



SEABOURN®

## Health Advisory for Guests Traveling to Remote Destinations

Dear Guest,

Thank you for booking your upcoming cruise with Seabourn. We are committed to providing guests with a safe and enjoyable cruise experience and delighted you've chosen to experience expedition cruising with Seabourn. For your travel planning, we want you to be aware that there are unique considerations associated with expedition cruising to some of the most remote locations on earth. Therefore, we ask that you review the following information and recommend you consult with your doctor if you have any questions.

### **Limited medical facilities in remote expedition regions**

It is important to know that there are no sophisticated medical facilities available in the remote destinations of your itinerary including intensive care, surgery, advanced imaging and medical specialists. The ship's medical staff of one doctor and two nurses will work to provide initial stabilization and treatment; however, complex medical cases that would normally require transfer to a major medical center may not be available. Where arrangements for medical evacuation can be made from these remote regions, they are entirely dependent on weather conditions, distance from a port and feasibility for medical evacuation to travel the distances required for evacuation.

### **Mobility requirements**

Participating fully in the offered activities on this itinerary will require good mobility, generally good health, and out of small rubber landing boats (Zodiacs) with some assistance. You should be capable of walking over uneven and slippery terrain ashore including rocks, snow and ice. For the safety of all concerned, the Captain shall make the final determination regarding whether or not it is advisable to provide assistance to guests with limited mobility, taking into account all appropriate matters. Please advise the Guest Services Manager on board if you feel you need assistance with going ashore. With advanced notice, additional people and equipment may be able to be arranged to allow for full or modified participation. Equipment used for assistance participating in small rubber landing boat (Zodiac) excursions is subject to weather, sea conditions and availability at the time of the excursion and its use is at the sole discretion of the Captain and Expedition Leader. If equipment is not available for use, guests with mobility limitations would not be able to leave the ship if it is not docked.

### **Medication**

The ship's medical facility stocks a limited supply of both regular and emergency medications. However, it does not stock every pharmaceutical medication you may be taking. We therefore recommend you bring additional supplies of your regular medications as well as medications you think you may need. Please remember to pack your medications in your hand luggage when traveling to the ship.

**Motion Sickness**

The seas on expedition cruises can be rougher than some cruisers are accustomed to. If you are prone to or concerned about motion sickness, we recommend the regular use of sea sickness medications. You are encouraged to discuss this with your doctor and, if necessary, to obtain these medications prior to traveling.

**Underlying medical conditions**

It is a request of IAATO that guests traveling to the Antarctic region are healthy to sail, and capable of caring for themselves. If you have underlying medical conditions, we strongly recommend that you be evaluated by your doctor prior to remote travel

**Medical Insurance including Evacuation Coverage**

For this voyage, comprehensive travel insurance is strongly recommended], that includes coverage for pre-existing medical conditions, emergency medical treatment and evacuation. This is in addition to any existing coverage you might have under your own health insurance plan. Due to the remoteness of the itineraries, medical evacuation is more expensive, when it is available. We recommend a plan with a minimum evacuation coverage of \$100,000 per evacuation.

**Special Medical Needs**

If you will require assistance with any medical needs while on board (e.g., oxygen requirements, medical equipment, and administration of injectable medications or mobility needs), please communicate these needs to our Access and Compliance team as soon as you have booked your reservation via our online Special Requirements Information form or by contacting our Guest Accessibility department.

**Participation in Certain Activities**

Unique activities such as sudden cold-water immersion ("Polar Bear" plunge) and submarine excursions may be available on your voyage. Please carefully consider your individual risk of participation as this activity is not suitable for guests with certain medical conditions. Please obtain medical clearance from your doctor in advance of the cruise should you wish to consider participating as the ship's doctor is unable to approve or assess your fitness for these events.

**Minimum Age to Travel**

Children must be at least six years of age at the time of embarkation in order to sail on Seabourn's Expeditions. Children who participate in excursions must be able to comfortably sit on the pontoon (air chamber) and have their feet touch the floor of the small rubber boat (Zodiac). They must be able to understand and immediately respond to any orders given by the people in charge and must be able to walk independently over uneven and slippery terrain ashore including rocks, snow and ice. For the safety of all concerned, the Captain and Expedition Leader shall make the final determination regarding whether or not children may participate in any excursion, taking into account weather, sea conditions and the difficulty of disembarking at each location visited.

Again, we are providing this information to assist you in preparing for a safe and enjoyable expedition cruise. We look forward to welcoming you aboard and sharing this journey with you.

Kind regards,  
Grant Tarling  
Chief Health Officer