



## Snorkelling in the polar regions

Floating through the crystalline waters, you can view the colossal underbelly of icebergs, explore the remains of sunken ships, and witness graceful penguins dive into the icy waters in search of food. Aurora Expeditions pioneered snorkelling and scuba diving in the polar regions, activities that have been enjoyed by many of our expeditioners.

### Required Experience & Fitness

While it is an advantage to have previous snorkelling experience, complete beginners are welcome to participate. Our expert guides will provide all the necessary equipment, guidance and instructions needed to enjoy this activity. However, you must be a competent swimmer and our guides reserve the right to suspend you from the activity if they assess your ability to swim as insufficient.

### Our Guides

Aurora Expedition's team of highly-qualified guides have over 20 years of polar diving and snorkelling experience and provide snorkellers with detailed briefings and best practice procedures to ensure a safe and enjoyable snorkelling experience.

### Number of Outings

During the expedition we aim to snorkel as often as possible. Our outings will allow you enough time to witness wildlife in action, as well as marvel at the fascinating display of life under the water. You are not obliged to join all snorkelling outings and can choose to enjoy regular shore excursions if you wish. We generally expect to have between 5-10 outings in the Antarctic and Arctic depending on the itinerary and weather. Antarctic voyages that include South Georgia can have 7-12 outings, depending on the weather.

### How to Book

If you would like to participate in polar snorkelling on your voyage, please return a completed Polar Snorkelling Activity Form.

Passengers are unable to 'share' a snorkelling place as the gear is customised for each individual at the beginning of each voyage.

## Snorkelling in the polar regions

### Group Sizes

Our groups normally range from 4-10 snorkellers per guide per Zodiac. A minimum of four snorkellers is required for the activity to operate.

### Equipment Included

All the necessary gear for your polar snorkelling experience is included in the activity cost. We provide the following gear:

- Snorkelling drysuit – these light, flexible and breathable suits are specially designed to keep you dry in the icy polar waters
- Hood, gloves and boots – a thick neoprene hood with face and neck seal will keep you warm and dry from the neck up, while neoprene mittens and boots protect your hands and feet
- High quality and polar-tested fins, mask, and snorkel. However, you are welcome to bring your own fins, masks, and snorkel if you prefer

Every snorkeller will be issued with a snorkelling safety pack with additional buoyancy aids and means of communications.

### What to Pack

You will need to bring your own insulating undergarments to wear under your drysuit – two to three layers will provide sufficient insulation for the water temperatures we encounter. A detailed packing list is provided in your voyage essentials document.

We recommend:

- Thermal top and bottoms: one light-weight and one medium- to heavy-weight.
- Socks: Heavy thermal socks (2 pairs)
- Headgear: Warm cap, beanie or balaclava
- Water bottle: 1 to 2 litre capacity
- Waterproof case or bag for camera/phone.

### Activity Surcharge

The polar snorkelling activity is available for an additional surcharge and includes your guides, permits, outings and some equipment. Please check the website for specific activity cost.

### Travel Insurance

Travel Insurance, including emergency evacuation coverage, is mandatory on all Aurora Expeditions voyages. You will need to ensure that your insurance policy covers you for your snorkelling activity. An additional policy or premium may be required to ensure you have adequate coverage. Please contact Aurora Expeditions if you need assistance with your insurance policy.

### Age Limit

Snorkellers should be aged 14 years or over and must be accompanied by a parent or guardian at all times.

### What Will I See?

Snorkelling in the polar regions offers a unique wildlife viewing experience. In Antarctica, we have many opportunities to encounter penguins, seals and whales, as well as amazing ice formations above and below the water.



For more information please contact your travel agent, or Aurora Expeditions on:

#### Australia and New Zealand

Freecall: 1800 637 688  
+61 2 9252 1033  
email [info@auroraexpeditions.com.au](mailto:info@auroraexpeditions.com.au)  
or visit [auroraexpeditions.com.au](http://auroraexpeditions.com.au)

#### United Kingdom and Europe

Freecall: 0 808 189 2005  
email [info@auroraexpeditions.co.uk](mailto:info@auroraexpeditions.co.uk)  
or visit [auroraexpeditions.co.uk](http://auroraexpeditions.co.uk)

#### United States and Canada

Freecall: 1 800 826 8150  
email [info@aurora-expeditions.com](mailto:info@aurora-expeditions.com)  
or visit [aurora-expeditions.com](http://aurora-expeditions.com)



# Snorkelling in the polar regions

Please complete this activity form and return with your expedition booking form.  
All questions are required to be answered in full if you wish to confirm your snorkelling place.

**Please note:** On your initial outing, the check out snorkelling session, your guide will assess your ability to swim and perform safe cold water drysuit snorkelling swims. If you have insufficient swimming ability the guides reserves the right to restrict your participation in more challenging conditions or completely remove you from snorkelling program.

## Passenger details

Expedition Name: Expedition Date:  
Surname: Given Names:  
Date of Birth: Gender identity:  
Nationality:  
Country: City: State:  
Email address: Phone Number:

I HAVE READ AND UNDERSTOOD THE TERMS & CONDITIONS

Signature : Date:

Signature of parent/guardian if under 18:

Can you swim unassisted? YES NO

## Snorkelling experience

Have you snorkelled before? YES NO

When was last time you snorkelled?

Where was the last place you snorkelled?

Have you been cold water snorkelling before (water temperature less than 10°C/50°F)?

YES NO

If yes, please provide some details:



## Snorkelling in the polar regions

Please complete this activity form and return with your expedition booking form.  
All questions are required to be answered in full if you wish to confirm your snorkelling place.

### Diving experience - not compulsory

Are you a scuba diver?                      YES                      NO

If so, what is your highest level of diving certification?

When was the last time you dived?

Where was the last time you dived?

Have you got any cold water diving experience, water less than 10°C/50°F? If so please provide some details:



## Snorkelling in the polar regions

Please complete this activity form and return with your expedition booking form.  
All questions are required to be answered in full if you wish to confirm your snorkelling place.

Do you have any experience with drysuits?

No

Yes, with snorkelling

Yes, with diving

Yes, with boating

Yes, with kayaking

Yes, as survival suits

### Assumption of risk, release from liability and waiver of claims

I acknowledge that I am undertaking a guided trip and/or course and alpine tour ("the organised activity") with Aurora Expeditions Limited ("AEX") and that in order to do this I will need to involve myself in special travel, risks of all various kinds, different living conditions and different altitudes and weather patterns.

I understand that the organised activity carries a certain element of risk and I willingly accept those risks. I agree that, although AEX may take precautions to reduce the risks and increase the safety of the organised activity, it is not possible for AEX to make the organised activity completely safe or free from risk.

I waive any and all claims that I have or may in the future have against AEX their shareholders, directors, employees, agents, assistant guides, instructors, independent contractors, subcontractors and any representatives of AEX and shall hold same free from all liabilities, losses, costs, expenses and damages of every kind and nature whatsoever arising out of my involvement in the organised activity due to any cause whatsoever.

In entering into this agreement I am not relying on any oral, visual or written representations or statement made by AEX with respect to the safety of the organised trip other than as set out in this agreement. The terms of this release shall serve as a release and acceptance of risk by myself and bind all members of my family and estate.

I have read, understood and accept the above conditions (please tick)

Medical clearance (required within six months prior to departure date)

Signature and stamp of medical professional

I, Dr. \_\_\_\_\_ verify that  
participating in polar snorkelling.

\_\_\_\_\_ is in good physical and mental condition and is capable of