

Your

TRANS- OCEANIC

expedition cruise

© DIETMAR DENGER

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your Transoceanic expedition. This will be a unique opportunity to unplug from daily life and emerge restored and reenergised.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

Reservations: +1 (866) 552-0371

Email: us.expeditions@hurtigruten.com

Web: hurtigruten.com/expeditions/

Kind regards
Your Hurtigruten team

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Frequently asked questions »

FOLLOW US



BEFORE YOU GO

There are a few mandatory steps to complete before your Transoceanic expedition cruise.

- 1 Fill in and return the Ship Manifest Information Form to Hurtigruten**
- 2 Check your passport**
Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.*
- 3 Entry requirements (visa)**
Please make sure that you have the correct visa travel document that is required at the time of your expedition.
- 4 Check your travel insurance**
A comprehensive travel/health insurance policy that also covers medical evacuation is recommended.
- 5 Complete the Medical Screening form**
Our Transoceanic expeditions require a Medical Screening form for boarding

For your convenience, we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

Weather and packing

Checking the weather forecast for your destination before you leave is essential to ensuring you are packing appropriate clothes. Make sure you pack suitable clothes for the weather you're returning home to as well.

We recommend you pack:

- Clothes for both warmer and cooler days
- Insect repellent
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Wind- and water-resistant pants
- A warm hat that covers your ears, and a scarf
- Worn-in walking boots to use outdoors
- Lip balm with UV protection
- Swimsuit to use in our on-deck pool and hot tubs
- A pair of casual shoes for onboard use

[What to bring on your trip »](#)

You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



You can borrow boots, trekking poles, and all equipment needed for activities free of charge.

* In addition, passport validity must be in accordance with national requirements in the country/countries you are traveling to.



PRACTICAL INFORMATION

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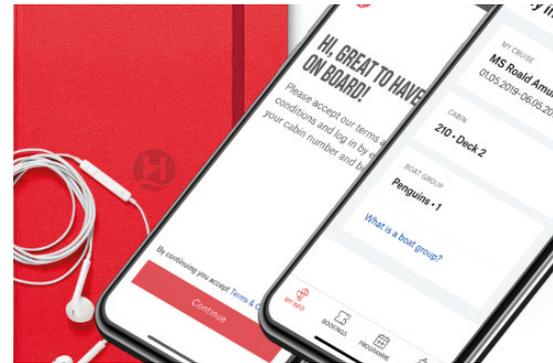
Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)



Hurtigruten App

is your digital travel companion on our expedition ships.

Everything you need to know about your cruise, including your bookings, daily programme, restaurants and services on board, essential information about available excursions is at hand at any time.

It will be possible to log in once you are on board with your date of birth and your cabin number.

[Download the app »](#)

Your adventure is safe with us



© KRISTIAN DALE

We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

[Our safety policy »](#)

YOUR HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your retreat and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Relax and rejuvenate aboard our modern expedition ships. The premium onboard amenities in our elegant ships offer a serene escape from life on land, including a fully-equipped Science Center, hot tubs, a gym, and delicious and healthy menus.



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LOVING LOCAL FOOD

Prepare your tastebuds for mouth-watering meals on board.

These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.

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YOUR JOURNEY WITH US



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Transformative activities at sea*

Our transformative expedition cruises will help you re-engage with yourself and with nature. Sailing at sea, you'll expand your horizons and nourish your mind and body in hands-on workshops, lectures, and classes.

We offer two distinct types of ocean sailings that will revitalise your mind, body and spirit. On our holistic wellness retreat at sea, you'll engage in holistic health activities and learn to achieve and sustain a healthier lifestyle. Our science-focused sailings feature activities

designed to deepen your knowledge of the oceans while enriching your wellbeing at the same time.

Look forward to learning about:

- Lectures and workshops
- Oceanography and navigation
- Yoga and tai chi
- Alternative therapies
- Meditation and mindfulness
- Nutrition program
- [Science Center »](#)
- Citizen Science
- Bird and sea-life observation

Experts by your side

Whether you're interested in learning about the oceans and navigation or focused more on your

health and wellbeing, our wellness experts and experienced Expedition Team will be here to guide you. By the end of your journey, you might find you'll leave the ship a different person to when you first boarded; spirits lifted and mind bursting with new knowledge.

The Expedition Team »

EXPECT THE UNEXPECTED



An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

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When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our

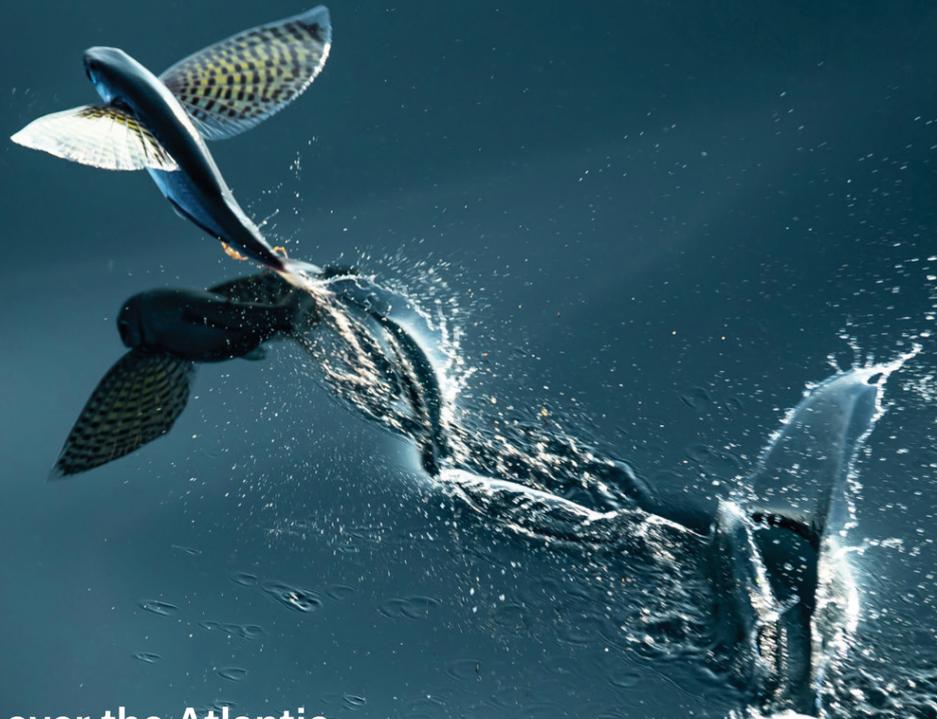
course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from

a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

DISCOVER WILDLIFE



As you sail over the Atlantic, our planet's second-largest ocean, remember to watch the waves to spot its incredible biodiversity first hand.

© JOHN CHARDINE

Enjoy nature in motion

Experience nature uninterrupted as you sail from coast to coast. Our Expedition Team will be on hand to point out birds and marine life all along the way. Depending on the route, you might discover seabirds like gulls, frigatebirds, and boobies. Sea turtles abound in Caribbean waters and flying fish perform incredible acrobatics deep in the Atlantic, alongside pods of whales, dolphins, and porpoises.

Above the Atlantic

Don't forget to look up while enjoying yourself on our transoceanic cruises! Seabirds abound in the skies above the Atlantic Ocean. Many of them, like Audubon's shearwater and the brown noddy, rely on

the sea for food and only come to land to breed.

Keep an eye out for tropical seabirds while the ship is under the influence of the warm Gulf Stream. Bridled terns share the sky with brown noddies—you might even catch sight of a booby following our ship while searching for its next meal.

Beneath the surface

Ocean is home to creatures large and small, from whales and dolphins to sprite flying fish. This birdlike sea creature can escape underwater predators by using its tail to propel itself over the water for dozens of yards. Doing so makes it an easy target for hungry seabirds, though.

While traveling in open, tropical waters, you might even spot sea turtles swimming among mats of golden Sargassum seaweed, or surfacing from astounding depths to take a breath.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.

BIRDS OF THE SEAS

DISCOVER
with us



Seabirds live their life on the ocean waves. They are true marine organisms, feeding at sea and only coming to land to breed. Ornithologist John Chardine tells us more about them.

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As you sail aboard our expedition ship, seabirds are our constant companions, some following us all day. Even thousands of kilometres from land, they are never lost but are where they want and need to be – where the food is.

Finding food among the waves

Food on the open ocean is spread out over vast distances and concentrated in areas of high ocean productivity where algae grow profusely. To find enough food to sustain them, many seabirds cover vast distances using the energy of the wind to effortlessly glide over the waves. Seabirds are at the top of marine food chains and eat crustacea like krill, small fish like herring, and squid.

Nothing to drink at sea

Living things need water and a big problem with the sea is that it's all salt water. Seabirds have evolved a special gland - the salt gland - which strips the salt from their blood. The gland is located at the top of the head just under the skin, and exudes a highly saline solution which drips from the seabird's bill or from the nose of tube-noses.

The cycle of life

Building a nest on the ocean is not possible so seabirds have to come to land to breed. Many seabirds return annually to exactly the same place in the colony, and pair with their mate from previous years. Typically, seabirds only lay one egg per year. This is because the parents are unable to bring back enough food from far at sea to feed more than one chick.

Helping our seabirds survive

Sustaining populations into the future is a big concern. One problem amongst the issues facing seabirds is floating plastic, which they mistake for food and bring back to their chicks to feed. The plastic takes up space in the chick's stomach, and the bird eventually dies. We at Hurtigruten are very aware of this problem and have eliminated single-use plastics from our ships.

An expedition cruise with us is the best way to see a range of seabirds and to learn more about each of them from the expert Expedition Team on board the ship.

SUSTAINABILITY

Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?

Visit [our sustainability web page](#) »



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HURTIGRUTEN FOUNDATION

**Collaborating for change:
Creating a footprint we can be proud of.**

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit [the Hurtigruten Foundation web page](#) »

