



South Georgia/Falklands
Oct 19th - Nov 2nd, 20245

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MCKAY PHOTO
TOURS

Photography - Travel - Friendship - Adventure

WELCOME



Hello McKay Photography Tour Participants!

Welcome to your upcoming photography expedition! This tour packet is your go-to reference, loaded with valuable information on photographic gear suggestions, travel and packing tips, and practical details for a fantastic photo tour experience.

In the past months, we've sent you emails with flight recommendations, itinerary updates, and essential information. Combined with this tour packet, our aim is to keep you well-informed at all times. Please feel free to reach out to our team with any questions (keep in mind that we might refer you back to the tour packet if we've already covered the subject). We suggest downloading this packet onto your smartphone or tablet, so it's easily accessible during the tour.

Embrace the spirit of adventure as we embark on this photography tour! While we have a planned itinerary, expect the unexpected and be open to change. Our goal is to maximize your photographic experiences by ensuring flexibility for capturing ideal light and weather conditions while accommodating preset commitments with hotels, guides, etc.

Please note that touring in such locations may require adjustments based on various unforeseen circumstances. Trust that our team's commitment is to provide an exceptional experience even if there's a need to alter the itinerary without prior announcement. Throughout the trip, remember that "flexibility" is our guiding principle.

Capture incredible images and immerse yourself in spontaneous moments without fixating on strict schedules. When you embrace flexibility and maintain a positive attitude, you'll discover a photographic adventure like no other!

Do not hesitate to contact us at hello@mckaylive.com for any inquiries or assistance. At McKay Photography Academy (MPA), we are dedicated to offering unparalleled experiences and exceptional photographic education worldwide.

Happy adventuring!

The MPA Team

MPA TOUR TEAM



Toby Gelston
MPA Lead Instructor
Photorec Toby

Steve Scurich
MPA Instructor
PPA M. Photog.



Tim Scott
MPA Instructor

MPA Expectations

As a person that is registered for an upcoming photography tour with MPA, we wanted to take a moment to share ahead of time, more of what you should expect while on the trip!

MPA has had the pleasure of guiding photography enthusiasts across all corners of the continent, with a community that has now grown to over 3000 clients! Our journey has been nothing short of remarkable, and we feel incredibly lucky to pursue our passion and share it with those who choose to join us.

Our team at MPA is deeply committed to delivering a memorable and enriching experience on every tour we conduct. While it's a rare occurrence, there are moments when a client's expectations don't align with the services we provide. We understand that for some, embarking on a photography tour with us may be a first-time adventure, filled with uncertainties. Others may have a repertoire of similar experiences to compare with. Then there are many among you who have journeyed with us on multiple occasions, who are well-acquainted with our ethos and approach.

In light of this diversity, we aim to establish clear expectations, to help you understand what we stand for and what we will offer during your time with us.

- Clients should expect that all MPA instructors will do their very best to help you achieve top notch photography education. We will pour ourselves into you. We do not take that lightly and we ask you to do the same.
- Flexibility stands as the cornerstone of our excursions, often fondly referred to as the McKay "F" word. It's crucial to acknowledge that each day brings its own set of unforeseen events and challenges. Thus, an adaptable mindset and positive outlook are essential for both the MPA instruction team and our clients during a tour. Embracing flexibility enhances the learning experience and fosters a more enjoyable atmosphere for everyone involved. Be prepared for the journey to deviate from the itinerary – it's all part of the adventure!
- We choose to describe our offerings as "tours" rather than "workshops." This is an intentional choice that reflects the depth of our experiences. Yes, photography is the catalyst that unites us, but a tour encompasses so much more. It's not solely about capturing stunning images or honing your technical skills. It's about embarking on an unforgettable journey that enriches your life. These moments have the power to nourish your spirit and enhance your photographic perspective, contributing positively to the world around us.
- At our core, we view the connections with our clients as deeply collaborative and reciprocal partnerships, rather than mere client/instructor interactions. We embrace a shared journey of growth, learning, and appreciation for the wonders of our world.
- Our collective aim is to enact positive change, leaving an environment that's more enlightened than we found it. Our hope is that MPA transcends the traditional boundaries of photographic educational tours; and our tours become an enriching life adventure!
- Traveling can oftentimes be a taxing experience. It's common to become fatigued and encounter moments of stress. We're here to provide support and assistance where possible. However, let's remember to embrace the spirit of exploration and adventure that comes with your journey.
- We'd like to remind you that while we diligently organize your tours, there are aspects like airline timetables, regulations, and various other elements that are beyond our sphere of influence in travel and logistics. We're committed to ensuring you're well-prepared for your journey, yet we urge you to embrace adaptability and maintain a flexible mindset throughout your travels.

MPA Expectations

- It is not feasible for us to possess knowledge of every system or product available. Nonetheless, we are committed to doing everything within our power to provide solutions for our clients and to collaborate with our colleagues to achieve this goal.
- We are here to serve, but we are not here to be your servants. This is the same for anyone we encounter such as guides, waitstaff etc. We hold our clients in high regard and request that they reciprocate with respect. The dynamics between instructor and client should be founded on a strong partnership.
- We do not know it all nor do we or others enjoy it when people like to be “know it all’s”.
- We will put in a lot of effort for every tour. However, it is important to note that we cannot be available 24/7. Since photography tours are dynamic in nature, we do not adhere to regular office hours. The instruction time must be flexible, adapting to the unfolding events of each particular day.
- We will be available to provide instructions and assistance during all photography sessions. We will have various times available for image reviews, editing, and other informal gathering times, depending on the specific tour length. These times will also be flexible, considering the nature of running a tour like this.
- Clients should understand that during tours, there is a mutual exchange of questions and information. We will ask questions of our clients, and it is important for our clients to also ask us questions. This applies not only to photography instruction but also to any needs or issues that we may be able to assist with. By doing so, we can ensure that we address any issues and find suitable solutions if possible. Otherwise, without open communication, we won't even know if there is an issue to address.
- At MPA, we operate as a cohesive team. We are not only business owners and professional photographers, but we are also good friends. With each of us having extensive experience in the field, we relentlessly focus on enhancing our skills through continuous education and self-improvement, both as photographers and educators.
- We value the fact that each of us has a unique approach to teaching. This allows our clients to benefit from different perspectives and thought processes that aid in their learning. Rather than imposing "our" way, our goal is to assist you in discovering and understanding what works best for you as an individual. Our aim is to help you find "your" way.
- We as human beings, possess a strong sense of concern for our actions and strive to achieve excellence. Our utmost effort is all that we can offer, and we anticipate a remarkable collective experience together.
- Our goal is to provide an inclusive experience for all types of photographers with varying skills and personalities on our tours. We strive to cater to diverse photographic abilities within a group setting and accommodate everyone's unique needs. We are passionate about making sure all participants benefit from our tours. We welcome everyone!

Base Itinerary *

Pre-Tour Arrival - October 18th - Arrival to Santiago

Day 1 (Oct 19th) - Flight to Stanley, Falklands islands. Embarkation

Our expedition will start in the early morning in the airport of Santiago de Chile where we will take a transfer flight to the Falkland Islands. Welcome to Stanley, the capital of the Falkland Islands and the starting point of our cruise. Embarkation in the Falklands helps us to minimize our days at sea, which means more time for landings and photography! In the afternoon, you will be transferred to the pier where we will warmly welcome you aboard our expedition ship M/V Sea Spirit. Get comfortable in your home away from home for the extraordinary adventure to come.

Day 2-3 (Oct 20-21) - Aboard M/V Sea Spirit

Our expedition will start in the early morning in the airport of Santiago de Chile where we will take a transfer flight to the Falkland Islands. Welcome to Stanley, the capital of the Falkland Islands and the starting point of our cruise. Embarkation in the Falklands helps us to minimize our days at sea, which means more time for landings and photography! In the afternoon, you will be transferred to the pier where we will warmly welcome you aboard our expedition ship M/V Sea Spirit. Get comfortable in your home away from home for the extraordinary adventure to come.

Day 4- 12 (Oct 22-30) - Exploring South Georgia

South Georgia is the best place on Earth for wildlife and landscape photographers. We will take you to great locations for the best light. The archipelago is the home to hundreds of thousands of king penguins, which makes South Georgia the best spot to photograph these wonderful creatures. Our plan is to visit the most picturesque sights such as Gold Harbour, Cooper Bay, Drygalski Fjord and other great places. For example, the beaches such as those at Salisbury Plain and St. Andrews Bay, where over 100,000 elephant seals and three million fur seals jostle for space among innumerable penguins.

The bountiful waters surrounding South Georgia are also inhabited by an increasing number of whales. The historical whaling station of Grytviken is now home to the excellent South Georgia Museum managed by the South Georgia Heritage Trust. This is also the final resting place of Ernest Shackleton, the legendary polar explorer.

However, our route and exploration opportunities in South Georgia are heavily dependent on the weather conditions we encounter. Our experienced captain and expedition leader decide the itinerary and continually adjust plans as conditions and opportunities warrant. You can be sure that the best possible advantage will be taken of the circumstances presented to us by Nature in this wild and remote corner of the world. We take every safe opportunity to go ashore in this amazing place and take the best wildlife photos.

Day 13-14 (Oct 31 - Nov 1) - Back to Falklands

It is time to head back toward the Falkland Islands. However, our adventures are not over yet. We will pass the remote, seabird-covered pinnacles known as Shag Rocks on the way (get your cameras ready!) There is also time for festivities such as the Captain's Farewell Cocktail and the end-of-voyage slide show. We will share our impressions, review all the great photos we've taken and enjoy a friendly atmosphere of like-minded fellow travelers.

Day 15 (Nov 2) - Disembarkation in Stanley - Flight to Santiago

Our adventure finishes in Port Stanley. We disembark after breakfast and provide transfer to the airport. Have a safe flight to Santiago. We recommend you to explore the wonderful capital of Chile and spend more time here. Now when the first emotions have subsided you will have time to look back to your unforgettable Sub-antarctic experience and maybe to make plans for your next polar adventure?

About our on board Photography Instruction

- It is very important to understand that while onboard, we take time to offer instruction. This may include seminars and educational times that are also open to the ship guests due to the nature of a tour such as this.
- The MPA team will not know many times until the last minute when the seminar/lounge room will be available. PLEASE BE FLEXIBLE and understand we are NOT in control of the ship! Scheduling can and will change and sometimes last minute due to a variety of reasons.
- "Office hours" with the team are when they are in the bar/lounge area hanging out and available for you. The team is available for one on one editing and image help. This is the time you need to approach and ask questions. This is your responsibility to seek instruction at these times. They are ALWAYS happy to help!
- Everything from zodiacs, to lounge/ seminar access, is based on the ship staff decisions. Safety is priority and whatever the ship team decides, is non negotiable.
- Please know that the MPA team is ready and willing to help and instruct throughout this journey. If you need help, PLEASE ASK!

FLIGHT INFORMATION



PLEASE DO NOT BOOK THROUGH A THIRD PARTY such as Expedia.

We are not a travel or airline agent and I only recommend flights but if this is hard for you, it is best to use a trusted agent to help. Toby and I do our best to help, but at the end of the day, you need to be responsible for our flights and make sure all dates and info are correct.

NEVER use a 3rd party to book flights such as Expedia, Travelocity etc. If something goes wrong, the airlines will tell you to contact them. BOOK DIRECTLY WITH AIRLINES.

Arrival into Santiago , Chile

ARRIVE – We suggest coming in a day earlier at least. If for any reason your flight is delayed you would possibly miss the flight on the 19th. We just saw a number of people barely make the ship for Antarctica because of this type of situation. There seems to be many flight delays these days and it is far better to give yourself some "breathing" room should you find yourself delayed and missing other flight connections.

SHIP EMBARKATION October 19, Stanley (Falkland Islands) - SHIP DISEMBARKATION November 02, Stanley (Falkland Islands)

Poseidon Expeditions states this - "We suggest that our tourists arrive in Santiago de Chile a day earlier to have a good rest after a long flight before our Subantarctic adventures begin. A pre-cruise night is not included in the price of the itinerary, but we highly recommend the Holiday Inn Hotel due to its most favorable location right in the airport terminal."

With this, we would suggest arriving at the latest , in the morning of the 18th. However, to give yourself some breathing room as mentioned, the 17th or even the 16th would be great. This would give you time to sightsee in Santiago.

As we get closer, we will let you know when there will be a pre-tour meeting time and where. Based on flights and schedules, it may be aboard the ship.

DEPART – November 2nd in the evening OR November 3rd.

We disembark after breakfast and transfer to the airport. Have a safe flight to Santiago. We recommend you to explore the wonderful capital of Chile and spend more time here.

Please note that your flights to and from Stanley are included and Poseidon Expeditions makes those arrangements. We do not know the times of the charter.

TRAVEL INSURANCE



Contact Brandon directly at:
Toll Free: 1-866-979-6753 Ext. 3636
Direct: 402-343-3636 -
bhughbanks@travelinsurancecenter.com

A MUST HAVE FOR MANY REASONS!

At a minimum, medical and evacuation IS REQUIRED for this tour.

YES YOU NEED IT! We are SO EXCITED and are sure you must be as well about your upcoming trip! You are joining us on this amazing photographic adventure! In our experience leading trips, we have seen a lot of things come up, and in many cases, LAST MINUTE.

For this reason, it is HIGHLY recommended to have trip insurance. Remember, airfare, hotels, tours, as well as our policies are non-refundable. Trip insurance can help in the event of any unforeseen legitimate issue before OR during a trip. You MUST understand the importance of this and why we constantly tell people to get insurance!
Protect yourself~protect your investment.

You would never imagine that you won't be taking the wonderful trip you are planning! Life happens! There are so many things that can change before your travel dates that might prevent you from traveling. There are also events that can change your plans while you are traveling that might require you to alter your trip, return home early or be delayed due to accident or illness. Lost luggage, lost documents or lost belongs can also hamper your well made plans!

We are NOT an insurance provider and we can simply refer you to someone that can help you obtain coverage. There are several trip insurance carriers and it can be confusing to know where to get the best coverage and rates.
For this reason, we are working with Brandon Hughbanks of Travel Insurance Center. Brandon represents most of the top travel insurance carriers and can help you get the best rate for the options you need based on where you live as well.

Contact Brandon directly at:
Toll Free: 1-866-979-6753 Ext. 3636 Direct: 402-343-3636 bhughbanks@travelinsurancecenter.com

We LOVE our tours and we LOVE what we do. In order for them to be the very best available anywhere, we must clarify once again, McKay Photography Academy policies. In an effort to make sure that as a photography tour participant, our policies are understood with-out question.

Due to an influx of people contacting us asking us for help, understanding, refunds, credit and more when something unexpected happens and they are unable to attend, we need to address this once again. This is written notice that if for ANY REASON you are unable to attend, that we are unable to refund or credit your trip.

We are being very clear as stated in our policies, contracts, web site, emails and conversations that trip insurance IS your security for the unexpected. We are not, and cannot be responsible to do much when a choice is made by someone to not obtain insurance especially considering the amount of time we spend informing people to obtain it.

EVERY trip there is a situation and we cannot stress enough, PLEASE get insurance. We cannot require it of you, you have to make the effort to obtain. If something happens and you are unable to attend for a variety of possible covered reasons, proper trip insurance will help you.

IF YOU WERE TO GET HURT ABROAD, YOU DO NOT WANT TO BE WITHOUT IT! Of course we would never want or expect something like that to happen, but it is best to be covered and prepared!

Any specific questions about insurance coverage, provisions, claims, etc MUST be answered by your chosen provider as McKay Photography Academy or any of their team, is unable to do more than give you the facts of our policies and that we highly recommend trip insurance.

SAFETY



As an adult participant in our photography tour, we trust that you will prioritize your safety and avoid unnecessary risks. While traveling anywhere in the world can involve potential hazards, it is crucial to avoid putting yourself or others in danger.

Keep in mind that you have signed a liability risk agreement, acknowledging your personal responsibility during the tour. However, this does not grant you the freedom to engage in reckless behaviors or jeopardize the safety of others.

Please exercise caution and common sense during your adventures. We have witnessed numerous instances of individuals putting themselves in perilous situations for the sake of a photograph – such as venturing too close to cliff edges, raging waters, or busy roads.

As tour leaders, we will intervene if we observe any unsafe activities. Nevertheless, it is ultimately your responsibility to ensure your own safety and avoid endangering others. While capturing unique photographs is an exciting aspect of our journey together, remember that no image is worth risking life or limb.

Some things to Avoid

- *Standing too close to edges of cliffs or in places, you could easily fall or be swept out to sea being seriously injured or dying.*
- *Standing in or too close to the road.*
- *Carrying too much gear while hiking and/or climbing.*
- *Hiking trails that are too difficult for your ability.*
- *Not being aware of your surroundings at all times.*
- *Not carrying water.*
- *Not knowing your own limits.*
- *Wearing shoes that are not meant for the task at hand.*
- *Using drugs/and or alcohol that alters the mind and your safety.*
- *Going out alone or without letting the tour leaders know where you are at.*
- *These are just some of the items we have seen and are asking you to avoid.*
- *As you are an adult, it is your responsibility to be safety conscious and minimize risk.*
- *Please use common sense.*
-



Poseidon Expeditions is in charge of all of our safety. Whatever they say goes and is non negotiable! Please remember, THEY are the polar experts and we must adhere to their rules.

HEALTH INFO & VACCINATIONS



Vaccinations

Some destinations require certain vaccinations such as Yellow Fever. Please check with your Doctor or travel clinic as well as the country specific web sites about what vaccinations are required. This can also vary depending on where you are originating your flight from if outside of the US.

Medications

You should carry along an adequate supply of any prescribed medications you may require while traveling. *Prescription medicines should always be carried in your hand luggage (not in checked baggage in their original, labeled containers only).*

Consult with your Doctor about the countries and medication options.

Motion Sickness

Be prepared with your own medications that work for you. Ask your doctor for advice.

CBD and Hemp Products

CBD and Hemp Products: Please note that YOU are responsible for carrying any products which may be illegal in some states or countries. **In many countries, the punishment even for CBD oils is SEVERE! We require leaving them at home! Be sure to check your pack items if you regular use CBD PRIOR TO LEAVING!**

Fruit , Animal Products, Foods

These products may also be illegal to carry across state lines and from country to country. **BE SURE TO DECLARE ANY ITEMS YOU MAY HAVE.** Keep in mind, it is very easy to forget that banana that was handed to you on the plane! This can cause great difficulty for you while traveling. Especially abroad!

Physical Disabilities and Mobility Issues

Travelers with physical disabilities and those who require frequent or ongoing medical attention should advise us of their health situation at the time of booking.

Smoking

Smoking is permitted in designated areas only. We kindly ask you to be patient to this feature and respectful of non smokers. Especially if you have a roommate that does not smoke. Also, PLEASE bring a small disposable bag(s) to place used cigarette butts in. Do NOT under any circumstances, throw away on the ground.

Basic Health and Safety

It is important for your own safety that you are in good health and have taken all appropriate precautions. We cannot be responsible for your own health related issues. PLEASE take all needed precautions.

GENERAL TRAVEL TIPS



Air Travel

To avoid jet-lag try to stay hydrated on the plane, and if possible avoid alcohol. Getting up, stretching and muscle flexing exercises can help circulation. Some people find it helpful to bring sleeping pills for the longest flight.

“Pick me ups” can be helpful such as Vitamin B. Drink mixes like Zipfiz, Emergen-c, Airborn and No-Jet-Lag tabs can be good to have handy as well. Some people experience constipation after long flights so you may want to bring along something for that as well.

Batteries

All lithium and camera batteries should ONLY be with you as carry-on. Do not pack in your regular luggage. Keep camera batteries and any lithium batteries in carry on. DO NOT store in camera in flight as electronics at altitude can result in dead pixels”in your sensor.

Luggage

- One Suitcase or Duffle Bag- Please limit to one suitcase per person if we are traveling in vehicles as a group. Airlines will weigh luggage and carry ons for domestic flights many times.
- Camera Bag - We will use the buddy system at check in. Plan on stuffing a lens or two in pockets of a jacket if need. :)
- One Carry on and personal item
- It is a good idea to place your contact info in your luggage as well, just in case a luggage tag comes off.
- Use TSA approved luggage locks.
- Use packing cubes.
- Place an air tag or tracking device in each piece of luggage you an track!

Change of clothes in carry-on

An extra day or two of change of clothes in a carry on, is also advised in case luggage gets misplaced” by airlines.

Extra Collapsible Bag

If you bring an extra ‘collapsible bag’ with you then you might have extra room to hand-carry something home with you and/ or bring souvenirs. It is not recommended to put any breakables in your checked luggage if it can be avoided.

Weather

- Check the weather a couple weeks prior to travel and again every 3-4 days to see the trend. Weather is always unpredictable so be prepared for ANYTHING!
- Please do not ask us each day what the weather will be like. Everyone has their own comfort and temperature levels. We simply go outside and see and use the weather app.
- Please see specifics for this tour in the following pages about traveling in Polar regions

GENERAL TRAVEL TIPS



ATMs/Currency

- ATMs are in most locations in cities now throughout the world, though not all ATMs are accessible 24 hours. ATMs generally accept all major debit, credit, and cash-only cards. Cirrus (tel. 800/424-7787; www.mastercard.com) and PLUS (tel. 800/843-7587; www.visa.com) cards are almost universally accepted in ATMs
- PLEASE check with your bank AHEAD of the trip to make sure your debit/credit card can be used at an ATM and that you have a correct PIN number
- If you try to get monies out of an ATM, and it does not work , DO NOT ATTEMPT MORE THAN THREE times or the machine will KEEP YOUR CARD! Stop trying and call your bank.

Debit vs Credit Card

- We always have one Debit card to use for cash withdrawal from ATM's as sometimes, a CC does not work at an ATM we have found.
- Use your Credit Card vs. an ATM card for all purchases for security reasons. A debit card is tied to your bank account and a CC offers much more protection.
- Carry TWO different Credit Cards. In this way, if one is compromised or not working, you have a back-up.
- You need to let your bank and credit card companies know where you will be traveling so they don't think it is fraud. It is a good idea to bring your credit card company's phone number along as well.
- Cash advance on a CC is possible at some banks. Be sure to know and have your secret password and pass code you will need to do so.
- Never use CC or banking transactions on any hotel or public wi-fi!

Cash

- The question of how much cash to bring is asked of us often. This is a difficult question as everyone has different spending habits and preferences of how they spend.
- Our standard rule of thumb is that Cash is King and always have \$750- \$1000 USD bills that are newer than 2012 with no tears as a safety cushion above gratuities suggestions.
- Be sure to have plenty of smaller bills of 1's and 5's for other small tips etc you may encounter.
- The MPA team each take cash for gratuities but also take Venmo and Paypal.
- **Cash to exchange** - You may want to exchange \$200 to have for small items and local crafts etc.in Santiago.
- **Please see tipping guidelines for the MPA team specific t**

Passport/ Visa

- **Make sure your passport is valid for a minimum of 6 months from time you depart the tour.**
- If a Visa is required for the countries we are visiting, we will let you know how to obtain and the time to do so. We will explain the VISA process as we get to the time for applying.

GENERAL TRAVEL TIPS

Travel Adapter

- We recommend carrying a simple All in One Adapter that works with various outlets around the world.
- There is no need to bring a heavy and bulky power converter, they tend to not work well.
- Most electronics run between 110 and 220/240 volts
- Carry a small extension cord with USB outlets to plug into the adapter that will go into the wall.
- Masking or Gaffers Tape to help keep outlet in wall sometimes.



Glasses

- If you need glasses too function, be sure to bring an extra pair of glasses.
- Remember your sunglasses.

Security

- Do not use your debit card for purchases.
- Keep your passport on you at all times or in a hotel safe.
- Keep an extra Credit Card available.
- Leave expensive valuables such as jewelry at home.
- Make sure to have copies of all important documents (Passport, Drivers license, Vax Card, Travel Insurance Documents, Itinerary etc). A digital copy on your phone AND stored via digital so you ca retrieve is also recommended.
- Make sure your family and friends have emergency contact information for you.
- Use TSA approved travel locks on your luggage.
- NEVER leave your camera gear on the ground behind you!
- Use the buddy system. Please be sure to let people know where you are going and go with a friend!
- Make sure your phone is charged and carry a spare phone charger with you.
- Keep aware of where you are and all your surroundings.
- Be aware of pick-pockets and those looking to exploit tourist, especially in larger cities.
- When leaving a hotel, take a business card with you so you can give that to a taxi drive to get you back safely.
- Be observant of what is happening around you and use common sense. Trust your gut if something doesn't feel right.

GENERAL TRAVEL TIPS



Culture, Differences, Respect

- Please respect the customs and traditions of the places you visit and be appreciative of any help you are given.
- Treat everyone including those serving you with kindness , grace and without ordering them to do what you need.
- BE FLEXIBLE, because you will NEED to be! It is exciting and fun to have things different from our days at home.
- The reality of travel is that schedules and time frames WILL change. The more you can just go with the flow, the better off you will be! If you are set on knowing everything two days in advance, you will find that you will be frustrated with the tour and with us.
- For many reasons, we sometimes change itinerary. Please trust that we know what we are doing, we are working on your behalf, and to have the best experience possible for everyone.

Food

- We will accommodate those with food allergies, vegetarians, and various dietary needs as long as we know in advance. We will do our best to do so, but please understand, sometimes in foreign countries, communication is difficult.
- Please note that in many places in the world, beef is not what's for dinner!
- Traveling means trying new things and that includes food.
- Do not under any circumstances say "ewwww, that's gross, I'm not eating that" when someone brings out food. It is rude and disrespectful. Simply pass and try something else.
- Ice usually is filtered in large hotels , but ask first in most international locations. Ice usually will not be served for drinks in many international countries. Do not drink ice outside of the city.



GROUP DYNAMICS



Traveling as a photography group is an amazing experience, offering numerous benefits such as lasting friendships and unforgettable memories. To ensure the best possible outcome for all participants, maintaining a positive and flexible attitude is crucial.

Embrace the diversity within the group and avoid confrontations with individuals you may not get along with. Focus on enjoying the journey and learning from each other's experiences. Keep in mind that unexpected changes may arise, but by staying adaptable and supportive, these challenges can be overcome.

Trust the MPA team to assist you in improving your skills during the trip, and cherish the bonds formed with your fellow travelers as you explore the world through photography together.



COMMUNICATION



About 30 days prior to the tour and during our tour we will utilize the app "GroupMe" to stay in touch and provide you with updates throughout our time together. GroupMe provides free group messaging - like a private chat room for a small group.

This is a great way for you to also communicate with your fellow photographers and tour members. We recommend installing the app on your phone and signing up for the free service prior to the start of the tour. We will send out invitations to join the chat in the weeks leading up to the tour.

GroupMe works over cell networks, wifi and via SMS.
You can find more information here.
<https://groupme.com/apps>

Communication with MPA

Clients try to reach us in many ways. Please note that we cannot be available 24 hrs a day on all forms of communication apps .

Please start with emailing hello@mckaylive.com This email is seen by David, Ally and Kelly. This allows an appropriate response as quickly as possible from the team.

Please use the MPA Business line via text or call 916-458-2897 . Please note that most times, email will get a faster response as we all see that.

Please do not use David or Ally's personal cell phones or FB messenger or other forms of communication unless it is an emergency. Please also note that while groupme allows for PM's. The team does not always see a private message. Those easily get buried in the communication happening with all of the various tour groups coming on and many times get missed.

While on tour, if you need to communicate directly with a team member privately, **please send a message via Groupme in the tour group and ask the team member to reach out to you directly.** They will set up a time to meet with you or to communicate separately via preferred methods of each person.

Emergency Contact Protocols

McKay Photography Academy - MPA Travel Cell: +1 (916) 458-2897 Please call this line AND email hello@mckaylive.com

Make sure to communicate via GroupMe to the group.

Poseidon Expeditions - Call +1 347 801 2610 Office Hours

IF AN EMERGENCY OCCURS BEFORE YOU LEAVE HOME

Poseidon Expeditions Office: Monday to Friday, 07:00 - 17:00 (UTC+0) call +44 203 369 0020

IF AN EMERGENCY OCCURS AFTER YOU LEAVE HOME

Emergency Contact if you are traveling around Argentina or Chile
+54 9 11 4870 4446

COMMUNICATING WITH SEA SPIRIT

Please note that due to weather conditions and satellite positions it may be necessary to attempt your call several times before the connection is successful.

SHIP TELEPHONE: + 1 786 4058 795 - EMERGENCY USE ONLY

PHOTOGRAPHY GEAR



For many of you, this may be your first photography tour and not only are you unsure of what to do and how this will go, you may be overwhelmed with what to bring! Do not worry, we are here to help!

Please understand there will be various levels of photo participants on this trip. If you are a serious photographer, really adhere to what we are saying below. If you are the one not as serious, we will still be instructing you as much or as little as you want as long as you paid the photographer rate.

If you are a beginning photographer we will help you every step of the way! We are here to help EVERYONE. If all this seems a little daunting for you, no worries, we will help you get what you want/need for this trip. There is no need for you to feel intimidated or out of place if this is your first trip with McKay Photography Academy.

Base Equipment List

- Camera(s)* (Having a backup body is recommended - at the minimum a point and shoot or a phone if under 2 years old could be used as a backup)
- Camera Lenses (See Lenses page)
- Camera Bag (We love ThinkTank and Mindshift Gear-(See upcoming pages)
- Lightweight Bag for day excursions
- Plenty of Memory Cards (Multiple, 128GB or 256 GB cards)
- Batteries & Charger Minimum 2 batteries- Cold Weather tours - 3
- Sturdy Tripod AND an extra plate.
- Cable Release - You can also use the built in self-timer for long exposures.
- Laptop - Optional but recommended
- External hard drive - For images storage & backup
- Rain Sleeve - Covers your camera and allows for shooting in rain/heavy snow
- Small Flashlight/Headlamp
- Lens cloth or lens wipes

Back-up Camera Body

We always recommend a backup camera body or even a simple basic backup camera. Even a point and shoot is better than nothing. Due to the busy schedule and locations we will be in, we are likely unable to get to camera stores etc.

If your camera goes down, it obviously creates a real issue for you. For very little extra money, you should consider renting a backup camera body, or at the very least, bringing a small point and shoot for back up for this trip!

The last thing you want to do is get all the way to our destination and NOT get great images! Unfortunately WE ARE NOT ABLE TO LOAN OUT GEAR IF YOURS GOES DOWN!

LENS CHOICES



It is important to understand first and foremost, there is no one lens that is perfect. We are asked all the time what lens should I use. Our answer is always the same. What do you see? How do you want to see it? What do you want to capture in the scene? The answer to those questions will dictate lens choice.

Beyond all of the regular gear, you may be considering bringing; your lenses are a huge part of the gear list. Again, please do not hesitate to reach out with any questions about your gear, what you may be considering purchasing or renting, and in general just any help you need with choosing lenses.

The main lenses to consider bringing are a wide angle, a medium range, and a longer telephoto.

Remember that EVERYONE sees differently and there is no wrong choice for a lens. How you want to capture and interpret a scene becomes the way you choose what lens to use. This can be as unique and personal as each person on a tour.

Lenses can and will range from a few hundred dollars to thousands of dollars each depending on the quality and expectations of performance, focal length, and aperture available. As you develop as a photographer, you will learn what best suits your needs and budget.

When preparing for a tour, weight can be a deciding factor. How much gear do you really want to lug around? Personally, I do not carry everything with me when hiking or walking around cities. However, I do usually bring most of my lenses on a tour with me and if we are not walking a lot and have access to our vehicles easy enough (most tours this is the case), then I keep them in the vehicle with easy access to get to. It never hurts to bring the gear, except when weight is a major factor when we have very small internal flights in a country.

Each tour is specific as well. If we are doing lots of wildlife, you will need your longest telephoto lens whereas for night time star photography, a wide-angle lens with a small aperture is preferred.

All in one lens option: If you are looking for a great versatile "all in one" style lens that will not break the bank and give you the ability to pretty much capture everything except the widest angle images, in one lens that covers fairly wide to long telephoto, the new Tamron 18mm-400mm is a fantastic choice for Canon and Nikon users. This does NOT WORK for mirror-less systems.

This is not the best most expensive lens choice available, but for the price and versatility, it is a great amateur lens that people love and we have found to be excellent for the value. This lens is only available for the crop sensor cameras such as the Canon Rebel Series, 70d 80d etc and Nikon 3, 5 or 7000 series. At this time, it is not available for Sony nor for mirrorless.

If you have specific questions on gear, please contact Toby Gelston Toby@photorec.tv and use his links he will provide you with.

LENS FILTERS



In general we are not fans of UV filters. We recommend that you do not spend money on them. They offer little protection from a fall and they reduce the quality of your lens. People will spend thousands of dollars to have very sharp glass, only to place a \$35 filter over it.

Use a lens hood! I prefer lens hoods as they do offer some protection from falls and nicely protect the end of the lens from coming into contact with random objects without degrading image quality.

We do prefer camera brand lens hoods,. We have tried a few of the third party and they often fit just a bit awkwardly making the putting on and taking off just a bit slower. Some of the very cheap 3rd party lens hoods actually use the filter threads to attach, this is bad as it blocks you from adding a filter and is very cumbersome to put on take off.

Circular Polarizer filters are useful.

The one filter we do recommend landscape photographers own (or anyone taking scenic view photos) is a circular polarizer (CP Filter).

- CP filters reduce reflections and glare - This can be very useful on this tour.
- Reduces Haze and blue cast in landscapes
- Adds saturation to your sky and greenery
- Budget (Tiffen)
- Middle (Hoya)
- High-end (B+W)

With all filters, be sure to get the right size screw on for your lens. Ex 77mm. 72mm etc

LENS FILTERS



ND Filters **Not needed for this tour.**

ND Filters: ND (Neutral Density) filters are used to take away light in the middle of the day to create longer exposures. As an example, if you want a waterfall to have that silky smooth look, but it is the middle of the day, it will be difficult to take a long exposure as too much light is coming in over exposing the image.

By placing a ND filter on, you reduce light and therefore can do the longer exposure. You can do this for other images as well such as clouds moving and smoothing out a lake.

We recommend AVOIDING a Variable ND filter. No matter what the store says to get! The reason is that at higher aperture settings, you can see where the variance changes in your image. It tends to look like a weird X through the image.

ND Filters come in all types of numbers that represent how much light is taken away. from very little (1 stop) to totally dark (10 stop). This is why sales people like to recommend the variable all in one. The darker the filter, the more light you can take away thus creating even longer exposures.

However, rather than that, using just one or two will usually get the results you like. If you have to choose one for now, start with a 6 Stop ND filter. This will take away 6 stops of light and get you results for most situations you may want.

NEW Magnetic Filter Systems

For those that are ready to take their images with filters to the next level and have worked with filters in the past, filter systems we HIGHLY recommend the new Maven Filter System that is magnetic.



ALWAYS purchase the largest size filter you will need. Ex. If you have an 82 mm lens and 77mm lens, buy 82 mm filters. You can then purchase an adapter(Step-down ring) for the smaller lens and use the same filters!

Purchase MAVEN FILTERS HERE

MEMORY CARDS/ BACK-UP SYSTEM



You will shoot WAY more images than you would ever expect on this trip. Because we are photographing almost the entire time and you will want to shoot A LOT to get the best images, have EXTRA CARDS!

We will also be teaching you to shoot RAW mode, which is the highest quality but also uses the most memory. From experience, every trip, people do not bring enough memory cards and have to try and find a store.

We cannot stress enough the importance of having enough memory cards as there are no stores always available out on the tour! We recommend 128gb and 256gb cards.

Do not try to shoot everything on a single big memory card UNLESS YOU BACK UP daily to at least two locations. If that card goes bad, your camera gets stolen, and all your images are in one place, that would be a painful lesson to learn! Even if you choose to do this, ALWAYS HAVE A BACK UP CARD ALONG!

Preparing and Formatting Memory Cards for Use

To clean cards, it is best to format your cards in camera vs hitting delete. This entirely cleans the card and leaves no hidden memory. **Make sure all cards, including new ones, are formatted and READY BEFORE arriving!**

Downloading Backup tips

Download your cards each day to your laptop AND to an external drive OR download cards to a computer and save exposed memory cards as is. The key is to have your images in 2 places and packed separately from each other.

Be sure ALL images have transferred to TWO locations before formatting a card for reuse!

Your equipment can be replaced, however your memories and images cannot. You will want to back up EVERYTHING each day! Store your external drive in your suitcase and used memory cards in a your carry-on.

Online backup can seem like a good option but can take too long to upload raw images in the field and where no Internet is available.

TRIPODS/MISC. GEAR

TRIPODS

Not necessary on this tour



A tripod is a necessity for night time photography and long exposure images. Having a versatile lightweight BUT strong tripod is the key. EVERY tour, we deal with people having a very flimsy tripod. You really need a sturdy tripod if you plan on doing any longer exposure images.

By no means do you have to spend big bucks to get one, but a \$39 video tripod from Best Buy or the loaner from your Uncle will not cut it. There is no sense taking long exposure images at night or late evening, if your camera is not still. If you need a tripod or are considering one, feel free to email us with questions regarding it.

The MeFOTO Road Trip Tripod Kit (Titanium) is an excellent VERY REASONABLE priced tripod at about \$139. It is lightweight and yet sturdy for most applications. The Oben AT-3565 Aluminum Travel Tripod and B-217T Triple-Action Ball Head is also a good starter tripod at around \$114.

RAINSLEEVE

Buy an inexpensive plastic one, which should cost less than \$10. You can also cut a hole in a shower cap from your hotel room for free! This is a great option in a pinch if the weather is going bad. If there is a chance of rain, this is good to have if your camera is not weather sealed.

Our friends at ThinkTank Photo have released a new new concept in weather protection, the Emergency Rain Cover. It can be quickly and easily deployed when outdoor conditions change. They will be a welcome small and lightweight addition to the kits of any photographer shooting out of doors. Click here to check it out.

HEADLAMP

Bringing a head lamp so that you can work at night/early mornings with your hands free is also invaluable. Be sure to have one that has the red lamp on it as well as this helps keep bring light down to a minimum while we are shooting.

Make sure you can operate the red light function easily as you will use this to not distract other photographers as much.



Toby's Favorite Headlamp

TOUR SPECIFIC GEAR SUGGESTIONS



Tour Specifics Needed

- Camera & Back-Up Camera (A must have)
- A longer telephoto of 100- 400 or longer.
- A wide -angle and/or medium range lens such as 24-105 as an example is also great.
- Plenty of memory cards and/or back up options to re-use cards if need.
- Circular Polarizer filter may be helpful but optional.
- Three Camera Batteries
- Battery Charger
- Comfortable Camera strap
- Camera Bag that can be carried over the shoulders and placed in a seat.

Optional considering weight restrictions

- Tripod - (I do not personally bring on this tour)
- Mono-Pod - Can be nice for holding a big lens a long time.
- Any "added" items that add considerable weight

Lens Choice

The most important lens for this tour, will be a long telephoto. A focal length of at least 400 mm or more is recommended. This will allow you to get "closer" to wildlife such as Whales, Leopard Seals, Penguins and more! On a tour such as this, expect that using a lens such as a 100mm-400mm as example, will be with you at all times and used the majority of time.

When photographing in a polar climate, getting in and out of zodiacs, and walking on rocky sea shore, I find it easier to simply use one lens. Everyone is different in what they want to capture, and gear they want to carry, but for myself, keeping it simple and light works well for me and allow s me to capture wildlife and not miss moments fumbling around with gear. -

TOUR SPECIFIC CLOTHING



You don't have to be cold just because you're in extreme winter conditions. With the right clothing and actions, you can stay warm and cozy for the entirety of your time with us. The truth is, most people end up warm and overdressed.

Under Layer

This layer is the most important! We wear polypro under layers (breathable, soft fabric that isn't cheap but it's so worth it).

Even if you don't have fancy polypro, any type of long johns is better than nothing. They should fit you snugly without a lot of baggy area so that you can wear them under a variety of clothing.

Avoid cotton, as it retains moisture and makes you cold. Also, nylons are NOT the same as long johns or poly pro base layers, and will make you cold!

Middle Layer

For longer, outdoor activities like photography and snowmobiling, we wear a more flexible, non-cotton type of pants – like you would buy in an outdoors store for hiking. Even the zip off into shorts kind is acceptable (though we won't be using them as shorts in this season). On the top, another long -sleeved, non cotton shirt layer is good – one slightly heavier than your underlayer.

Many people find that a good pair of long johns plus their outer water proof shell is enough.

"Next" Layer

Another layer on the top is preferable – like a sweater or light fleece. Fleece is king!

Outer Layer

A Parka will be provided for you to keep! You do not need to bring a large winter coat.

IMPORTANT - You WILL NEED out water proof pants. A Water proof SHELL is best that can be worn outside of boots. Ski pants and heavy ski wear is not recommended. We recommend bringing 2 pairs that can be worn on expeditions on the Zodiac. If you do not have a water proof shell pant, you will NOT be allowed on the Zodiacs! Simple light weight shells are best!

Footwear

Multiple layers of non-cotton socks are the way to go. One layer, if it's the right kind, is ok but more layers of thinner socks are better. We start with a thin, cold-weather sock and then a slightly thicker sock over the top. We like the kind that go up to our knees because there's less chance of snow sneaking in between your boots and snow pants and actually touching your skin.

Note: On this tour Rubber Boots for shore landings are PROVIDED. You do not need to bring large boots.

TOUR SPECIFIC CLOTHING



Gloves

Warm Gloves! Wear a glove liner such as Omicron Liners by Columbia. This is so when you take your hand out of the glove to adjust your camera, your fingers are not exposed and yet this is still functional to work the controls.

Body heat is most likely to be lost from hands and feet. Keep them warm and dry. Modern “arctic design” clothing is best – Polar fleece is a good example. Also, wool and silk are superior to cotton because they trap warm air. When damp or wet, polyester is a better insulator than goose or duck down.

Fleece Cap

If the rest of your body is covered, as much as 30% of the heat you lose will come from your head; be sure to wear a cap. Avoid overdressing and reduce perspiration.

Scarf and/or Balaclava can help you to protect your face and neck.

How To Pack For A Polar Climate

Our recommendation is to bring “arctic quality” clothes that will fit into a layered clothing scheme. For example, packing “arctic quality”, light-weight long-sleeve t-shirts, turtlenecks, and a water-proof shell is better than packing five big, cotton sweaters and two huge “winter-down” coats.

Three to five pairs of active wear pants, and then a pair of waterproof pants such as ski or snowboard pants, which is designed to respond to temperatures variations, is much better than seven pairs of jeans.

Keep in mind that you may experience anything from t-shirt weather to arctic, sub-zero snow-squalls (if you are lucky), so, each day’s temperature might change quickly without any time for you to change your clothes – layers are essential.

Please read the following article designed to give you an understanding of how to dress. The tips and Packing List, below, will act as a guide in the packing process.

Why being layered is so important?

Temperatures may be warmer in the day than you expect, which will cause you to sweat. Your sweat will make for a cold feeling and once you get wet, your body will lose its natural temperature at a higher rate than before.

If you are dressed appropriately, you can remove a light-weight layer and carry it with you. Second, your body works hard due the climate. The cold weather, snow, and natural adjustment of your body require a significant output of physical energy other than just walking. You will want to be able to take off and put on layers as needed. It can’t be stated enough here; layers are the key to comfort in a Polar climate.

Being waterproof is also essential.

Although summer temperatures are generally mild, you should expect wind, clouds, and precipitation. It is also possible that water will spray up on passengers during Zodiac cruising. **We can say with certainty that if your clothes are not waterproof on the outer layer, you will get cold.** In this regard, we recommend being mindful of having waterproof shoes as well. Trust us, having a water-proofed outer layer can make or break your travel experience.

TOUR SPECIFIC CLOTHING



Dress on the ship is informal. Clothing on board is usually jeans and casual pants, along with long sleeve shirts or t-shirts, fleece and a parka in hand during the day. Cruise wear should be lightweight and easy to care for.

For footwear, sturdy walking shoes or sneakers with a good grip sole for the slippery deck are all you need. Easy slip on and slip off shoes are great.

A lightweight jacket is nice for casual days around the deck when the weather is nice. Be sure to bring a swim suit as there is a hot tub on board and a possible Polar Plunge!



GRATUITIES



Tipping is always done at the discretion of the guest.

We receive a LOT of thoughts and feedback on tipping from clients. It seems that the amount of opinions on it are as varied as the weather!

We understand the thoughts on tipping can be very sensitive and for us it is as well.

There is a lot that goes into why our policies are the way they are. We have tried every possible way and suggestion for tipping including it being included in the tour, set amounts, having it paid in advance and many others.

The reality is we cannot carry personally that much cash ourselves into a country for many reasons. Also, EVERY DIME that we receive as a business, by law, has to be accounted for by tourism boards. It simply becomes unmanageable for us.

Personally, we as a company, work to be generous in our own tipping to vendors and those we work with as well that are working so hard to make sure everyone is taken care of. This goes beyond what we are "paying" them.

The MPA Team

Thank you for joining us on this very special tour. As part of this tour, we have a truly top-notch instructional team. The team is here to serve you and will do anything they can to make your tour the most incredible experience it can be. Please never hesitate to ask any questions or for any help!

Clients always ask about tipping guidelines and suggestions. With that in mind, we have placed this guideline for you to use. This is totally at your discretion and a suggested amount. You are of course welcome to do more if you desire and know that these guys truly appreciate it and will do all they can to help you with anything on this tour!

David and Ally do not take tips. However, if you would ever like to "tip" them, you can donate to a charity on their behalf or to help take care of one of their "kids" around the world that is needing support. They truly love this!

Suggested minimum amounts for MPA team members.

Domestic - Short Tour (3-4 days \$60-\$70 per photographer to each instructor.

Domestic Longer Tour -(5-7 days \$70 - \$90 per photographer to each instructor.

International Tour - We find the average person as a photographer, tends to give \$100 to \$150 per photographer to each instructor for the tour depending on the length of the tour.

Please note that pre-paid tipping does not work as we cannot carry that much cash on us in foreign countries without declaring those funds.

The ship will have tipping envelopes, and you can use a CC for tips as well for the ship staff.

M/V Sea Spirit



Money

Currency on board is US dollars. All shipboard charges will be charged to an account, so you do not need to pay cash as you go. At the end of the voyage, you may pay your tab in cash, or with a credit card; we accept Visa and MasterCard. We don't accept traveller's cheques.

Tipping for excellent service is a time-honored tradition in the cruise industry. Amounts are entirely at the discretion of each guest. Gratuities are pooled and shared between the hotel and catering staff and the expedition team. Towards the end of the voyage you will be provided with information about the tipping procedure. Be sure to carry a small amount of cash, local, USD or EURO, to cover airport taxes, taxis, and other incidentals which may not be payable by credit card.

Electricity

Ship voltage is 110v with US-style two-flat-pin sockets. There are outlets in each cabin and bathroom. However, while in Norway, you may find which has two round prongs.

Communications

While we are pleased to provide Internet service aboard the Sea Spirit. Please understand that even under the best conditions, the functionality and reliability of an Internet connection in the high latitudes can be challenging. The ship's positioning relative to mountains and fjords, atmospheric conditions, and the high latitude itself can often prevent a usable signal between the ship and the outside world.

Laundry

Laundry service is available on board, but the ship does not have dry cleaning facilities. Laundry is collected each morning by your cabin attendants and returned within 48 hours. A price list for laundry services will be available in your cabin.

Bathrobes and slippers

A bathrobe and slippers are placed in your cabin. A bathrobe is for on-board use. All bathrobes will be collected for laundering the day before disembarkation.

Hairdryer

A hairdryer is available in your cabin.

Weather

The weather in the Arctic is quite changeable, and you may encounter different conditions not only in a single day, but even on a single landing. Also, strong winds can make it feel considerably colder than it really is, so you must be dressed for windy and wet conditions at all times. The only thing we can guarantee about the weather is that it will be unpredictable.

Health and Safety

Although there will be a licensed English-speaking physician on board, the vessel's medical facility is a basic infirmary and full medical facilities may be days away. It is important for your own safety that you are in good health and have taken all appropriate precautions. The medical form you were asked to complete helps to determine whether or not your health level is appropriate.

If you have mobility issues or walk with assistance devices, carefully consider the activities you can participate in during the voyage. Getting in and out of Zodiacs and walking on sometimes rocky and icy terrain can be challenging. Our expedition team members can help you into the Zodiac and on to shore, but cannot escort you once on shore as they have other duties. The expedition leader and captain reserve the right to limit the landing participation of people with limited mobility.

CONT.

Expedition cruising in remote, polar areas is subject to continual changes and adjustments, necessitated by weather and ice conditions or other unforeseen circumstances. Our operations team, ship captain and expedition leader are committed to providing the best expedition cruise experience possible and may need to adjust the intended itinerary in order to do this. This might be done without any advance announcement to booked passengers.

Health of Passengers: Any major health problems, disabilities, or physical conditions that may require emergency care, and which develop after submitting the medical form, must be brought to our attention prior to the voyage.

AVIAN FLU: We want you to be aware of an issue that is having an impact on expedition cruising in the Southern Ocean this season, including the Antarctic Peninsula, South Georgia and the Falkland Islands. For two years, the HPAI virus (sometimes called bird flu), has been spreading throughout the world and has made its way south into the southern regions of South America. While there are only very rare cases of this affecting humans (poultry workers), it has resulted in the death of hundreds of thousands of birds and even some marine mammals worldwide.

Earlier this season, the Falklands and South Georgia exhibited evidence of mortality from the virus in sea birds and marine mammals. As a result, some landing sites there have been restricted to reduce the spread of HPAI. These closures were determined by the respective government authorities on those islands. On the Antarctic Peninsula, any such decisions are expected to be made by the International Association of Antarctica Tour Operators (IAATO)—not by Poseidon—and the best science leads us to expect HPAI will lead to similar restrictions at Peninsula landing sites before the end of the season.

With that said, our captain and expedition team are nevertheless finding other populated landing sites and offering activities that will provide guests an exceptional Antarctic experience. This need for flexibility is a hallmark of expedition cruising and one that Poseidon has perfected for the past 25 years to the satisfaction of our passengers. Extra biosecurity precautions and protocols have also been put in place aboard the Sea Spirit so that our guests are reassured they are not contributing to the spread of Avian Influenza.



HOW TO PACK FOR A POLAR CLIMATE

Our recommendation is to bring “arctic quality” clothes that will fit into a layered clothing scheme. For example, packing “arctic quality”, light-weight long-sleeve t-shirts, turtlenecks, and a water-proof shell is better than packing five big, cotton sweaters and two huge “winter-down” coats. Three to five pairs of active-wear pants, and then a pair of waterproof pants such as ski or snowboard pants, which is designed to respond to temperatures variations, is much better than seven pairs of jeans.

Keep in mind that you may experience anything from t-shirt weather to arctic, sub-zero snow-squalls (if you are lucky), so, each day’s temperature might change quickly without any time for you to change your clothes – layers are essential. Of course, your dinner clothes are your decision. Please read the following article designed to give you an understanding of how to dress. The tips and Packing List, below, will act as a guide in the packing process.

Why being layered is so important?

Temperatures may be warmer in the day than

you expect, which will cause you to sweat. Your sweat will make for a cold feeling and once you get wet, your body will lose its natural temperature at a higher rate than before. If you are dressed appropriately, you can remove a light-weight layer and carry it with you. Second, your body works hard due the climate. The cold weather, snow, and natural adjustment of your body require a significant output of physical energy other than just walking. You will want to be able to take off and put on layers as needed. It can’t be stated enough here; layers are the key to comfort in a Polar climate.

Being waterproof is also essential.

Although summer temperatures are generally mild, you should expect wind, clouds, and precipitation. It is also possible that water will spray up on passengers during Zodiac cruising. We can say with certainty that if your clothes are not waterproof on the outer layer, you will get cold. In this regard, we recommend being mindful of having waterproof shoes as well. Trust us, having a water-proofed outer layer can make or break your travel experience.

Beware of tight clothing that doesn't let your body "breathe".

Part of being insulated is a system of letting the natural warm air of your body counteract the cold air you encounter. If your clothes are too tight, and don't allow for insulation, you can get cold easily. Also, remember that cotton isn't really an insulator. So, we recommend more modern arctic designed clothing.

Finally, remember the "wind-chill factor" and plan accordingly.

A stiff wind on a polar plain can sweep away any generated body heat in a second, and it's important that your clothes are windproof. A good, warm wind-proofed shell will keep your chill to a minimum, so make sure any shell you bring is insulated, water- and windproof.

PACKING LIST

Expedition Clothes

Parka (usually provided by Operator). You should look for a lightweight, wind and weather-resistant shell with insulation. Bright colors are more visible, and safer in polar environments. Traditionally, Polar travelers wear red.



Warm trousers. Ski pants are suitable if you have them. Otherwise, bring any sturdy trousers that can be layered between your long underwear and rain over-trousers.

Waterproof pants (trousers). A pair of water-resistant "rain-pants" made of coated nylon

are essential. These are worn like shell for your legs. Look for Gore-Tex and other synthetic fabrics that are waterproof and "breathable". These materials keep out wind and water without trapping excess heat. This is probably the most important clothing you can pack for a trip.



Thermal underwear. You should select medium to thick thermal underwear; long sleeve thermal top, trousers and socks. Most people prefer a lightweight version – but this depends on your personal thermostat. Polypropylene fibres are warmer when damp or wet, than silk or wool, although the CSIRO has recently developed a fine wool product called Sportwool.

Sweaters or polar fleece jacket. Wool sweaters or a polar fleece jacket of medium weight are recommended.

Onboard Clothes

Turtlenecks or t-shirts. Bring several practical turtlenecks or t-shirts for layering and use around the ship.

Ship Attire. Dress on the ship is informal. Clothing on board is usually jeans, corduroys, casual slacks or trousers, long sleeve shirts or t-shirts, fleece and a parka in hand during the day. Cruise wear should be lightweight and easy to care for.

Slightly dressier attire, such as sports jacket or blazer and collared shirt for men, and equivalent for women, is appropriate for the Captain's dinner.

Dressing for Gateway Cities

Don't forget this important aspect of your trip – your personal style is our best advice.

Hats and Gloves

Mittens and under-gloves. Keeping your hands warm and dry is an important challenge. Thin polypropylene gloves should be worn underneath warm mittens so you can take off your mittens to operate your camera and maintain some level of protection against the cold. These should be loose enough to permit good blood circulation. It's a good idea to bring an extra pair of wool mittens to wear if your other pair gets wet or lost.



Woolen cap or fleece cap. A warm cap to protect your ears.

Scarf. A warm scarf can help you to protect your neck.

Expedition Footwear

Warm socks. Sturdy, tall wool (or other thick material) socks should be worn over a thin pair of silk, polypropylene or cotton/wool socks which provide enough insulation for your feet. Bring several pairs of outer socks, as your feet will inevitably get wet.

Insoles for gumboots. They will keep your feet warmer when sitting in the Zodiac for long periods.

Rubber boots (usually provided by Operator, please check at the time of booking). A pair of pull-on rubber, unlined and completely waterproof boots that are mid calf or higher (12-16", 31-41 cm high) with a strong, ridged non-skid sole is essential for landings. You may have to step from the Zodiac into icy water up to 10" (25 cm) high on some landings. Also, expect

poor footing on the ice and ashore. Do not bring heavy, cumbersome boots that make it difficult to walk. Boots with waffle soles like those on a hiking boot or running shoe tend to give the best footing. Ideal boots are *Wellies* or *Viking* boots. Remember that you will be wearing these boots a lot. So they must be comfortable for extended wear and walking. The boots should not be too tight or too sloppy. If they are too tight you will get cold feet.

For maximum warmth, wear loose-fitting boots and two pairs of socks. Try out your boots before the voyage.

Onboard Footwear

Lightweight walking shoes/boots are comfortable and some people like to take them ashore.

Accessories

Backpack. A waterproof nylon backpack, rucksack, or similar bag for carrying your camera and other gear. Make sure your primary shore-landing bag has shoulder straps so that your hands are free, when boarding the Zodiac. It is very important that you have some way to keep your camera dry, particularly while you are on the Zodiacs.

Sunglasses. High quality sunglasses with U.V. filter are recommended even on cloudy days, as the U.V. reflects powerfully, even when you don't expect it. We do not require "glacier glasses"; your normal sunglasses will suffice, but polarized sunglasses are most effective. Tinted ski/snowboard goggles are also be useful if conditions are windy, snowy, etc.



Sun-block lotion. Protective sun-block lotion for your lips, hands and face. The reflected glare from water, snow and ice can be intense and will burn the skin of passengers in certain conditions. In any regard, it is highly recommended.

Camera, battery charger. It is advisable to bring an extra camera in case of malfunction or accident.

Extra pair of prescription glasses. Extra pair of prescription glasses.

Bathing suit. For hotels, aboard some ships and (just maybe) a polar plunge.

Medicines. Prescription medicines and other remedies such as seasickness medication. Be prepared for rough water – also, please bring a signed and dated letter from your physician stating any health problems and dosage of medications, for emergency use.

Binoculars. A pair of binoculars for spotting whales and seabirds from deck is highly recommended.

Plastic bags. Zip lock plastic bags for your camera.

Earplugs. Earplugs may be useful if you are sharing a cabin with a snorer.

- Dress in comfortable, loose layers. It is far better to wear layers of relatively light, loose clothing than one thick, heavy item. Between each layer there is insular air that, when heated by your body, acts as a natural insulator. It will also allow you to keep from overheating.
- Body heat is most likely to be lost from hands and feet. Keep them warm and dry.
- Modern “arctic design” clothing is best – Polar fleece is a good example. Also, wool and silk are superior to cotton because they trap warm air. When damp or wet, polyester is a better insulator than goose or duck down.
- If the rest of your body is covered, as much as 30% of the heat you lose will come from your head; be sure to wear a cap.
- Avoid overdressing and reduce perspiration.
- Wear water repellent outer layers that will keep you dry on the outside and still able to “breathe” enough that moisture from your body can escape.
- Mittens are better than gloves.

Reducing Waste – Guidelines for Visitors to Antarctica

Be part of the solution

When travelling to Antarctica, there are steps you can take to reduce the amount of plastic and other waste produced. Waste is removed from Antarctica by ship or air and taken to ports outside the region for disposal, but these may have limited facilities depending on their location.

Your operator is working towards reducing single-use plastic in its operations. You can support their efforts and help leave no lasting signs of your visit by reducing the number of disposable items you bring, use and dispose of during your trip. There are also steps you can take to stop litter and harmful plastics from ending up in the environment.



Refuse: Refuse items you don't need such as bags, bottles, cutlery and cups.

Reuse: Extend the life of your belongings. If you don't need it, give it away.

Reduce: By consuming less and using reusable items you can help reduce the total amount of waste world wide.

Recycle: Learn about waste recycling at home and separate accordingly. Look for recycling opportunities when travelling.








Before travelling

- Travel with reusable items such as water bottles, cups, bags, cutlery etc. that you can bring home with you.
 - Use reusable, durable waterproof bags to protect your camera and other devices from the elements. We discourage the use of plastic bags for any reason, even resealable ones.
 - Do not bring hand or feet warmers. Most are single use and wrapped in plastic. Invest in good quality clothing to keep you cosy. Ask for advice before you go.
 - Remove unnecessary packaging from new items before packing them.
 - When packing toiletries, choose eco-friendly alternatives such as cosmetics free of microbeads.
 - Choose products with non-plastic packaging such as soap and shampoo bars. Your accommodation may also be equipped with refillable dispensers. If you need to use plastic bottles and containers, use reusable ones.
 - Synthetic clothing sheds small plastic fibers. We recognize that it may not be possible to entirely stop using synthetic clothing but reducing the amount we use is a great first goal.
-

When travelling

- Avoid using disposable cups, straws, bottles, food containers and other items.
- Do not throw any non-organic items in the toilet, including wet wipes.
- Make sure all your belongings are well secured when outside, paying particular attention to tissues and camera bags.
- Enquire about local environmental initiatives and how you can reduce your plastic footprint to support the communities you visit. If necessary, bring waste home for proper disposal and recycling to reduce strain on remote areas with limited waste management facilities.
- Talk to other travellers and staff – not everyone has the same experience and knowledge, so it is a good opportunity to learn from and inspire others.

These items regularly wash up on beaches around the world. By working together to cut these out we can shrink our plastic footprint.

	<p>Plastic bottles & tops Carry reusable bottles and cups.</p>
	<p>Cigarette butts The filters contain plastic. Only smoke in designated areas. Dispose of carefully.</p>
	<p>Plastic bags Refuse plastic. Carry long-lasting bags made of natural materials.</p>
	<p>Drinking straws & plastic cutlery Carry your own reusable items. Refuse plastic straws.</p>
	<p>Wet wipes They contain plastic fibers. Try reusable cloths, cotton-wool or bamboo instead.</p>
	<p>Cotton-bud sticks/swabs Look for 100% cotton or paper products.</p>
	<p>Candy wrappers & food packets Look for non-plastic wrapping. Most chewing gum is synthetic too.</p>



Special note

Products labelled as 'degradable' or 'biodegradable' will degrade faster than regular plastic items but may still contain fossil fuels, thus creating microplastic particles. To effectively reduce waste, avoid using these alternative options and choose reusable items instead.

What the travel industry is doing

The International Association of Antarctica Tour Operators (IAATO) and the Association of Arctic Expedition Cruise Operators (AECO) have joined the United Nations Clean Seas campaign. Together with their members, they are working to systematically reduce the use of disposable plastics and other items. Operators are also involving guests in beach cleanups worldwide and remove tons of marine litter every year. Through information to crew, staff and guests, and through sharing of best practices, IAATO and AECO are involved in raising awareness and involvement in safeguarding the environment, at sea and on land.

Are you an Antarctic Ambassador?

Join the conversation:



AntarcticAmbassadors



#Antarctic_Ambassadors

#LoveAntarctica



To learn more about visiting Antarctica responsibly,
please visit www.iaato.org



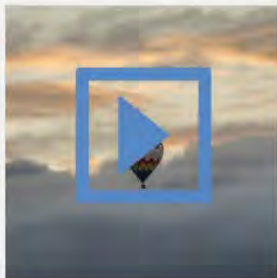
The more you are prepared with your gear, the better your experience will be. We have many videos and written tutorials to help you prepare and understand getting around your camera and tripods as well as general packing tips and suggestions.

Please visit the MPA preparation tour page at the link below prior to the tour.

TOUR RESOURCES

Everything You Need to Be Prepared for Your Tour With Mckay Photography Academy!

Photography & Gear Tips



Video Tutorials

Video Tutorials: Use the MPA

Landscape Photography

Aperture Priority - A or Av on the Mode Dial

- Hit **Av** (Aperture or Manual) on the Mode Dial
- Turn **WHEEL** (Right) to **F/11**
- Turn **WHEEL** (Left) to **1/125** (or a good starting point)
- Use **DISP** (Information) or **INFO** if manually adjusting, to make lighter or darker

Manual Mode - M on the Mode Dial

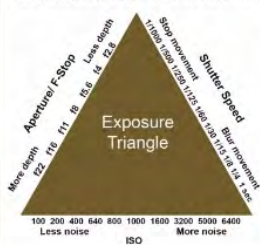
- Hit **M** (Manual) on the Mode Dial
- Turn **WHEEL** (Right) to **F/11**
- Turn **WHEEL** (Left) to **1/125** (or a good starting point)
- Use **DISP** (Information) or **INFO** if manually adjusting, to make lighter or darker

Helpful Hints

- Make **WHEEL** (Right) to make your camera focus faster or use **DISP** (Information) to make it slower
- Use **DISP** (Information) or **INFO** if manually adjusting, to make lighter or darker
- Use **DISP** (Information) or **INFO** if manually adjusting, to make lighter or darker

Quick Reference Guide

Your photograph is made of these 3 elements.



Exposure Learning

Camera Settings: Quick quiz.



Equipment List

Equipment Check List: For

Privacy & Cookies Policy



PHOTO ENTHUSIAST NETWORK

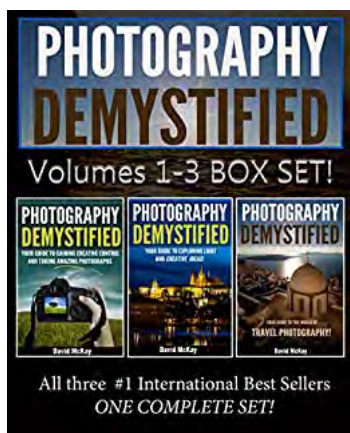
Interested in starting your photographic education before the tour and are not yet a member of Photo Enthusiast Network? We encourage you to join today!

This a great place for you to grow, learn and belong in a wonderful photographic community run by the MPA team! Not only that, as an annual member you receive a tour discount voucher that more than pays for the membership! Join today!

Photo Enthusiast Network is the educational and fun photography community run by David and Ally McKay, and Toby Gelston! FILLED with educational tutorials, videos, and weekly education as well as an amazing community of Photo Enthusiast to help share in your passion for photography!

We are SO PROUD of the community of over 500 members we have built and this is such a great resource. PLUS, as a member after you first year you get a \$150 discount once a year for any MPA tour of your choosing!

Join Today!

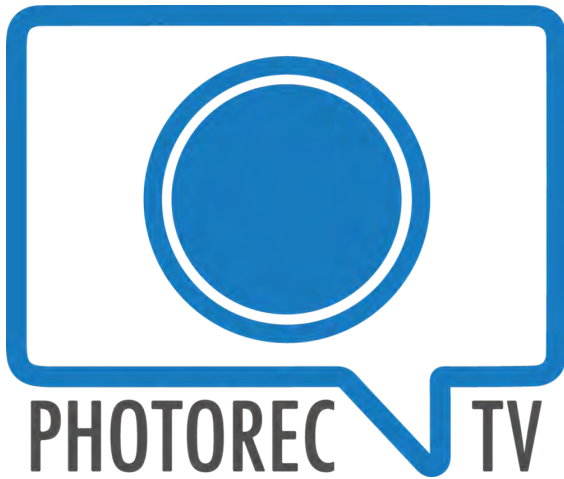


The number one Best Seller Series by David McKay are available as a digital download and in hard copy.

These are a GREAT way to learn ahead of your tour and also to have available on your smart phone while out photographing.

All 3 titles have gone on to become number one International Best Selling books and are available at an awesome price on Amazon. Order yours today!

If you are a Photo Enthusiast Network member, you can download for FREE on the PEN web site!



Toby Gelston Photorec.tv and MPA Instructor

We are proud to have a very special relationship and partnership with Tobias Gelston of PhotoRec.tv. Toby runs a VERY COOL YouTube channel focusing on camera gear and equipment. He has over 340,000 subscribers!

Toby is also one of our main instructors. Toby's goal is simple: He wants to help you be a better photographer by helping you find the gear you need and the know-how to use it.

If you have any questions about gear, you can email Toby directly via Toby@photorec.tv and he will help you get what you need. He knows TONS of gear info.

Toby is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and linking to [amazon.com](https://www.amazon.com). Toby also participates with B&H Photo Video.

If you use Toby for advice, and even if you don't please purchase through his links to either Amazon or B&H. You will get the best prices and help him out as well! This costs no more for you and helps support our friend Toby, which in turn, helps us give you even better photographic education.

Please use these links for your purchases!



Email Toby@photorec.tv for gear advice!



The Original Photo Gear Protection

We LOVE working with ThinkTank & MindShift Gear and sharing their gear with our clients. When ordering cases and packs through our links you receive a free gift when you purchase at least \$50 of gear, free ground shipping, and the best customer service in the industry!

Click here to order directly from ThinkTank and MindShift.

Ally and David currently use the ThinkTank Airport Roller Derby bag to fit all their gear in while GETTING to the location. Their Roller Derby's have traveled to all 7 continents more than once and continue to stand up to the hardest of travel conditions. Once there, using a bag such as the MindShift 13L to carry what is needed out for a shoot is there go to.

Once there, the McKay's prefer to travel lighter and do NOT want to carry everything all the time. We've recently been introduced to the new MindShift Gear PhotoCross backpacks. These are great , but some times people prefer a larger back-pack based on what they are carrying and how it fits their body shape.

The MindShift 26L Back Pack is awesome for those that want to carry more while on the go. The 18L is a smaller version. New on the block is the new MindShift Photocross 13L and 15L which has become the preferred bag of David.



Think Tank Roller Derby



Mindshift 26L Larger Bag



Mindshift 13L & 15L Smaller bags

Visit the web site to see what options are best for you.

The MindShift 13L is smaller but will still hold a camera body and 2 lenses for day trips etc.



LENS PRO TO GO

We have partnered with LensProToGo for camera and lens rentals! Can't afford to buy or want to try it out first? Then RENT IT! Visit LensProToGo.com today! You can rent TOP OF THE LINE cameras and lenses and tripods for very little money.

Let them know you will be on this tour with us! You can use the code below from Photo Enthusiast Network for 15% off any order. Sometimes, they have a special going as well, so always call, let them know you are going on our tour, and see what they have available. They are always very helpful!

Use Code **PEN15** for 15% at anytime!



As an example, this Canon 100-500mm lens that cost \$2900 can be rented for 25 days for \$275 with the 15% off code!





SPIDER

CAMERA HOLSTER

The SpiderPro Camera Holster is Spider Holster's breakthrough product, offering unique, unparalleled comfort and safety.

Mounting your camera to your belt is a great way to relieve the weight and stress a camera with a heavy lens can add to your neck and back with a traditional camera strap.

The leather hand strap is also very comfortable and feels safe around your hand.



Order Spider Holster System Here

General Photo Tours

PACKING CHECKLIST

DOCUMENTS

Personal ID
Passport and copies
Insurance(s)
Booking details
Tickets
Itinerary
Visa (if required)
Debit and Credit Cards
Bank Notified

CLOTHING

Underwear/Bras
Lightweight Pants
Lightweight Shirts
Shorts
Socks
Glasses-Spare/Sun
Water-proof
Windbreaker
Jacket/Sweater
Bathing Suit
Hat

HEALTH

Prescriptions
Vitamins
Pain Reliever
Throat lozenges
Motion Sickness Meds
Antibiotics
Anti-Diarrhea Meds
Antihistamine
Alcohol Wipes
Band-Aids
Seat Cushion
Lip Balm
Eye Drops
Sunscreen
Hand Sanitizer
Insect Repellent
Toothbrush
Mouthwash
Shaving Kit
Brush/Comb
Skin Care/Lotions
Shampoo/Conditioner
Make-up/ Remover

ELECTRONICS

Electrical Adaptor
Short Extension Cord
Cell phone
Head Lamp
Camera Gear
Air Tags/ Tracking

OPTIONAL

Thermos
Water Bottle
Artificial Sweeteners
Reading Material
Ear Plugs
(roommates snore)
Walking Poles
Seat Cushion
Pillow

NON OPTIONAL

Adventurous Spirit
Great Attitude
Sense of Humor
Flexibility

MCKAY PHOTO
TOURS

Photography - Travel - Friendship - Adventure