

# PREPARATION NOTES

## SEA KAYAKING

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### **Experience**

Previous kayaking experience is strongly recommended. Try to rent a kayak, or take a lesson for a few hours if you feel you need more experience or to get used to paddling a boat efficiently. Practice getting in and out of a kayak, using a rudder, forward, backward and bracing strokes, and performing a wet exit. You DO NOT need to know how to roll a kayak or do a self-rescue. Professional guides will be onboard to help you with new skills or to offer coaching to improve your paddling performance.

### **What to Bring**

#### **Thermal layers**

Use the layering principle. Temperatures will roughly range between  $-5^{\circ}\text{C}$  ( $23^{\circ}\text{F}$ ) to  $+7^{\circ}\text{C}$  ( $45^{\circ}\text{F}$ ), so Polypropylene/ pile (polar fleece) is the preferred fiber for paddling. Wool works as well, but tends to be less comfortable. Cotton is unacceptable, due to poor heat retention when damp or wet. Thermal long underwear, light weight for bottoms, medium weight for top, Expedition weight fleece pants, Light-medium weight, non bulky, long sleeve fleece top. Our onboard guides will further instruct you on how to layer effectively.

#### **Headgear**

A fleece (windstopper is excellent) or tight knit wool cap. Bring two in case one gets wet. In addition, a neck tube or balaclava if the wind picks up, and a wide brimmed hat or cap for sun protection.

#### **Hand wear**

Fisherman's gloves, or industrial strength rubber gloves with a mid weight fleece glove underneath, work well for handling the boats, and time ashore. Neoprene mitts (pogies) will be supplied for paddling.

#### **Socks**

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

#### **Other Gear**

Weatherproof binoculars  
Dry bag or pelican case for camera, or waterproof camera  
UV protection (sunglasses, sunscreen, lip balm)  
An extra dry bag or heavy duty Ziplock bag for other items.

### **Equipment we will provide onboard for sea kayaking passengers**

Prijon Excursion double sea kayaks with rudders - these 5-meter (16-foot) plastic boats are very stable and incredibly tough - perfect for paddling through brush ice! NO single kayaks are available for participants.

Kokatat Supernova Paddling Suits  
Paddles  
Safety floatation vests

Spray skirts  
Neoprene pogies (paddling mittens)  
Neoprene booties

## **Safe Kayaking**

We will have an experienced kayak guide on the vessel who will lead the trips and will help you in the kayaks. There will also be a safety Zodiac in constant communication with the group and on patrol to assist if the need arises. This is an invaluable 'safety-net' added to ensure your safety.

Your expedition guide will select paddling sites for their protected waters, wildlife, and scenic values. All excursions are, of course, weather dependent and your safety is the first priority. Most times we will be paddling near the Zodiac landing and shore excursion site. At all times we will travel at a safe distance from ice shelves and icebergs, and keep a respectful distance away from the wildlife. Kayaks will be embarked from shore or from a Zodiac, depending on sea and wind conditions. We will not be doing surf landings, though expect to paddle in winds of around 15 km/hr and small choppy seas. The ship will always be in close proximity to assist if required.

## **Group Size & Number of Excursions**

Each expedition is restricted to 10 participants. Please note that we can not book additional paddlers on board. We also plan to make at least four kayak excursions if the weather and ice permit. Paddling excursions will typically last for two to three hours, with the possibility of an extended trip depending on the ship's scheduling and the weather and ice conditions. The purpose of our kayak excursions is to enjoy the scenery, wildlife, the sounds, photos, and not just to do miles. We will have a variety of paddling abilities among our passengers, and we must travel as a group.

## **Terms & Conditions**

With your signature on the Liability Waiver Form you acknowledge that you have read and fully understand the information set out in these preparation notes and in the attached Terms and Conditions for our sea-kayaking activities.

## **Insurance**

Medical insurance which covers the cost of evacuation is mandatory. Such insurance will ensure, among other things, that you are properly covered against risks associated with your kayak program, and any medical charges which might be incurred. We may refuse you permission to take part in the kayak program unless you can verify insurance coverage. Please complete and bring the enclosed liability waiver on board your vessel.

**Please note that all passengers involved in these activities must fill out a separate waiver form to be filled out and collected onboard the ship.**

## **What to See & What to Expect**

The Polar Regions are truly the last frontier for kayaking. Paddling in this pristine, icy wilderness will overwhelm even the most seasoned adventurer. It is a rare opportunity, for few have experienced this magical place by kayak. Imagine silently gliding through mazes of ice floes, gazing upon wildlife with a glorious backdrop of deeply crevassed glaciers and ice capped peaks jutting right out of the sea!

We hope to paddle amid giant sculptured blue icebergs, through brash ice, along cobble beaches, narrow channels, and even inside a flooded volcanic crater. We will be silent, and can maneuver into places Zodiacs may not go – kayaks are one of the best ways to experience the Antarctic and its' marine life.

## DRY SUIT LOAN FORM

### For Kayaking

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To simplify packing we have included the loan of a paddling suit in the cost of your Polar kayaking adventure. These suits are not technically “dry suits” but are more comfortable. To ensure that we have the proper size on hand for you, please complete and return, as quickly as possible, this form by fax or e-mail.

The paddling suit is waterproof, and features wrist gaskets, booties, and a stretch neoprene neck gasket.

If you prefer to pack your personal dry suit, do so. However, you still must complete and return this form. The kayak masters will inspect your suit to ensure that it is appropriate for Polar kayaking conditions. If they are not satisfied, you will use one of ours provided there are sizes available.

Please circle on the chart below, the size (Small, Medium, Large, or Extra Large) that best fits you. Measurements are in inches, and the suits are all men’s (easier to fit both men and women). The suits have ample ventilation and room for an insulating layer of pile. Be sure to measure while wearing insulation.

Sleeve Length: Measure from the wrist bone, around the bent elbow to the spine at the back of the neck.

Inseam: Measure from the crotch seam to the ankle bone.

Chest or Bust: Measure around the fullest part of the chest or bust, across the shoulder blades.

Waist: Measure where you normally wear pants or belt.

Hips: Measure around hip at the fullest part.

	S	M	L	XL	XXL
Chest	36-38	40-42	44-46	48-50	52-54
Waist	30-32	32-34	36-38	40-42	42-44
Hips	36-38	40-42	42-44	46-48	48-50
Inseam	28-30	30-32	32-34	34-35	34-36
Height	5’2”- 5’6”	5’6”- 6’	5’10”- 6’2”	6’- 6’4”	6’-6’6”
Weight	115-140 lbs	140-175 lbs	175-200 lbs	200-240 lbs	220-260
Sleeve	32	34	35	36	37

First Name:

Last Name:

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Expedition Dates:

Booking Number:

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