat stations, emergency equipment, and restricted areas are well marked using international symbols. Other signs with specific instructions should always be followed.

How will I know what is happening on the expedition each day?

Announcements over the ship's PA system will keep you informed about events, presentations, and the expedition schedule, including wildlife sightings. The PA system is audible everywhere on the ship.

Each day includes gatherings on upcoming plans, shore landings, and excursions, often followed by informal recap gatherings. A daily program for the next day is prepared each evening, subject to change, with updates posted on screens throughout the ship and available on your cabin's TV. Programs will be provided in the post-trip package.

Is there a wake-up call?

Yes! You will receive a daily morning update and announcements in your room via the ship wide public address system. This will allow your Expedition Leader to update you on the daily itinerary, provide an update of weather, and brief you on any vital information. This is part of expedition life, and the PA system cannot be turned off.

Where does the on-board programming take place?

A wide variety of presentations, talks, workshops, concerts, and events will take place in the Nautilus Lounge on deck 6, the Meridian Club on deck 9, and the Aurora Lounge on deck 7. These rooms are of various sizes and are outfitted with televisions, projectors, speakers' podium, and public address systems.

What types of presentations take place aboard the ship?

The ship offers diverse programming, including standard lectures on regional topics like geology, history, and biology. We also provide small-group workshops, cultural demonstrations, and both large and intimate group activities. The specific programming varies for each trip and will be explained by our expedition team once on board the vessel.



I couldn't make it to a presentation that I wanted to attend. Will there be another opportunity to see it?

Our expeditions are packed with high-quality programming both on and off the ship, resulting in occasional scheduling conflicts. Our Program Director and expedition team strive to accommodate everyone, but constraints can limit options. Some presentations may be repeated, but not always. If you feel like resting up, you can always watch presentations in your cabin via our Nautilus Lounge livestream.

What is the dress code on-board?

Casual attire is suitable for the ship at all times. While some guests opt to dress up for the Captain's dinners, it is not mandatory. Before disembarkation, we will advise you of appropriate clothing based on the weather. Please remember to wear footwear whenever you are outside your cabin.

What is a "colour group"?

Upon embarkation, you'll receive a colour group assignment indicated by a sticker on your room key/ID card. These groups coordinate landings, activities, and a variety of other operations. Your colour group will be called on by the ship's PA system. If you're travelling with companions, please let us know so we can ensure you are in the same group. Details for your specific expedition will be provided by our team once on board.

How does shipboard communication (internal and external) work?

The ship offers satellite communication for email and telephone facilities, with charges for personal use. Internet access codes are also available for purchase at the Reception Desk. Internal cabin-to-cabin calls are free. Keep in mind that in remote areas, satellite signals may be unreliable, impacting Internet access and communications. Contact the Reception Desk for more details.

Can I send mail from the ship?

Yes! There is a conveniently located mailbox at our reception area where you can deposit your postcards. Our dedicated team will subsequently ensure their delivery to the local communities we visit, where postal facilities are accessible. Please be aware that postage fees are not included in the service but can be acquired on board as needed.

Can I ship items home from the ship?

No, the baggage limit for all guests is 20kg (44lbs). If you plan to buy large, heavy items, arrange separate shipping directly with the retailer, as the vessel cannot accommodate these requests.

Is there a gift shop aboard the ship?

The on-board shop offers postcards, gifts, souvenirs, and locally sourced art from the regions we visit. We also have branded outerwear. Shop hours are posted on the daily program.

These items are subject to availability.

Note: Purchases at the gift shop are handled separately from your Shipboard Account. Transactions are in CAD, with USD accepted at par. We process credit card payments from our office in Mississauga, ON, Canada after the expedition concludes.

What is the “Shipboard Account”?

Upon embarkation, a Shipboard Account is automatically created for all on-board expenses, such as bar charges, laundry, medical services, and communication. Settlement occurs at the end of the voyage, and payment can be made using major credit cards (Visa, MasterCard, or American Express).

The Shipboard Account is separate from any gift shop purchases.

I lost something – have you seen it?

Maybe! There is a Lost and Found at Hotel Reception. Please check the Lost and Found before leaving the ship on disembarkation day, as you may have lost items of which you are not aware. At the end of each season, Adventure Canada donates all lost items to local charities in the regions to which we travel. Once you have left the ship, the chances of you finding a lost item are very small.

EXCURSIONS + PROGRAMMING

How is daily disembarkation managed?

For shore excursions, your colour group will be called via ship PA to the mudroom. From time to time, often during specialty groups, guests may be called down separately from their colour group. There, you'll don wet gear and prepare for disembarkation with assistance from crew members. We use an electronic swipe card system for safe and efficient operations. You will receive instructions at the start of the voyage.

How will we find out about wildlife sightings?

Wildlife sightings are announced over the PA system and discussed during daily gatherings. In wildlife-rich areas, please report sightings to the bridge or any expedition team member. Adventure Canada team members are often on designated “wildlife watch” on deck to increase the chance of sightings.

What is the best way to view wildlife aboard the ship?

Quality binoculars significantly enhance wildlife viewing.

Tips: Binoculars are rated with two numbers: the first is magnification, and the second is the objective lens diameter in millimeters. The first number indicates the object's enlargement factor, while the second measures light-gathering power. Higher second numbers mean heavier binoculars. To find the right balance between weight, magnification, and resolution, divide the first number into the second; a result close to 5 is ideal. Binoculars rated 7x35, 8x42, or 10x42 are excellent for wildlife viewing.

When using binoculars, start by observing a subject with your naked eye, then raise the binoculars while maintaining eye contact. If you can't see the subject, lower the binoculars, and try again. Practice will enable you to immediately spot what you were looking at with your naked eye using binoculars.

What's the best way to take photos on this trip?

Photography is a lasting way to capture memories. Adventure Canada photographers offer a unique voyage-specific package for download in your post-trip materials; inquire with the on-board photographer.

Tips: Check and clean your equipment before departure, as repairs may not be available. Use a drybag or float bag during Zodiac trips to protect your camera. A polarizing filter reduces glare, and wide-angle lenses capture landscapes accurately. Zoom lenses are ideal for close-up wildlife shots. Bring spare batteries, memory cards, and a laptop for file transfer. Tripods help stabilize images, and keeping a travel log or organized folders for your photos is useful.

What are the fitness and wellness amenities aboard the ship?

Deck 8 features a gym with hydraulic resistance machines, elliptical trainers, stationary bikes, etc., along with a massage clinic and sauna. Sauna use is at your own risk.

Deck 7 has a hot tub, and a pool on deck 6, with operation subject to weather, sea conditions, and shipboard requirements. Please note, the pool is not available during vessel operation.

Massage clinic hours and prices will be posted, and charges will be debited to your Gift Shop Account, settled in CAD, with USD accepted at par in the Gift Shop.

How often do we get off the ship?

Our goal is to disembark from the ship daily, except on designated sea days within your itinerary. It is important to bear in mind that inclement weather, ice conditions, and unforeseen circumstances may occasionally impede our ability to disembark.

ACCOMMODATION + DIETARY

What ambient noise can I expect to hear aboard the ship?

The *Ocean Endeavour* is a well-equipped ship, but it remains a vessel, resulting in occasional unavoidable noises depending on location and operation time. These noises include a low hum while underway and metallic clanks and rumbles during anchor and gangway operations. These sounds are normal and not a cause for concern.

How are the meals organized aboard the ship?

On the *Ocean Endeavour*, breakfast and lunch offer a diverse selection of delicious and healthy options. Dinner choices cater to various tastes, including fish and vegetarian dishes, with fresh daily desserts.

We can accommodate food sensitivities, special diets, and personal preferences with advance notice. We also aim to include local delicacies like caribou, Arctic char, and cod cheeks when possible. For children's meals and those with food allergies or restrictions, please inform us in writing well before departure to ensure proper accommodation.

I have food allergies and/or special dietary needs – how will this be addressed?

No need to worry! On embarkation day, you'll have the opportunity to meet with the Head Chef and Hotel Director to discuss and ensure your dietary needs are met. Please inform your Client Service Representative of any dietary restrictions well before your departure date.

Is there a bar aboard the ship?

There is a well-stocked bar on board, staffed by a professional bartender in the late morning, afternoon, and evening. A varied list of wine and sparkling wine will be available in the dining room and bar. Payment is through the on-board chit system and settled via your Shipboard Account.

What are the cabin amenities aboard the ship?

Each cabin features wardrobe space, a full-length mirror, a telephone for both inter-ship and external calls, and a hair dryer. Shampoo and liquid soap are also provided.

Your cabin is serviced daily by your cabin attendant. If you require extra housekeeping, please inform the Reception Desk. Towels are changed as needed. Place towels to be washed on the bathroom floor and hang those for reuse. This system helps us conserve our water supply.

How do the toilets function aboard the ship?

Our toilet system leads to a sewage treatment plant, which can only accept human waste and the provided toilet paper. Please do not flush any other items.

Is there laundry service available aboard the ship?

Basic laundry service is offered on board with a 24-hour turnaround time - often faster for morning drop-offs. Dry cleaning is not provided. Charges will be billed to your Shipboard Account and settled at the end of the voyage.

Please refrain from handwashing laundry in your cabin, as it can harm the ship's water treatment facilities.

Can I drink the water aboard the ship?

Yes, all tap water on board is purified and safe to drink. You'll receive a reusable water bottle for your use on the *Ocean Endeavour**, and water stations are available throughout the ship.

Occasionally, water conservation may be requested during expeditions to extend our fresh water supply, but it shouldn't pose a significant inconvenience with everyone's cooperation.

**Note – water bottles will not be provided on Antarctica voyages.*

Where should I store my valuables while aboard?

Each cabin is equipped with a small safety box to store your valuables. Adventure Canada is not responsible for loss or theft of any items. We do not recommend bringing valuables on our expeditions.

How does Wi-Fi work aboard the ship?

Wi-Fi is accessible on board. However, please note that Wi-Fi may not work consistently due to satellite coverage limitations in the areas we travel to.

What plug and socket types are used aboard the ship?

The ship uses 220-volt AC current, with recessed outlets of the round, 2-pronged European type. If you bring any electrical devices, be sure to bring both an international adaptor and converter. Some new devices have dual voltage (110 or 220), so an adapter is sufficient, however, older ones will not have this option and therefore a converter will be needed.



Do you offer upgrades and discounts aboard the ship?

No.

Is there a library aboard the ship?

Our on-board library, located in the Compass Club on deck 6, is available for your use twenty-four hours a day. We have an extensive range of books and games available for public use.

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