

## Snorkelling in the Polar Regions

Floating through the icy waters you might have the chance to view the underside of icebergs, see marine life that persevere in these frigid waters and witness graceful penguins seemingly 'fly' under water. 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 have a good level of fitness to be able to climb out of the water on to the zodiac. Our guides reserve the right to suspend you from the activity if they assess your ability to swim as insufficient.

### Our Guides

Aurora Expeditions' team of highly qualified guides have years of experience in the polar regions and will provide you with briefings and best practice procedures to ensure a safe and enjoyable snorkelling experience.

### Group Sizes

The maximum group size is 16 expeditioners, with this group size you will have three snorkel guides looking after you. This ratio ensures your safety and enjoyment are well looked after. 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 drysuits are designed to keep you dry in the icy polar waters. Every drysuit has a whistle attached to attract attention in the event of an emergency.
- Hood, gloves and boots - a thick neoprene hood will keep you head warm, while neoprene mittens and boots protect your hands and feet.
- High quality fins, masks and snorkel. However you are welcome to bring your own fins, marks and snorkel if you prefer.
- Every snorkeller is issued with a hi visibility vest, this ensures your safety in the water.

### 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. The first outing will be mandatory, our guides will take you to a shallow bay in calm conditions and all of you will get a chance to see how the snorkel operations work. After this first outing you are welcome to join the snorkellers or join the rest of the expeditioners on their landing or zodiac cruise. We generally expect to have between 5-10 outings in the Antarctic depending on the itinerary and weather. Antarctic voyages that include South Georgia can have 7-12 outings, depending on the weather.

### What to Pack

You will need to bring your own insulating undergarments to wear under your drysuit. The water is cold in Antarctica! Typically snorkellers spend 20-40 minutes in the water depending on their layers.

We recommend:

- Socks; heavy thermal socks (2 pairs)
- Thermal leggings/pants, a medium weight pair and a heavy weight pair
- Thermal tops, a long vest to tuck into your pants, and two layers of thicker thermal tops
- Warm cap/beanie/balacalava to wear after your snorkel
- 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 the equipment in this flyer.

### 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.

### Age Limit

Snorkellers should be aged 14 years or over, and if aged between 14-18 years old, they must be accompanied by a parent or guardian at all times.