

# SETTING SAIL GUIDE

*Cruise information for your upcoming voyage  
aboard Silver Galapagos*





## WELCOME TO SILVERSEA

Welcome to the world of Silversea. And thank you for choosing to sail with us. Frequently, our guests have questions they would like to ask about their upcoming Silversea Expedition, about various policies and guidelines, or what to expect onboard and ashore. With this Setting Sail Guide, we have tried to anticipate questions you may have.

These pages contain essential information regarding preparation and packing for your Silversea Expedition, descriptions of the amenities and facilities onboard *Silver Galapagos* and preparation for your trip back home. This guide is a general summary of helpful information. For full terms and conditions, please refer to Silversea's Voyage Atlas, [Silversea.com](http://Silversea.com) or the Passage Contract that is included in your documentation packet.

Within this guide, you will find an Introduction to "Zodiac® Landing Craft". By familiarizing yourself with this information, you will be better prepared for your onboard instruction sessions with the Expedition Team.

It is our goal to provide you with an exceptional travel experience. If we have not covered a subject that is important to you — or if you have a special request — please contact your travel professional or seek assistance from our Reservations Department.

We look forward to welcoming you onboard.



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# PRIOR TO YOUR VOYAGE

## INTERNATIONAL AIR INFORMATION

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Please review your air schedule at least 72 hours prior to embarking on your trip. Changes to your flights/itinerary may not be possible after travel has begun without incurring change and/or service fees, or being required to purchase new air tickets at your expense. To secure your seat assignment, we recommend that you contact your travel professional and/or the airline directly. We regret that Silversea is unable to guarantee reserved airline seats for our guests. If you have any dietary restrictions or require a special meal, please be sure to advise the airline at least 48 hours prior to your scheduled flight departure.

If you find that your flight will be delayed beyond the ship's departure time, please contact Silversea's Miami, Florida office immediately at 800-722-9955 or 954-522-2299. For flight delays after normal business hours please phone 866-746-8872 or 954-761-9595 for assistance. You may dial the ship directly by using a credit card and calling U.S. 888-722-3562 or outside the U.S. at 732-335-3263. To dial the ship directly without using a credit card, you will need to first dial your local Dialing code (i.e. 1, 011, 99) plus the telephone shown below:  
Telephone: +954 518 7262

For local assistance please phone the following numbers:  
In Quito: +593 98 2839744  
In Guayaquil: +593 9 99480 390

## SILVER SKY® AIR PROGRAMME

If you have opted to purchase the Silver Sky Air Programme, available from select U.S. and Canada gateways, you will receive your pre- and post-cruise flight details enclosed in your documentation packet. We highly recommend contacting the airline(s) at least 72- hours prior to your scheduled departure to verify the flight times.

For guests who have not yet made their travel arrangements, please contact Silversea for additional information and availability of our optional air programme.

## SILVER GALAPAGOS AIR PACKAGE — HIGHLY RECOMMENDED

### SILVER GALAPAGOS MADE EASY

We strongly recommend that guests purchase the following: air, hotels and transfers to ensure a smooth arrival and departure in Ecuador.

- **Silver Galapagos Air Package:** includes Economy Class air from Quito to Galápagos and return to Guayaquil; Galápagos National Park entrance fees and Galápagos Immigration fee.
- Airport/hotel transfer in Quito and Guayaquil.
- One night pre cruise hotel accommodations in Quito.
- Use of hotel dayroom in Guayaquil (for those with flight departures after 10pm).

Guests purchasing the **Silver Galapagos Air package** will be met by a Silversea host at Quito airport to assist them with the airline check-in process, and upon arrival in Galápagos our host will welcome and guide guests through the immigration and park entrance process and direct them to waiting ground transportation.

## CRUISE ONLY GUESTS

We strongly encourage everyone to purchase The **Silver Galapagos Air package**. However, guests who purchased their own flights to the Galápagos should be aware that on departure from Ecuador they will be required to pay an Ingala fee (Transit Control Card), at printing US\$20. On arrival in Baltra you will be required to pay the Galápagos National Park fee, currently US\$100. Both fees must be paid in CASH in US dollars. Credit and Debit cards are not accepted. Fees may be subject to change.

## CUSTOMS

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FOR U.S. RESIDENTS: Prior to departing, please consider registering your valuables (e.g. jewelry, cameras, electronic equipment, etc.) with U.S. Customs. Although this is not a requirement, it will help to prevent delays in clearing Customs upon your return to the U.S. For further information, please consult your travel professional or visit the U.S. Customs Services' website at <http://www.cbp.gov/xp/cgov/travel>.

If you are not a U.S. resident, contact your local Customs office.

## EMBARKATION

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Guest boarding starts from 12:30pm, with all guests onboard by 1:15pm. Once you arrive at the cruise pier or airport, you will be asked to show your Silversea voyage documents and your passport. We strongly recommend that you keep all necessary documents handy in your carry-on bag. There are no porters or baggage trolleys at the Galápagos airport. Guests must handle their own luggage.

## HOTEL AND TRANSFER PROGRAMMES

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Cruise-only guests who purchased an optional pre- and/or post- cruise Hotel Programme package through Silversea should refer to their documentation packet for applicable transfer arrangement information. Please contact Silversea and advise us of your flight schedules to ensure proper arrangement of transfers.

Guests who have made independent pre- and/or post cruise hotel arrangements may purchase applicable ground transportation through Silversea. Please contact your travel professional for availability and details.

Please allow four hours between connecting flights in Guayaquil or Quito to and from the Galápagos. In Guayaquil and Quito, luggage must be claimed and rechecked for all flights to and from the Galápagos.

This will allow for unexpected delays, including but not limited to, disembarkation formalities, transfer time to the airport, two to three hours for flight check-in, unanticipated scheduled air or charter flight delays, baggage claim/transfer, and customs and immigration procedures.

Guests requiring wheelchair assistance should notify Silversea in advance to ensure appropriate transportation and/or accommodation arrangements are made. There are no wheelchairs in the Baltra airport.

## LUGGAGE ALLOWANCE

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Luggage for Silversea guests must be handled in accordance with regulations and tariffs of airlines and/or ground operators. All of your luggage must be securely packed and tagged with the pre-printed luggage tags supplied as part of your documentation package. In accordance with airport security restrictions for carry-on baggage, we recommend that you hand carry travel documents (passports, visas, inoculation verification, cruise and air tickets), medications and valuables. Liquid, fragile, perishable and other articles not suitably packed are transported at your own risk. Upon embarkation of the ship, whilst every effort will be made to deliver luggage to your suite/stateroom in a timely manner, delivery may be delayed due to strict customs formalities, which are beyond the ship's control.

**Important Notice:** To avoid excess luggage fees, it is highly recommended that you verify the luggage allowance for all airlines/flights (pre and post) booked in conjunction with your cruise and packed according to the most restrictive policy. Guests who purchased the **Silver Galapagos Air package** are permitted two pieces of checked luggage with a combined weight of 50lbs. (23 kg) with a maximum dimension of 158 cm (62 linear inches) per passenger, plus one carry-on bag may be transported which has a maximum weight of 22lbs. (10 kg), and a maximum combined linear measurement (length + width + height) that does not exceed 115 centimetres (45 inches).

## AIRLINE IMPOSED LUGGAGE GUIDELINES AND FEES

Luggage allowance guidelines/fees vary by airline, airport and/or class of service booked/ticketed. Airlines are strictly enforcing their policies and you may be required to pay fees at check-in. Many airlines limit each piece of luggage to 50lbs. (23 kg) or less. Airlines change their policies frequently, therefore it is highly recommended that you or your travel professional contact the airlines directly for the most up-to-date luggage allowance policies. These policies are updated regularly on most airline web sites. Please note that each guest is fully responsible for any/all luggage fees imposed by the airlines upon check-in. Silversea is not liable for any fees associated with checked or carry-on luggage, or any items confiscated at the security checkpoint.

Most airlines today, depending on destination and class of service purchased, are charging fees for each piece of checked luggage. If you booked your air via Silversea, please be advised that Silversea does not cover this additional expense. The airlines are continually updating their policies. To access the most up-to-date information please refer to your specific carrier's web site.

## LAND PROGRAMMES INCLUDING AIR SERVICE

Additional luggage limitations may apply. Refer to your final travel documents for details.

## GALÁPAGOS NATIONAL PARK REGULATIONS

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You are about to visit a Natural Heritage Site, therefore you must follow the rules imposed by the controlling authorities such as the Galápagos National Park. During your visits the naturalist guides will emphasise these regulations:

- Do not remove animals, plants, rocks or their remains (including shells, bones, and pieces of wood) from the islands.
- Be careful not to transport any live animals to the islands, or from island to island.
- Do not take any food to the uninhabited islands.
- Do not touch or handle the animals.
- Do not feed the animals. It can be dangerous, and it can destroy the animals' social structure and breeding habits.
- Do not disturb or chase any animal from its resting or nesting place.
- Stay within the designated visiting areas.
- Do not litter while on land or sea.
- Do not deface the rocks.
- Do not smoke on the islands. Do not buy souvenirs or objects made of plants or animals from the islands.

- Do not visit the islands unless accompanied by a licensed National Park Guide.
- Restrict your visits to officially permitted areas.
- Conservation is everyone's business. Please do not hesitate to show your conservationist attitude.
- The Ecuadorian government declared the islands a National Park on July 4th 1959; at the same time the Charles Darwin Foundation was created in Belgium. The Charles Darwin Station was created in Santa Cruz island to aid scientific research. It was inaugurated on January 20th 1964. Then in 1968 the Galápagos National Park began offering its services. Nowadays groups of no more than 20 visitors are led by certified guides. This regulation helps reduce the impact on this fragile eco-system and gives the islands a sense of seclusion and privacy.

## **GALÁPAGOS RESTRICTIONS**

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### **RESTRICTED PRODUCTS BY GALÁPAGOS**

Local authorities manage the quarantine system in the Galápagos in order to avoid the introduction of foreign species to the islands. All the cargo and luggage that arrive at, depart from or are transferred from one island to another are inspected in Ecuador and in Galápagos. Below is a list of products that are not allowed in the islands:

*Prohibited products:* To preserve human health and the native species of the Galápagos Islands, these products are not permitted in the Galápagos: fresh vegetables and fruits, animal products, animal by-products or dairy products. Live animals, pathological samples, dry coffee beans, genetically modified organisms, forest species or their disseminative parts, grass and its disseminative parts, fresh flowers, medicinal plants and their disseminative parts, banana leaves, microorganisms (fungus, bacteria, etc) earth and sand or animal vaccines.

## **MEDICAL INFORMATION**

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The medical services and medication on board the Vessel is extremely limited and all guests are required to bring an adequate supply of any specific medication needed. All guests will be charged for use of the medical facilities. It is therefore recommended that guests have full travel insurance to cover any medical costs incurred on board.

### **INOCULATIONS**

Generally, inoculations are not required in most areas where Silversea travels. These requirements are subject to change and we recommend that you verify current guidelines with your travel professional prior to departure. Please note that when travelling to countries that do require inoculations, written verification will be necessary. Before taking any trip outside your country of origin, it is wise to check with your doctor, particularly if you are under a doctor's care.

## **PREGNANCY**

At the time of booking, expectant mothers are required to provide a medical certificate establishing their fitness for travel. Silversea is unable to accommodate women who have entered their twenty-fourth (24th) week of pregnancy, and will not be responsible or liable for any complication related to pregnancy during the entire duration of their Silversea vacation.

## **PRESCRIPTION MEDICATION**

For your convenience and well-being, it is important that you bring a sufficient supply of any prescription medicine you may need. Prescriptions cannot be refilled onboard, and usually cannot be refilled overseas. To prevent delays in clearing customs, it is also a good idea to travel with a doctor's letter explaining that your prescription medication is required for your continued health. It is also recommended that the medicine remain in its original container with the original pharmacy label intact.

## **SPECIAL MEDICAL CONDITIONS**

At Silversea, your health and safety are our first priority. If you have any existing medical condition that may require our attention, or should you require oxygen for medical reasons whilst onboard, we ask that you please send written notification prior to your voyage to Silversea Special Services, 333 SE 2nd Avenue, Miami, FL 33131, USA, e-mail [specialservices@silverseacruises.com](mailto:specialservices@silverseacruises.com) or fax to 954-759-5049.

Please note:

- An oxygen concentrator is the only form of oxygen equipment that the *Silver Galapagos* can accommodate.
- Guests requiring wheel-on and/or wheel-off access must contact Silversea.
- Not all expedition excursions are suitable for guests with impaired mobility.

## **PACKING ESSENTIALS**

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### **CLOTHING ABOARD THE SHIP**

Shipboard attire is always casual. Casual wear is appropriate for daytime aboard ship or ashore, and consists of standard sports outfits as worn at five-star resorts. Shoes should be non-skid, flat or low heeled for deck activities. Evening attire is also casual open-neck shirts, slacks and sports outfits are appropriate. In the evening, jeans and shorts are not permitted in The Restaurant.

### **CLOTHING ASHORE**

The right gear is essential for enjoying the full experience of your Silversea Expedition without the limitations of weather and other conditions. Clothing that can be layered to accommodate different temperatures is most versatile and comfortable.

The key to dressing for warm climates is to wear light-coloured, loose-fitting clothing made of natural fibres. Also, pack sandals, a hat for sun protection and a lightweight sweater for cooler evenings. Visit the online gear shop at [shiptoshoretraveler.com/silversea](http://shiptoshoretraveler.com/silversea) for a list of packing essentials.

#### ADDITIONAL ITEMS NEEDED

- Rain jacket — waterproof and breathable.
- Sturdy, quick-drying reef walkers for getting into and out of the Zodiacs, NOT flip-flops. Water shoes that can slip off easily should be avoided.
- Comfortable walking shoes with rubber soles — for use onboard the ship and during expeditions.
- Long-sleeved shirts and blouses.
- Light weight sweater for cooler evenings.
- Light weight long trousers.
- Knee-length walking shorts.
- Bathing suit, for use in ship's heated whirlpools or on certain excursions.
- Hat for sun protection.

#### TRAVEL ACCESSORIES

- Polarised, dark sunglasses and retainer strap.
- Sunblock and lip balm.
- Insect repellent.
- Small personal first-aid kit.
- A complimentary water-resistant backpack is provided onboard.
- A complimentary stainless steel water bottle is provided onboard.

#### OPTIONAL FIELD GEAR

- Camera, film, memory cards and extra batteries. Bring more film and/or memory cards than you think you will need. Once the trip has started you will not be able to replace or purchase additional gear. Test your camera before leaving home to ensure it is working properly, and pack the manual for reference, should unexpected problems arise.
- Consider bringing a camera beanbag to support your 300mm+ lens for your camera's stabilization.
- Binoculars are an essential part of your field gear. It will enhance your experience ashore. Purchase a compact set and test them out before travelling to the Galápagos.
- Motion sickness remedies.

- Spare contact lenses or glasses.
- A few large zip-seal bags to keep camera gear dry whilst riding in the Zodiac and during wet shore landings.
- Reading and writing materials.

#### OTHER ITEMS TO PACK

Some toiletries are available at the Reception desk, as well as limited quantities of batteries for your camera. However, we do suggest that you pack a substantial supply of essential items, since they may be unavailable in foreign ports and remote destinations. Also, be sure to bring an ample supply of over-the-counter medications and prescription drugs in your carry-on hand luggage. Refer to page 11 for snorkeling essentials.

#### SPECIAL DIETARY REQUIREMENTS

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Silversea will make every attempt to accommodate guests with special dietary requirements. If you have any special needs, please note them on the Guest Information Form or have your travel professional fax Silversea Special Services (954-759-5049) at least 90 days prior to sailing.

#### SPECIAL OCCASIONS

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If you are celebrating a birthday, anniversary, honeymoon or other special occasion during your Silversea Expedition, we will be happy to celebrate the event with you. Please indicate your special occasion on your Guest Information Form or have your travel professional advise us of such occasions at least four weeks prior to departure.

#### TRAVEL DOCUMENTS

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To ensure that your journey runs smoothly, please remember to bring along all required travel documents. These include air and cruise tickets, passport, visa and medical card inoculation verification (where applicable). Please be aware that security measures imposed by foreign governments may change from time to time. It is your responsibility to secure all relevant documentation for your trip.

Guests who purchased the *Silver Galapagos* Air Package will receive their air tickets upon arrival at the Quito or Guayaquil airport.

If any guest fails to obtain and to have such documents readily available, that guest may be denied boarding or the guest may be disembarked during the voyage.

Guests for whom boarding of ship or aircraft is denied are fully responsible for any and all expenses, including but not limited to ground transportation, hotel accommodations and meals.

For your personal safety, we require all guests to provide us with the above-mentioned documentation in order to board *Silver Galapagos*. Should you have any questions regarding travel documents, please consult your travel professional for advice.

# WHILE ABOARD

## SILVERSEA'S ALL-INCLUSIVE FARES

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With never a gratuity to pay or a bar tab to sign, each voyage has the ease of an exclusive holiday with friends on a private yacht.

### BEVERAGES

A selection of fine wines, spirits, soft drinks and water are complimentary throughout the ship, and your in-room beverage cabinet will be replenished upon request with your preferences. (A selection of wines and spirits is available at an additional charge).

### ONBOARD GRATUITIES

All hotel service gratuities are included in your cruise fare; no additional gratuities are necessary.

### SPECIAL REQUESTS

Due to limited availability and restricted entry of supplies into Galapagos National Park, we may not be able to accommodate the same special requests as we accommodate on the other Silversea ships.

## DINING OPTIONS

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*Silver Galapagos* features a variety of onboard dining options including The Restaurant, Outdoor Grill and complimentary Room Service.

### THE RESTAURANT

The Restaurant serves breakfast and lunch buffet style, and dinner is a la carte. Our open-seating policy allows you to dine when and with whom you wish. The menu features Mediterranean flair on local cuisine. Low calorie, low carb, vegetarian and vegan options are also available.

### OUTDOOR GRILL

This casual bar and grill offers a range of lunch favorites including fresh-from-the-oven pizza and lighter fare. Service is a la carte on the open deck.

### COMPLIMENTARY ROOM SERVICE

You may order from the Room Service menu between the hours of 6am and 11pm. A selection of light dishes and gourmet bites are offered.

## ENRICHMENT AND ENTERTAINMENT

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*Silver Galapagos* is staffed with an enthusiastic and informative Expedition Team, and each voyage is hosted by a team of certified Galápagos Natural Park guides and Expedition Lecturers who share their expert knowledge of

the Galápagos Islands unique wildlife, history, ecology and geology. From educational lectures and expedition recap, to guided field studies ashore, they offer great insight on the nature and culture of the day's destination.

## COMMUNICATION SERVICES

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### BUSINESS SERVICES

Onboard *Silver Galapagos*, ship-to-shore phone calls can be made at an additional charge.

### E-MAIL / INTERNET ACCESS

Onboard Internet services are available with a range of pricing plans. Guests may use their own laptop with wireless card to conveniently access the Internet and personal e-mail in the privacy of their own suite/stateroom, and at wireless Internet (WiFi) locations throughout the ship. E-mail and Internet access are also available onboard, for a nominal fee. E-mail and Internet access is available after 2pm on embarkation day, continues to operate 24 hours a day throughout the voyage, and is closed at 11pm on the final night of the cruise. Users may experience some delays in service when sailing. Charges apply, with package rates available, and are subject to change.

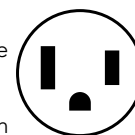
### WIRELESS PHONE AND DATA SERVICES

*Silver Galapagos* is equipped with a phone system that allows guests to make direct-dial calls from their suite whilst at sea. Calls will be billed to the guest's onboard account. Please consult the ship's Reception Desk for the current rate. Should someone wish to reach a guest at sea, please refer to the Leave Behind Information provided in the final cruise documents. Please note that these onboard technologies utilise satellite equipment. As such, there may be temporary outages of any satellite connected shoreside service, including Internet connections, cell phones, in-suite phones, television broadcast channels and world news summaries.

## ELECTRICAL APPLIANCES

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*Silver Galapagos* has 110 AC power. Most modern electronic devices support dual voltages, but if you are uncertain, please verify your equipment prior to plugging it in. The electrical receptacles on the ship accept plugs of a type known as North American non-grounded or type A. The receptacle is as shown:



In particular, please be advised that devices such as generators, lamps, electric motors, electric shavers, hair dryers, clocks and some video equipment may be incompatible with the 110v/60 Hz power. A hair dryer is provided in each suite/stateroom. If you wish to bring along other equipment, you should verify if a voltage transformer



or other conversion device is necessary. Ordinarily, simple plug converters will suffice for laptop power supplies and many devices with rechargeable batteries such as cell phones, iPods, or digital cameras. We do advise that you read the labels on each particular device to determine the compatibility.

Remember to bring an adequate supply of batteries for the voyage. Because of the environmental hazards inherent in the disposal of batteries, we recommend rechargeable batteries for most applications. To protect this fragile environment, we request that guests retain all their exhausted batteries and dispose of them in an environmentally safe manner either after you return home or, for your convenience, there is a battery disposal box onboard.

## **MONEY MATTERS**

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### **CARRYING MONEY**

Silversea does not limit the amount of money you may carry during your voyage. For safety reasons, Silversea recommends that guests take precautions and not carry excessive amounts of cash. Many purchases can be conveniently made using credit cards or travellers cheques and do not require cash transactions. Silversea is not responsible for any loss of money.

If you bring more than USD\$10,000 into or out of the United States (e.g. in the form of U.S. or foreign currency/coinage, travellers cheques in any form, money orders, etc.), you must report it to the U.S. Customs Service. For additional information and forms, see the U.S. Customs' website at: <http://www.cbp.gov/xp/cgov/travel>. If you are not a U.S. citizen, please contact your local customs office.

### **CURRENCY EXCHANGE**

It is a good idea to exchange some of your funds at a bank before leaving home. Most international airports also exchange funds, though they often charge higher exchange fees. The currency in Ecuador and onboard *Silver Galapagos* is the U.S. dollar.

The vessel is unable to provide money exchange or accept payment in foreign currency.

### **MAKING PURCHASES ABROAD**

If you plan to make any major purchases abroad, we recommend that you use your charge card ashore wherever it is accepted. This will often ensure receiving a better exchange rate than what is offered locally.

### **SHIPBOARD ACCOUNT**

Before debarking, guests will be asked to settle their account with a VISA®, Master Card®, American Express® credit card

number and expiration date, which must be valid through the final day of their voyage. All charges for services provided and products purchased onboard must be settled in cash (US Dollars Only) or above listed credit card at the end of each voyage segment and before final disembarkation from the ship.

## **ONBOARD SERVICES AND FACILITIES**

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### **IN-SUITE ENTERTAINMENT**

Each suite/stateroom features a flat screen television with interactive video, on-demand movies and music.

### **LAUNDRY SERVICES**

Laundry services are available and may be arranged through your Butler. Customary charges will apply.

### **MEDICAL SERVICES**

*Silver Galapagos* is equipped with a Medical Centre. A doctor is on call 24-hours. Guests may be charged for medical services and for medications used for their medical treatment. The Medical Centre is not intended or designed to provide ongoing treatment for pre-existing conditions or for extended critical care, and Silversea is not responsible for the diagnosis, treatment or services furnished by shipboard medical personnel. Guests requiring oxygen for medical reasons are welcome to bring an oxygen concentrator onboard. Guests wishing to bring their own portable oxygen tanks must obtain prior written authorisation from Silversea, as restrictions may apply. (For additional details, see the Passage Contract.)

## **EXPEDITION POLICIES**

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### **ITINERARY VARIATIONS**

Itineraries are unstructured by design. Following only a tentative schedule allows for moment-by-moment flexibility to stay longer at sites of particular interest, or make slight detours whenever weather, nature or mere curiosity dictate. Guests will be notified of any required deviation as soon as possible.

### **PETS**

We are unable to accommodate pets of any kind or service animals as their entry into Galápagos National Park is prohibited.

### **SAFETY PRECAUTIONS AND PROCEDURES**

It is mandatory that all guests participate in a safety drill, which is normally scheduled to take place prior to departure from the port of embarkation. Please note that emergency information is posted in your suite/stateroom.

## SMOKING

At Silversea, the comfort and enjoyment of our guests is paramount. We recognise that some of our guests smoke and others do not. Most areas on *Silver Galapagos* are non-smoking, however, in order to promote an onboard atmosphere that satisfies all guests, there are designated areas on Decks 4 aft for cigarette, cigar and pipe smoking and should be outside. Silversea kindly requests that all of our guests observe the non-smoking areas. These requests are made to provide a comfortable living atmosphere for everyone onboard.

There is no smoking on the Galápagos Islands.

## PUBLIC ROOMS

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### THE LIBRARY

The Library is well stocked with an extensive selection of reference books and magazines.

### PIANO BAR

The Piano bar, located on Deck 4, is specially designed to give guests an uninterrupted view of the destination from the comfort of the ship's interior. This is an ideal place to unwind, enjoy afternoon tea, listen to our pianist and relax after a day of exploration.

## SPA AND FITNESS

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### FITNESS CENTRE

*Silver Galapagos* is equipped with a Fitness Centre that is open daily, and offers various equipment such as a elliptical trainer, stationary bike and free weight equipment.

### SPA AND SALON SERVICES

Spa, beauty salon and hair styling services are available onboard including manicures, pedicures, massages and other spa treatments. Appointments for these services may be made onboard the ship. To ensure the dates and times you prefer, we suggest you book your appointments early in your voyage. Customary charges will apply.

### WELLNESS PROGRAMME

Whether the goal is better health or weight control, Silversea's Wellness Programme offers daily menu selections to complement the roster of fitness activities. Choose from dishes that are lower in fat, calories, sodium and cholesterol, as well as vegetarian, vegan and low-carb options at every meal.

## VALUABLES

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Your suite/stateroom is equipped with a safe. Please take great care with your money, jewelry, cameras, binoculars, documents and any other articles that you retain in your personal control or keep in your suite/stateroom, as Silversea is not responsible for damage to, or loss of, these items.

# GOING ASHORE

## EXPEDITION EXCURSIONS

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### COMPLIMENTARY EXCURSIONS

Every Silversea Expedition features complimentary excursions led by a team of certified Galápagos Natural Park guides. Activities vary daily for each itinerary and are designed for all levels of interest and physical ability. During your voyage your Expedition Leader will brief you daily on the following day's destination and activities.

### ZODIAC® LANDINGCRAFT

*Silver Galapagos* carries a fleet of inflatable Zodiac® boats, allowing you to explore the remote and rugged islands of the Galápagos. These rigid boats are specifically designed for nature study, and are very rugged, as well as safe, and durable. They are easy to board, whether at the ship or ashore, and are operated by highly trained crew.

A Zodiac is an exceptionally buoyant rubber boat with an inflatable hull of multiple air-filled compartments, a feature that allows the Zodiac to float even should a compartment

become deflated. A low centre of gravity makes Zodiacs very stable. Zodiacs are also agile, allowing them to easily come alongside *Silver Galapagos*, and to manoeuvre over reefs and between narrow passages.

All guests will participate in a complete Zodiac familiarization session upon embarkation. Please review these instructions carefully prior to your training session and throughout your Silversea Expedition.

1. Your Expedition Leader will provide a full briefing of the use of and behavior onboard the Zodiac craft.
2. Silversea's Zodiac drivers have all had extensive training and experience. They are experts in this aspect of your expedition cruise. Follow their instruction at all times when aboard.
3. "Dry Landing" means you will disembark the Zodiac at a landing platform or rocky surface.
4. "Wet Landing" means you will need to step into the water and wade to shore – wear reef or water shoes.
5. Guests will be advised of the local weather conditions and

the kind of landing (dry or wet) in order to dress with the appropriate clothing and footwear.

6. Wear waterproof outerwear — regardless of whether a wet or dry landing.
7. Wear the safety vest provided.
8. Wear sun protection, especially a high-factor sunscreen and dark, polarized sunglasses.
9. Pack your non-waterproof items (camera, binoculars, personal items, etc.) in zip-seal bags, and then place in your personal backpack or complimentary Silversea Expedition backpack.
10. Wear your backpack on your back. All other equipment should be handed to the staff/crew member at the top of the gangway before boarding the boats. This will allow your hands to be free for boarding the Zodiac. You will receive your equipment again once you are in the boat and should place it on the floor in front of you so your hands are free to hold onto the ropes. This procedure will be reversed when exiting.
11. When embarking and disembarking the Zodiac, firmly grasp the wrist of the staff/crew member that is waiting to assist you before stepping aboard/ashore.
12. Remain seated at all times whilst aboard, until otherwise instructed.

## SNORKELING

The Marine Reserve offers a spectacular world worth exploring. We offer snorkeling nearly every day. Snorkeling requires a certain degree of preparation, which will be provided by your guide, but should not be attempted by people who cannot swim. Snorkeling gear is available onboard including a safety jacket. Guests who require prescription masks are encouraged to bring their own.

Snorkeling does require a certain amount of preparation, mentally as well as physically.

Please listen carefully to your guide's instructions, and keep in mind that currents are treacherous in the Galápagos, especially in open water situations.

## WETSUITS

We have a selection of complimentary short and long sleeve wetsuits for adults and children.

## PHYSICAL CONDITION

Elderly people and people with physical problems could have difficulties when going on some excursions. Visitors should be in reasonably good physical condition because some of the hikes include some climbing in hot weather.

However most of the hikes require moderate physical activity at a moderate pace, during this time our guides will describe what you are seeing on the islands.

# BACK HOME AGAIN

## CUSTOMS AND DUTY-FREE PURCHASES

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### FOR U.S. RESIDENTS

On your return flight home, the airline will provide you with a Customs Declaration Form. If you make numerous purchases during your travels, it is recommended that you keep all sales receipts handy in your carry-on bag to help you complete this form. U.S. Customs will permit each traveller to return to the United States with no more than USD\$800 worth of merchandise purchased abroad without paying duty. You will be charged a 10% duty for the next USD\$1,000 worth of purchases, and on purchased items that total more than USD\$1,400, you will be assessed an additional rate based on the retail value from the country of origin. Limits on tobacco and liquor are as follows:

- 100 cigars or 200 cigarettes and one litre of wine, beer or liquor.

To prevent the inconvenience of trying to prove that foreign items purchased in the U.S. which you carried aboard were not purchased overseas, you may want to pre-register them with the U.S. Customs Office prior to your departure. (Please see page 4 on Customs.)

For additional information on U.S. Customs' regulations, please see the U.S. Customs' website at <http://www.cbp.gov/xp/cgov/travel> or contact the U.S. Customs Office in your area. If you are not a U.S. resident, please contact your local Customs Office.