



# ANTARCTICA CAMPING

Camping on the White Continent with *Sea Spirit*

## Preparation Notes

Antarctica Camping is unlike other camping experiences you may have had. Certainly the location—a seemingly endless expanse of snow and ice all around as well as underfoot—sets it apart from your local holiday park. There is no need to bring your cooler (cool box, Esky, chilly-bin) because you're not allowed to bring food and beverages ashore—and you can be sure that none of it would be at risk of getting too warm anyway. Don't worry about bringing your bug-spray either; it's far too cold for flying insects to survive where you'll be. Yes, it will be cold. But don't worry: we provide quality, modern, high-performance gear so you will be a lot drier, warmer, and more comfortable than the early Antarctic explorers were. You'll be glad you did it. The memories will last a lifetime.

### *What we provide*

Our quality synthetic mummy-shaped **sleeping bags** are rated for temperatures down to -18°C (0°F). They are comfortable, roomy, water-repellent, connectable, and can accommodate body lengths up to 198 cm (6 ½ feet). For added warmth and comfort you will also be issued a freshly laundered cotton **sleeping bag liner**, as well as a full-length insulating foam **sleeping pad**.

You will sleep comfortably inside a single-person **bivy sack** that slips over your sleeping bag. This non-complicated arrangement allows you the utmost connection to the beautiful polar environment without sacrificing warmth and protection from the elements. Our waterproof, breathable nylon bivy sacks feature contour hoods and provide an additional 5° to 10°C (9° to 18°F) of insulation.

### *How it works*

Prior to camping night, you and your fellow campers will receive a comprehensive orientation briefing. Here you will be shown how to use your camping gear, you will get detailed information about safety and logistics, and you will learn the camping rules and regulations.

Neither the date nor the location of camping will be known more than a few hours in advance. Any potential camping site must be scouted and the weather conditions assessed before camping can be declared a "go". On the evening that camping is set to go, you will have your dinner on board as usual. After dinner you will get properly dressed and equipped for camping before being taken by Zodiac to the camping site. You will not be allowed to take any food (other than what may be medically necessary) or drinks (other than water) with you ashore. If you take medication, you must bring at least twice as much as you expect to use while camping.



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The area for camping will be established and marked out by your camping guides. You will be expected to prepare your individual campsite by digging a pit in the snow up to one meter deep for your bivy sack. Meanwhile, your camping guides will assemble camp toilets in areas of relative privacy, clearly marked and within easy walking distance of the camping area. You will be required to use the provided toilets when nature calls. Environmental guidelines prescribe that the staff carry all waste products back to the ship, so it will be a good idea to take advantage of the ship's facilities before going ashore. Camping staff will be on duty throughout the night in case you need assistance. Quiet time will be established after a certain hour.

Temperatures normally hover around freezing (0°C / 32°F) and will often go a few degrees below freezing overnight. Snow that is of a wet consistency in the evening will usually be frozen solid by morning. Fresh snowfall is always a possibility. Depending on the time of year, it may not get completely dark during the night (early season) or it may get quite dark shortly after you arrive at the camping area (late season). In any case, you will want to bring a flashlight.

The ship will stay close by during the night. However, there is no shuttle to take you back to the ship except in an emergency. You will be expected to stay out the whole time, but you will also need to be prepared to pack up and leave at any time in case an emergency evacuation is necessary.

If you sleep perfectly soundly all night, you'll be a rare individual. Chances are you will have the privilege of being awake for much of this remarkable experience. Either way, you will get a wake-up call early in the morning. You will then pack up your gear—making sure to take everything with you and to erase any trace that you were ever there—before taking a Zodiac back to the ship where you will enjoy a well-deserved hot breakfast to begin another full expedition day.

### *How to pack*

On camping night you should dress similarly to how you would dress for a regular shore landing or Zodiac excursion. Nylon, polyester (fleece), polypropylene, and merino wool are the preferred fabrics for camping. Cotton is not appropriate due to poor heat retention when damp (e.g., from perspiration). Be sure to bring a warm hat, scarf or balaclava, thick socks, snow gloves, and waterproof outer gear such as snow pants along with your parka. Plan to bring at least a change of long thermal underwear (your base layer) separately in your daypack, because you may perspire while setting up your campsite or exploring. You will want to change out of any damp clothes before going to sleep, otherwise you may become very cold.



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## Terms and Conditions

Please read this document fully and carefully. Your participation in Antarctica Camping is conditional upon your agreement to the provisions herein.

### I. Booking

Antarctica Camping is offered on selected voyages to Antarctica and is limited to 30 participants per voyage. Bookings are taken on a first-come, first-served basis. It is highly recommended that you book your spot in Antarctica Camping at the same time you book your voyage. You are welcome to request a spot after booking your voyage, but this will be subject to the availability at the time of your request. With the exception of those joining the Waiting List and last-minute bookings, payment of the fee for camping is due no later than the time of final cruise payment. The camping option is non-transferable. You may withdraw from the program at any time before camping night for a full refund of your camping fee.

### II. Minors

Children who are between 12 and 18 years of age at the time of their voyage are allowed to participate in Antarctica Camping only if they are accompanied and supervised at all times during camping activities by their parent(s) or a representative. Parents or representatives must sign Poseidon's *Child Policy Waiver*, through which parents/representatives assume full responsibility for their children and agree that Antarctica Camping may pose additional risks to children.

### III. Your Health

Antarctica Camping requires a considerable amount of physical stamina in the presence of many risks to your health. Assistance from a doctor will not be near at hand and assistance from the ship may be significantly delayed in the event of an emergency. Antarctica Camping is not for everyone and this activity may not be for you if you are not in good health. If you have one or more of the medical conditions or problems listed in Section 1 of Poseidon Expeditions' required *Medical Information Form*, then you are strongly encouraged to consult your doctor to determine if you are healthy enough for Antarctica Camping. We will assume that you have done this. Please use the *Antarctica Camping Preparation Notes* as a reference for what participation in Antarctica Camping will entail. Please also see the *Assumption of Risk and Liability Waiver* for what risks are involved. Your camping guides will have access to your *Medical Information Form*. Regardless, prior to commencement of camping activities, you are required to declare to your camping guides any medical issue, condition, problem, or illness you may be experiencing.

### IV. Assumption of Risk and Liability Waiver

Prior to commencement of camping activities, you will be required to sign a legal document whereby you acknowledge and assume all risks associated with Antarctica Camping.



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### V. Emergency Evacuation Insurance

You must ensure your emergency evacuation and medical insurance coverage does not exclude adventure activities such as camping. You may be asked to provide proof of coverage appropriate to your planned activities. Regardless, you will be held fully responsible for any and all medical and evacuation expenses incurred as a result of insufficient insurance coverage.

### VI. Your Responsibilities

At all times while participating in camping activities:

- a) you must abide by all IAATO camping guidelines as prescribed by your camping guides,
- b) you must comply with all other instructions given by your camping guides,
- c) you must be appropriately dressed and equipped for the worst possible conditions,
- d) you must not behave in an unsafe or disruptive manner,
- e) you must not be intoxicated, and
- f) you must be respectful of your fellow participants.

### VII. Refusal of Participation

We reserve the right to refuse or revoke your participation in Antarctica Camping if:

- a) it is determined that your participation would expose you, your fellow campers, or your guides to an inappropriate or unacceptable level of risk to safety, for example due to concerns about your health or fitness;
- b) you do not attend the orientation briefing held prior to camping; or
- c) you do not uphold your responsibilities as per Section VI.

The judgment and decision of the responsible staff on board (i.e. the camping guides and expedition leader) will be final. If you are refused participation in Antarctica Camping before commencement of camping activities for reasons of health and safety, then you will be issued a full refund of your camping fee but we will not otherwise be liable. However, no refund will be issued if you fail to attend the orientation briefing or if you fail to uphold your responsibilities.

### VIII. Camping Opportunities

We will endeavor to offer one overnight camping experience per voyage. Together with the ship's Captain and expedition leader, your camping guides will determine the best time and location for camping based on weather, site suitability, and other factors. The possibility of camping is largely dependent on highly changeable and unpredictable weather and ice conditions. We will do our best to provide a camping opportunity on your voyage but there is a real possibility that we will be unable to do so. If we are unable to offer camping on your voyage, then you will receive a full refund of any camping fee paid.

### IX. Document Version

This document may be changed without notice. In case of any discrepancy, the version of *Antarctica Camping Terms and Conditions* most recent at the time of your voyage will apply.



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## Frequently Asked Questions

### What is Antarctica Camping?

Antarctica Camping is an optional activity offered by Poseidon Expeditions on selected *Sea Spirit* voyages to the Antarctic Peninsula region. This is your chance to spend a memorable night camping on the snow and ice of Antarctica!

### Why would I want to go camping in Antarctica?

Spending a night camping is a great way to immerse yourself in Antarctica. You can spend an hour—or all night—simply watching the drama of endlessly changing light or listening to the clamor of scurrying penguins (all depending on the weather and location, of course). Or perhaps you would like to capture that perfect photo or simply fall asleep beneath the austral firmament. Whatever joy Antarctica holds for you, you can take the time to appreciate it fully on your Antarctica Camping night. For some, the idea of spending a night away from their comfortable beds on the warm ship—and away from the fully-stocked bar—is laughable. For others, this is a once-in-a-lifetime opportunity to meet Antarctica on its own terms. You will gain lasting memories, undeniable bragging rights, and a new appreciation for your warm bed back on the ship.

### How many people can join?

Antarctica Camping is limited to 30 participants per voyage.

### Is Antarctica Camping right for me?

Antarctica Camping is ideal for those who are willing to brave the elements and to sacrifice some comfort for the sake of an unforgettable experience. Previous camping experience is not required, though you should be reasonably ambulatory and in good health to avoid exposing yourself to an undue level of risk. Please note that you will be expected to prepare your own campsite by digging a pit in the snow up to one meter deep for your bivy sack. Perhaps even more crucially, adopting a spirit of adventure will enable you to get the most out of an experience that is not known for a high level of comfort.

### Is camping in Antarctica safe?

Safety is our top priority. We have many safety measures and emergency procedures in place. However, you should understand that Antarctica Camping will take place away from the safety of the ship for an extended period of time in one of the most remote and inhospitable environments on Earth, so there will necessarily be some risk.



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### Do I need previous camping experience?

Previous camping experience is not required. You will be given instructions on how to use the camping gear. Please understand, however, that those who have never camped before may find the experience of sleeping on the ground to be a quite a departure from what they are used to. Even seasoned campers may find that camping on snow and ice takes an adjustment.

### What about health and fitness?

Antarctica Camping requires a considerable amount of physical stamina in the presence of many risks to your health. Assistance from a doctor will not be near at hand and assistance from the ship may be significantly delayed in the event of an emergency. Antarctica Camping is designed for most people but it may not be for you if you are not in good health and reasonably ambulatory. If you have camped in the past, then you can use your experience as a benchmark with the expectation that Antarctica Camping will have the added challenge of camping on ice and snow in sub-freezing temperatures. If you have not been camping in some time and you do not normally engage in physical outdoor activities, then we encourage you to consult with your doctor to make sure you have a sufficient level of health and fitness to have a safe and enjoyable time camping with us.

### Can my children go camping too?

Children who are between 12 and 18 years of age at the time of their voyage are allowed to participate in Antarctica Camping only if they are accompanied and supervised at all times during camping activities by their parents or a representative.

### In what language is Antarctica Camping conducted?

If your language is accommodated on board for your particular voyage, then we will be sure to accommodate your language during camping.

### When should I sign up?

Space in the program is limited, so to secure your spot we recommended that you book Antarctica Camping at the same time you book your voyage. You are welcome to request a spot after booking your voyage, but this will be subject to the availability at the time of your request.

### Where does camping take place?

There are various locations on and around the Antarctic Peninsula that are known to have good possibilities for camping. Your expedition leader and camping guides will determine the night and location of camping based on weather, site suitability, and other factors. A suitable location is one that, among other things, has a sufficiently large, level, and snow-covered area for camping.



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### How often will we go camping?

We will endeavor to offer one overnight camping experience per voyage. The possibility of camping is largely dependent on highly changeable and unpredictable weather and ice conditions. We will do our best to provide a camping opportunity on your voyage but please keep in mind we may be unable to do so. If we are unable to offer camping on your voyage, then you will receive a full refund of any camping fee paid.

### How long should I expect to be out camping?

Camping night starts after having dinner on board and lasts until you get picked up before breakfast the next morning. Normally the time spent ashore is not more than ten hours. There will be the possibility to go back to the ship during the night in case of an emergency. Otherwise, you will be expected to be out with your camping group the whole time. Please also keep in mind that your time ashore can be prolonged beyond the anticipated pick-up time due to sudden and unforeseen changes in weather and/or ice conditions.

### What kind of camping gear will we use?

You will receive a warm and comfortable sleeping bag (rated to -18°C / 0°F) with a freshly laundered liner and full-length foam sleeping pad. You will stay dry inside a single-person bivy sack that slips over your sleeping bag. Please see our *Antarctica Camping Preparation Notes* for more information.

### Will there be toilet facilities ashore?

Your camping guides will assemble camp toilets in areas of relative privacy, clearly marked and within easy walking distance of the camping area. You will be required to use the toilets provided when nature calls. Environmental guidelines prescribe that the staff carry all waste products back to the ship, so it will be a good idea to take advantage of the ship's facilities before heading ashore for your camping experience.

### What kind of weather conditions might we face?

Temperatures normally hover around freezing (0°C / 32°F) and will often go a few degrees below freezing overnight. Snow that is of a wet consistency in the evening will usually be frozen solid by morning. Fresh snowfall is always a possibility. Camping will not be initiated on nights when adverse weather conditions exist or are expected. However, inclement weather can arise suddenly and without warning anytime. In case of severe weather developing overnight, an evacuation back to the ship will be attempted. It is possible, though unlikely, that your group may be required to stay on shore for an extended period of time in severe weather conditions. Be assured, your camping guides will be well prepared with emergency equipment for this contingency.



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### What are some of the IAATO guidelines by which I will have to abide?

Prior to camping night your guides will give a comprehensive orientation briefing, which will include the IAATO (International Association of Antarctica Tour Operators) guidelines by which you must abide. For example, you will not be allowed to bring any stoves, fuel, or food ashore. Generally all rules that apply to shore landings apply to camping.

### What is the best time of the season to go camping in Antarctica?

The main difference between the early season (November through January) and the late season (February and March) is the amount of ambient light at night. In the early season, though the sun does set, twilight lingers throughout the night. In the late season it is quite dark most of the night.

### Do I need to get special evacuation insurance to participate in Antarctica Camping?

All passengers on *Sea Spirit* voyages to Antarctica must purchase travel medical insurance which should include emergency evacuation and repatriation. We recommend coverage of at least USD 200,000. Passengers participating in Antarctica Camping must ensure that their policy does not exclude camping.