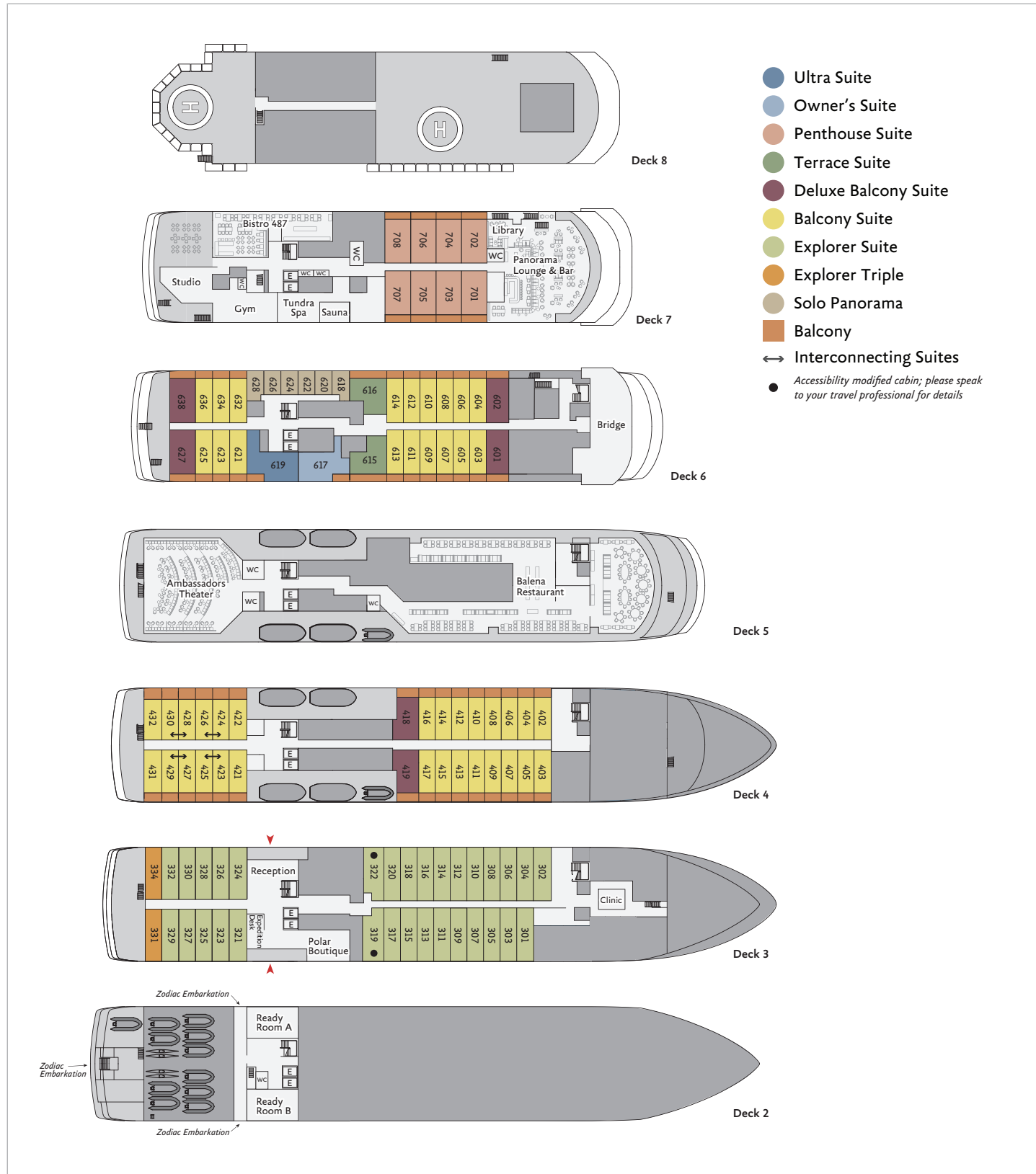


Ultramarine

 Quark
Expeditions®

The Leader in Polar Adventures





Welcome Aboard!

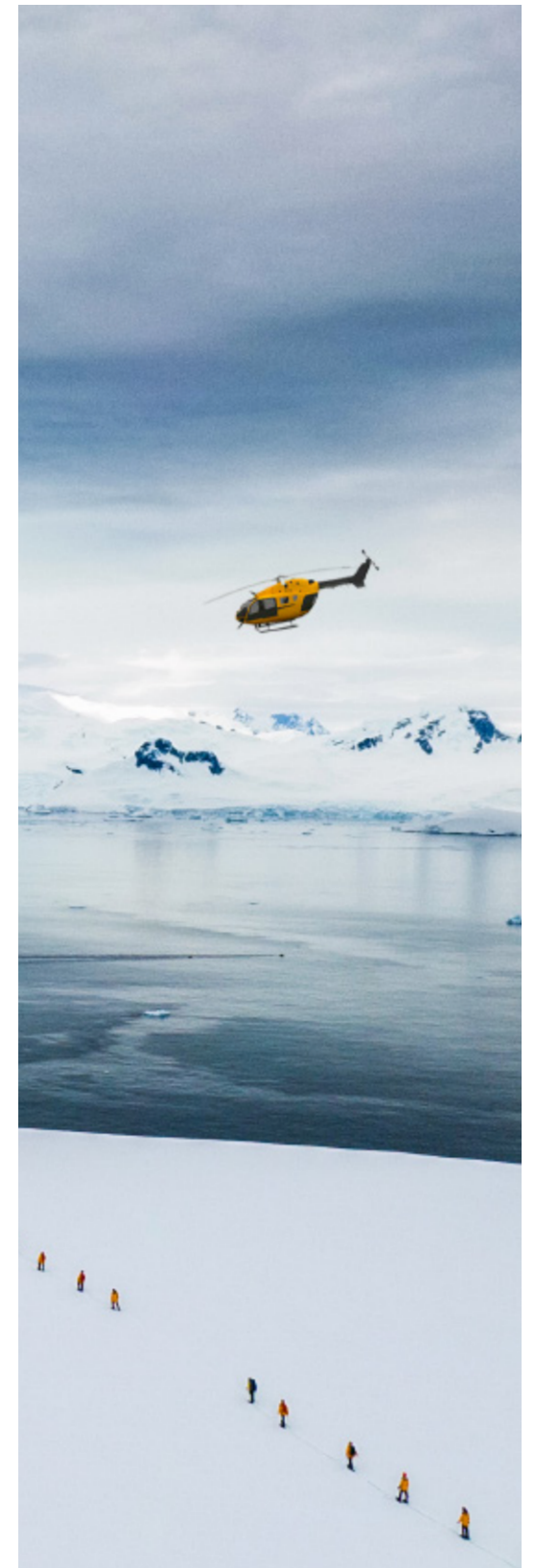
The passionate Expedition Team and crew aboard this ship can't wait to show you around and take you to places most people only dream about. Every day presents a new adventure. An early wake-up call may signal the sighting of nearby whales, while an afternoon Zodiac cruise may present you with the intense blues of passing icebergs. Polar travel is unlike any other type of travel, so please take a moment to get to know your ship.

ABOUT THE ULTRAMARINE

The newest ship in our fleet, *Ultramarine* was designed to go beyond the familiar in polar exploration, to discover new places, and immerse you in the best the region has to offer. Equipped with two twin-engine helicopters, it offers the most robust portfolio of adventure activities in the industry, and features the category's most spacious suites, breathtaking public spaces, and more outdoor wildlife viewing spaces than other expedition ships its size. It also features a best-in-class operational range and an innovative mix of sustainability features that exceed all industry standards. With all this and more, *Ultramarine* is perfectly poised to deliver the ultimate polar expedition experience.

SHIP SPECIFICATIONS

- Staff & Crew **140**
- Guests **199**
- Length **420 feet (128 meters)**
- Breadth **70.5 feet (21.5 meters)**
- Draft **16.4 feet (5.1 meters)**
- Propulsion **4 x diesel-electric, 12,000 horsepower**
- Ice Class **PC6**
- Cruising speed **16 knots in open water**
- Registered **Marshall Islands**
- Lifeboats **4 fully enclosed**



Suite Configurations

- **SOLO PANORAMA:** Located on Deck 6 and approximately 132 sq. ft. (12 sq. m) in size, this cabin has a single bed, and floor-to-ceiling windows. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower and heated floors.



- **EXPLORER TRIPLE:** Located on Deck 3 and approximately 285 sq. ft. (26.5 sq. m) in size, this suite has three single beds, two of which can be combined into a double bed, and a picture window. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower and heated floors.



- **EXPLORER SUITE:** Located on Deck 3 and approximately 285 sq. ft. (26.5 sq. m) in size, this suite has one double or two single beds, and a picture window. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower and heated floors. Suites 319 and 322 offer modified layouts and bathrooms for wheelchair accessibility.



- **BALCONY SUITE:** Located on Decks 4 & 6 and approximately 226 sq. ft. (21 sq. m) in size, this suite has one double or two single beds, and a 52 sq. ft. (4.8 sq. m) balcony. The balconies in suites 421, 422, 423, and 424 are partially enclosed. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower and heated floors. Some suites in this category offer interconnecting rooms.



- **DELUXE BALCONY SUITE:** Located on Decks 4 & 6 and approximately 299 sq. ft. (28 sq. m) in size, this suite has one double or two single beds, and a 70 sq. ft. (6.5 sq. m) balcony. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.



- **PENTHOUSE SUITE:** Located on Deck 7 and approximately 369 sq. ft. (34 sq. m) in size, this suite has one double or two single beds, and a 67 sq. ft. (6.2 sq. m) balcony. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.



- **TERRACE SUITE:** Located on Deck 6 and approximately 350 sq. ft. (32.5 sq. m) in size, this suite has one double or two single beds, and a 100 sq. ft. (9.3 sq. m) balcony. Other amenities include a refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.



- **OWNER'S SUITE:** Located on Deck 6 and approximately 446 sq. ft. (41 sq. m) in size, this suite has one double or two single beds, and a 46 sq. ft. (4.3 sq. m) balcony. Other amenities include a refrigerator, safe, TV, private bedroom with walk-in closet, sitting area with sofa bed and additional closet, two separate living spaces, powder room, and a private bathroom with shower, bathtub and heated floors.



- **ULTRA SUITE:** Located on Deck 6 and approximately 563 sq. ft. (52 sq. m) in size, this suite has one double or two single beds, and a 46 sq. ft. (4.3 sq. m) balcony. Other amenities include a refrigerator, safe, TV, private bedroom with walk-in closet, sitting area with sofa bed and additional walk-in hallway closet, two separate living spaces, powder room, and a private bathroom with shower, bathtub and heated floors.



All cabin images are artist's renderings.

Cabin Amenities

In addition to the game-changing off-ship experiences, *Ultramarine* will provide you with an exceptional onboard experience. *Ultramarine* features 102 suites across nine categories, including six solo suites with floor-to-ceiling windows and the largest entry-level twin suites of its class. Each suite has been meticulously designed to keep guests inspired by, and connected to, the breathtaking polar landscapes outside. Learn all about what these cabins have to offer.



	<i>Solo Panorama</i>	<i>Explorer Triple</i>	<i>Explorer Suite</i>	<i>Balcony Suite</i>	<i>Deluxe Balcony Suite</i>	<i>Terrace Suite</i>	<i>Penthouse Suite</i>	<i>Owner's Suite</i>	<i>Ultra Suite</i>
Number of Cabins available	6	2	30	46	6	2	8	1	1
Balcony Size	-	-	-	52 ft ² (4.8m ²)	70 ft ² (6.5m ²)	100 ft ² (9.3m ²)	67 ft ² (6.2m ²)	46 ft ² (4.3m ²)	46 ft ² (4.3m ²)
Cabin Size	132 ft ² (12m ²)	285 ft ² (26.5m ²)	285 ft ² (26.5m ²)	226 ft ² (21m ²)	299 ft ² (28m ²)	350 ft ² (32.5m ²)	369 ft ² (34m ²)	446 ft ² (41m ²)	563 ft ² (52m ²)
CABIN FEATURES									
Climate control	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fridge	✓	✓	✓	✓	✓	✓	✓	✓	✓
In-cabin safe	✓	✓	✓	✓	✓	✓	✓	✓	✓
Individual cabin storage space	✓	✓	✓	✓	✓	✓	✓	✓	✓
Heated bathroom floors	✓	✓	✓	✓	✓	✓	✓	✓	✓
Separating beds	-	✓	✓	✓	✓	✓	✓	✓	✓
Sofa bed	-	-	Select Suites	Select Suites	✓	✓	✓	✓	✓
Dedicated living area	-	-	✓	✓	✓	✓	✓	✓	✓
Bathtub	-	-	-	-	✓	✓	✓	✓	✓
Enclosed toilet	-	-	-	-	✓	-	✓	✓	✓
Powder room	-	-	-	-	-	-	-	✓	✓
Private bedroom	-	-	-	-	-	-	-	✓	✓
Walk-in closet	-	-	-	-	-	-	-	✓	✓
EXTERIOR VIEWS									
Picture windows	-	✓	✓	-	-	-	-	-	-
Floor to ceiling windows	✓	-	-	-	-	-	-	✓	✓
Walk out balcony	-	-	-	✓	✓	✓	✓	✓	✓
ENTERTAINMENT/TECHNOLOGY									
USB charging station	✓	✓	✓	✓	✓	✓	✓	✓	✓
43" TV	✓	✓	✓	✓	-	-	✓	✓	✓
55" TV	-	-	-	-	✓	✓	✓	✓	✓
Onboard WiFi credit	-	-	-	-	-	✓	✓	✓	✓
OCCUPANCY OPTIONS									
Interconnecting cabins	-	-	-	✓	-	-	-	-	-
Solo Request Share Cabins	-	✓	✓	-	-	-	-	-	-

	<i>Solo Panorama</i>	<i>Explorer Triple</i>	<i>Explorer Suite</i>	<i>Balcony Suite</i>	<i>Deluxe Balcony Suite</i>	<i>Terrace Suite</i>	<i>Penthouse Suite</i>	<i>Owner's Suite</i>	<i>Ultra Suite</i>
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AMENITIES									
Quark Expeditions parka	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reusable water bottle	✓	✓	✓	✓	✓	✓	✓	✓	✓
Muck Boots, on loan for duration of voyage	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dedicated locker in Ready Room	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shampoo, conditioner and shower gel	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bathrobes and slippers	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hair dryer	✓	✓	✓	✓	✓	✓	✓	✓	✓
Upgraded bedding	-	-	-	-	-	✓	✓	✓	✓
In suite coffee	-	-	-	-	-	✓	✓	✓	✓
Binoculars, on loan for duration of voyage	-	-	-	-	-	-	-	✓	✓
SERVICES									
Access to fitness facilities	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laundry service (for a fee)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laundry service (free of charge)	-	-	-	-	-	✓	✓	✓	✓
Light menu bistro service available in between meals	✓	✓	✓	✓	✓	✓	✓	✓	✓
In suite dining (regular hours)	-	-	-	-	-	✓	✓	✓	✓
One hour spa treatment	-	-	-	-	-	-	-	✓	✓
Arrival transfers, where applicable	-	-	-	-	-	-	-	✓	✓
Upgraded pre/post-expedition hotel room, where applicable	-	-	-	-	-	-	-	✓	✓

Cabin Information

SHOWERS AND TOILETS

Each cabin has a private bathroom with shower and heated floors, toilet and wash basin. Shampoo, conditioner and shower gel are provided for your use.

ELECTRIC CURRENT

The electrical supply on board is 220 volts, 50 Hz. Passengers coming from the USA and Canada may need to bring a small 220v/110v converter. Before you buy a converter, check your electronics, as most modern cameras, computers and devices are already compatible to use 220/110 volts.

The electrical outlets found in your cabin and around the ship accept standard European two round pin plugs, so you may need to bring a travel adapter. You'll also find a USB outlet at each bedside, and some in the public presentation spaces.

Please be aware that the electricity supply may not be sufficient to power your electronic devices at all times. It is recommended that you check the voltage of your device before plugging it in, as the device may be damaged if the incoming voltage is higher than that for which it is manufactured. Please see www.quarkexpeditions.com/en/terms-and-conditions for more information.

HAIRDRYERS

There is a hair dryer included in each cabin.

BATHROBES

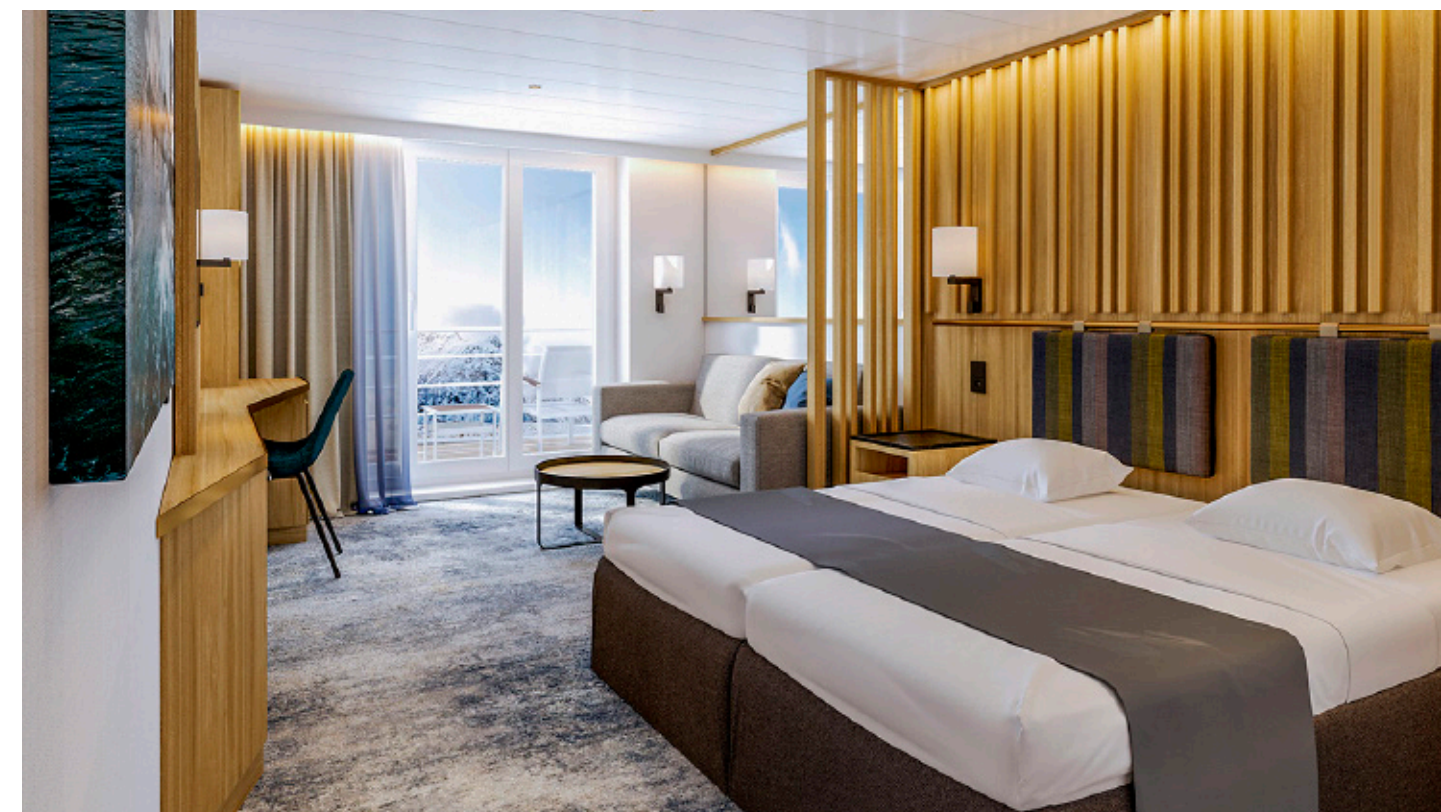
The bathrobes in your cabins are on loan for you to enjoy for the duration of your expedition.

VALUABLES

Please store your valuables in the safe in your cabin. We recommend you travel with as few valuables as possible.

LAUNDRY

A complete list of laundry fees will be provided on board. Laundry is collected each morning; please allow 48 hours for your laundry to be returned. Ironing services are also available at a minimal charge. We encourage you to take advantage of the laundry services, as it will mean you can pack fewer articles of clothing. If you prefer to hand wash small items in your cabin, please remember to bring environmentally friendly detergent.



Balcony Suite

Images on this page are artist's renderings.

On Board Procedures

WATER

All passengers receive an eco-friendly, reusable water bottle in their cabin upon arrival. There are water filling stations throughout the ship.

ONBOARD ACCOUNTS

To make things as stress-free as possible, items you purchase from the Polar Boutique, lounge or bar (including drinks) are charged to your ship account. Cabin charges can also include laundry, postage, communication charges and adventure options booked on board (space permitting). Payments of shipboard accounts are made towards the end of the expedition, at the reception area. The US dollar is the standard currency on board. You can use cash, Visa, MasterCard or American Express credit cards to pay your shipboard account. Personal checks are not accepted.

Note: If you are sharing a cabin and would like separate accounts, you must advise reception.

GRATUITIES

We understand this is a very personal subject and whatever amount you give is at your own discretion. As a guideline, we suggest the amount of US\$15 to US\$20 per traveler per day. At the end of the voyage you will have the option to charge a gratuity amount to your onboard account, or to place cash in an envelope. Gratuities are shared among our hotel and expedition team members.

BRIDGE VISITS

During your voyage you may be given access to the Bridge, where you can observe how the Captain and officers sail and navigate the ship. However, the Captain and Bridge officers

do restrict access during arrivals and departures from port and during times of complicated navigation. As the Bridge is an important working area on the ship, we ask that you keep noise to a minimum to avoid distracting the officers from conducting their jobs efficiently. Understandably, Bridge etiquette includes a 'no eating, drinking or smoking' policy.

DOCTOR

Quark provides an English-speaking doctor on board who manages a medical clinic stocked with a supply of common prescription medicines and basic first aid equipment. If you are under regular treatment for any ailment, you must bring a sufficient supply of medicine for yourself. We cannot accept responsibility for not having a specific brand or type of drug on board. Should you fall ill, the doctor will refer to the medical forms that you completed and returned to us; therefore it is vital that the information you provide is complete and accurate.

MAIL

Sending polar mail is still a rare and memorable way for loved ones to receive a memento from your voyage. Mail may be posted from the ship and will be charged to your on board account. Please deposit your mail at reception with your cabin number and name noted clearly in the upper right-hand corner of each card or letter.

If your voyage visits a research base, we may be permitted to leave mail. If we are unable to post the mail during your voyage, staff will attempt to do so on subsequent voyages. Please note, delivery can take many months and cannot be guaranteed.

STAYING IN TOUCH WHILE ON BOARD

When you are not busy exploring the natural beauty of the Polar Regions, you may have the ability to make phone calls, check emails and use the internet while on board.

Please note that we travel to some of the most remote parts of the world. As we utilize satellite equipment for our connection, it is possible that occasional degradation or outages of services may occur. Personal communication services are not always guaranteed throughout your voyage. We encourage passengers to disconnect from digital life and reconnect with the natural world.

To access email or internet on your personal computer, tablet or smart phone, you can purchase a data credit. You can access network spots found throughout the public spaces of the ship. In some cases, the connection will also work from your cabins; however the best connections will be from public areas.

You can also use any 64 kbps web-enabled chat service apps you have downloaded to your device prior to your departure (e.g. WhatsApp, WeChat, Facebook Messenger, iMessage, etc.) free of charge, without purchasing a data credit. Only text will transmit over these services while on board.

If you would like to make phone calls from the ship, Voice credits are also available for a small fee, and allow calling from your cabin to shore telephones at various rates per minute, dependent on location and type of phone you are dialing (calling mobile phones tends to be more expensive).

Current prices for these optional services will be posted on board the ship. Please note we cannot provide refunds for unused voice or data credits.

ONBOARD WEBSITE

Our free onboard website is an excellent resource for daily programs, expedition team biographies, photos, and other voyage information. Visit <http://www.MyQuarkVoyage.com> during your expedition to take advantage of the materials. Access to this site is available free of charge, even if you have not purchased data. Contact Guest Services if you experience any difficulty logging on.



Artist rendering

Public Spaces

POLAR BOUTIQUE

If you forgot any essentials or need a little souvenir from your voyage, the Polar Boutique on Deck 3 is our onboard gift shop. Opening hours will vary based on the daily expedition activities.

Gifts and souvenirs are great to bring home as mementos of your polar expedition. In addition to small souvenirs, our Polar Boutique offers a selection of expedition gear, including base layer clothing, waterproof pants, gloves and more.

RECEPTION AREA

A crew member is available at reception to assist you or answer any questions during posted hours. You can purchase internet or email access cards and phone cards here, arrange for a wake-up call or settle your accounts at the end of the voyage.

LIBRARY

Located on Deck 7, the library offers a large collection of field guides, picture books and reference books, and also includes a selection of games for your entertainment. The *Ultramarine* collection includes books in multiple languages covering subjects like wildlife, history, marine biology, ecology and geology.

LOUNGE AREAS

On Deck 7 forward, the Panorama Lounge & Bar is used for special functions and events, and is a comfortable spot to relax and enjoy panoramic polar views. You can also grab a cup of complimentary coffee or tea here. On Deck 7 aft, Bistro 487 is a light-filled space to enjoy a snack either inside or out on deck.

AMBASSADOR THEATER

Our auditorium on Deck 5 can easily accommodate everyone on board, so it serves as our main lecture hall where presentations and movies are provided for your enjoyment.

ELEVATOR

The onboard elevator system is available for travel between decks. However, for your safety this elevator will be shut down during any periods of inclement weather.

GYM

Located on Deck 7, gym hours are posted at the door, with facilities available on a first come, first served basis. Please refrain from bringing glass bottles into the gym. We kindly ask that you take care using these facilities and when you leave, please ensure the equipment is as clean and tidy as when you arrived. Bring comfortable clothing and footwear if you will be taking advantage of the facilities.

SPA, SAUNA & STEAM ROOM

The Tundra spa is located on Deck 7, where you can take advantage of the services offered in calming spaces with panoramic views. Spa treatments and massages are bookable on board. The steam room is available for you to relax and rejuvenate after a hike or a workout. The sauna provides ample space to warm up with views to the icy waters of the Polar Regions.

Bring your bathing suit so you can join us in the Polar Plunge, or to use the sauna or steam room. You might also appreciate having some waterproof shoes. It is recommended to wear closed-toed shoes while moving around the ship, but as long as your water shoes have a heel strap and fit securely, they can be safely worn while using the wet facilities.

READY ROOMS

The Ready Rooms on Deck 2 offer an open storage locker for each person on board, where you can store and dry your gear between excursions. Enjoy ample space and plenty of benches to help you gear up to embark on the Zodiacs.

OBSERVATION DECKS

The promenade deck wrapping around Deck 5 is generally open for viewing wildlife and enjoying the open ocean. Our outer decks provide a good deal of open space and are accessible at any time (unless weather/sea conditions deem it unsafe).

MEDICAL CLINIC

The Clinic is located on Deck 3. In case of emergency, the doctor is available 24 hours a day, and can be contacted through reception or any member of the Expedition Team.

Dining Onboard

DINING

If there is one constant at sea, it is that you'll enjoy delicious meals every day. Balena is the main restaurant located on Deck 5. Bistro 487 presents an alternative dining option on Deck 7, with selections from the main menu, augmented by an array of healthy options. While mealtimes may change due to landings and wildlife encounters, you'll always be served three meals a day. Hours of operation will be posted around the ship, as they are subject to change based on the activities planned for your voyage each day. An early riser's breakfast will be offered in Bistro 487, as well as afternoon tea and late night snacks. A selection of light snacks will be available at all times in Bistro 487.

DIETARY REQUIREMENTS & ALLERGIES

If you do not eat meat there is a wide selection of vegetables, pasta, grains and fruit available. Quark Expeditions® is able to cater to most special dietary requests, as long as you clearly indicated your needs on the required expedition forms when you booked your voyage. Menus will be clearly labeled for vegetarian and gluten free options, but please do notify your server of the dietary restrictions you indicated on your form. We regret that kosher food cannot be prepared.

FOOD PREPARATION

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs. Working in a small kitchen, our chefs are able to monitor and control the quality of food being served, ensuring you receive top quality meals during the course of your expedition.

SPECIAL EVENTS

You can arrange something special for an anniversary, birthday or other event by talking to the Guest Services representative ahead of time.



Balena Restaurant

Artist rendering

DRESS CODE

The dress code on the ship is casual, though some may choose to dress up a little for the Captain's Welcome Reception.

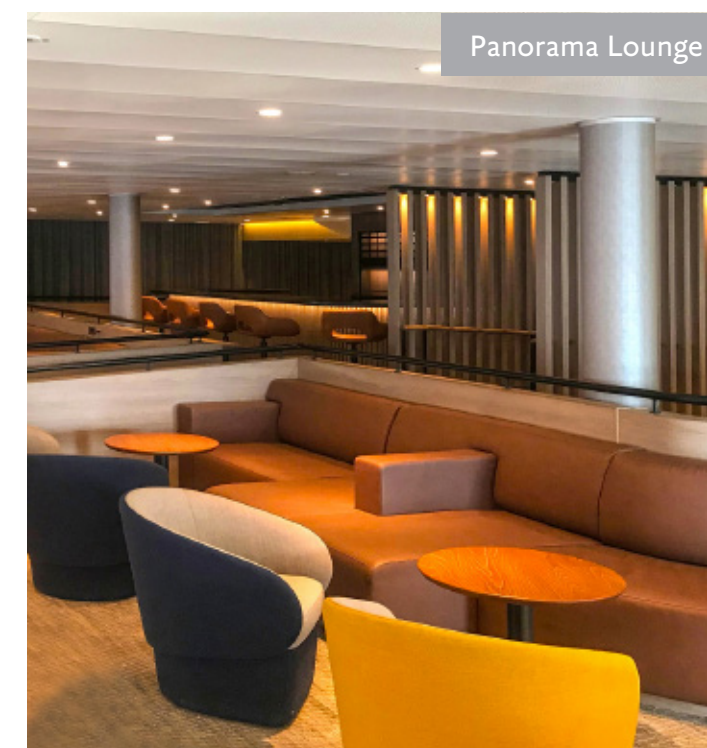
BAR & WINE SERVICE

The well-stocked bar on the ship is open to enjoy with your fellow shipmates in the late morning, afternoon and evening. Soft drinks, juices and water are available at no cost, and beer and wine are offered with dinner. A selection of liquors, spirits, and premium beer, wine and champagne is available and can be charged to your shipboard account.

Please note that it is Quark Expeditions®' policy to not serve alcoholic beverages to persons under the age of 18 years.

PERSONAL ALCOHOL POLICY

Consuming personal alcohol is prohibited anywhere on the ship.



Panorama Lounge



Ready Rooms



Sauna



Cym

Life At Sea

During days at sea, you'll enjoy lectures and workshops presented by our Expedition Team and spend time on deck looking for seabirds and cetaceans. Other days are packed full with multiple landings, Zodiac cruises and activities. Exhausting or relaxing, smiles abound as do great meals from your onboard chefs!

We have a number of policies and procedures that help make sure things run smoothly on the *Ultramarine*, so take a look below to help get the most out of your time aboard.

SCHEDULE CHANGES

While a daily program will be posted, sometimes new opportunities present themselves on short notice - so expect the unexpected and enjoy knowing that staff members are always here to make sure your expedition is as memorable and enjoyable as possible!

SAFETY ON BOARD AND ASHORE

Your safety and security are a top priority for our Expedition Team and crew members. Knowing how to safely move about your ship, act ashore and handle both wet and dry landings will help ensure you have a hassle-free expedition. Please take time to read the instructions in this important safety section.

SAFETY WHILE ON DECK

Be careful while walking around the outer decks, as footing can be slippery. Always use the handrails and wear proper closed-toe, nonslip footwear. Slip-on sandals, slippers or flip flops are neither safe nor suitable for wearing on board.

STAIRS & DOORS

There are high steps in many doorways that lead to the outer decks, please watch your step and proceed with caution. When passing through doorways or walking in your room, do not place your hands around the edges of doors. Be aware that if doors are not closed or latched open properly, they present a danger and can open or close violently and unexpectedly as the ship moves across the sea.

SAFETY BRIEFING & LIFEBOAT DRILL

By international maritime law, you must participate in an emergency drill within 24 hours of sailing. Upon embarkation, you will have a safety briefing to outline appropriate behavior on board, and emergency procedures. Afterward, a drill will be conducted to familiarize you with your lifeboat, life vest and emergency evacuation route. This mandatory drill will be scheduled as soon as possible by the Expedition Leader. You will be provided with full details after you embark.

CONDUCT ASHORE

- For safety reasons, never walk alone while ashore. Always travel with someone else, or as part of a group.
- If weather conditions deteriorate the Captain will sound the return to ship signal (continuous short blasts). If you hear this, immediately return to the landing area or follow instructions from staff members.
- Do not litter. Take only photos and leave only footprints.
- Be punctual, as on time boarding and efficient landings mean we'll have more time to explore at future landings.



Helicopter Safety

The *Ultramarine* provides an expedition adventure above that of many other ships - by taking you on helicopter excursions. Helicopters allow us to take you on aerial sightseeing adventures, to bays that are inaccessible to shore landings, as well as glaciers high atop mountains! Please see your expedition brochure for details on whether helicopter activities are offered on your itinerary, as helicopter operations are not permitted in certain regions (for example, Svalbard and South Georgia).

Weather conditions permitting, you will find that we make good use of the helicopter operations. As your safety is our first concern, a mandatory briefing will be held before the first helicopter excursion. You will be required to sign the Helicopter Waiver form before your first flight. Please note that the decision to fly is ultimately up to the Pilot in Command who will be working closely with the Captain and Expedition Leader.

You will be assigned to a small group for your flightseeing excursion. Please note that as weather factors and time constraints can shorten the time available for helicopter flights on any given day, no particular day or time can be guaranteed for flightseeing, and all helicopter operations are weather- and logistics-dependent.

DRESS APPROPRIATELY FOR SAFETY

There is some possibility that you could be stranded ashore or on the ice for a period of hours until conditions improve for your helicopter to return. In the unlikely event that you are grounded for a long duration, the Expedition Team will prepare a base camp with a large tent for shelter and emergency supplies. Be sure to always dress warmly in layers, including your Quark Expeditions® parka as your outer layer which is weatherproof in case this eventuality occurs. Bring along extra clothes and water in a small waterproof backpack on each of your helicopter rides.

ADVENTURE TAKES TIME

Be aware that even in the best conditions, it may take six hours for 100 people to make a 20-minute helicopter flight inland. For efficient operations, weather, or refueling and maintenance, the helicopter may not be available for you to return immediately.

PROCEDURES FOR BOARDING A HELICOPTER:

- Dress warmly for all excursions.
- Follow instructions from the Helicopter Team on life jacket procedures during helicopter excursions.
- Watch your footing on deck, walk slowly and deliberately.
- Stay clear of the helicopter deck.
- Remain at the muster area well away from the helicopter deck until instructed by the Helicopter Team.
- When in a hurry, slow down - the noise of the helicopter can be unsettling.
- An Helicopter Team member will always direct you to the helicopter doors.
- Always approach and leave the helicopter from the front.
- Never approach and leave the helicopter unsupervised.
- Beware of the down-draft.
- Ensure that your belongings are properly secured.
- Carry long items, such as tripods or walking sticks, below your waistline.

