



## AMUNDSEN EXPEDITION PARTICIPANT GUIDE

Participating in an Arctic scientific cruise is such a thrill; it's the unique opportunity to visit a remote and magnificent part of our world while experiencing hands-on scientific operations training and bonding with other avid scientists and hearty crewmates. Although the excitement is real, the preparation and anticipation can also be a little overwhelming. This guide is designed to help you prepare your stay and to give you a better idea of what to expect once onboard.

### IN PREPARATION FOR YOUR STAY

What to Do	What to Bring
<ul style="list-style-type: none"> <li>→ Read <b>ALL</b> the long emails you receive.</li> <li>→ Submit your security clearance application; Use the <a href="#">Security Clearance Guidelines</a></li> <li>→ Fill out the <a href="#">Personal Information Form</a></li> <li>→ Read the Familiarization Guide for supernumerary personnel carried aboard the CCG ships               <ul style="list-style-type: none"> <li>→ Complete appendix IV – <b>General Statement of Risks</b> of the Familiarization Guide</li> <li>→ Complete appendix V – <b>Statement of Medical Fitness</b> of the Familiarization Guide</li> <li>→ Complete appendix VI – <b>Waiver and Release</b> of the Familiarization Guide</li> </ul> </li> <li>→ Review with your science team what <b>certifications and training</b> you need depending on your role onboard               <ul style="list-style-type: none"> <li>→ Helicopter ditching course</li> <li>→ WHMIS hazardous materials training certificate</li> <li>→ Radioisotope training certificate</li> <li>→ Firearm operation training and license</li> <li>→ Drone pilot certificate for advanced operations</li> <li>→ First Aid training</li> </ul> </li> <li>→ Make sure you have proper insurance for the cruise; Your insurance should include MedEvac coverage</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Passport</li> <li><input type="checkbox"/> Canadian cash money or personal checks</li> <li><input type="checkbox"/> Personal protective equipment           <ul style="list-style-type: none"> <li><input type="checkbox"/> Steel toe boots (mandatory for deck operations)</li> <li><input type="checkbox"/> Hard hat (mandatory for deck operations)</li> <li><input type="checkbox"/> Flotation suit (mandatory for deck operations)</li> <li><input type="checkbox"/> Working gloves</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Safety glasses (mandatory for lab work)</li> <li><input type="checkbox"/> Lab coat (mandatory for lab work)</li> <li><input type="checkbox"/> Masks or face covers</li> </ul> </li> <li><input type="checkbox"/> Medication; bring extra!           <ul style="list-style-type: none"> <li><input type="checkbox"/> Your usual medication</li> <li><input type="checkbox"/> Eyeglasses and contact lenses</li> <li><input type="checkbox"/> Tylenol, Advil or equivalent</li> <li><input type="checkbox"/> Gravol or equivalent</li> </ul> </li> <li><input type="checkbox"/> Everyday clothes           <ul style="list-style-type: none"> <li><input type="checkbox"/> Boots, warm coat, rain coat, hat, gloves, scarf...Everything to keep warm outside</li> <li><input type="checkbox"/> Comfortable sneakers for inside the ship</li> <li><input type="checkbox"/> Warm clothes</li> <li><input type="checkbox"/> Sportswear (if you intend to go to the gym)</li> <li><input type="checkbox"/> "Dressier" clothing for Sunday dinners</li> <li><input type="checkbox"/> Comfortable pants and shirts</li> <li><input type="checkbox"/> Underwear, socks and pyjamas</li> </ul> </li> <li><input type="checkbox"/> Personal Hygiene products           <ul style="list-style-type: none"> <li><input type="checkbox"/> Tampons or any menstrual hygiene items</li> <li><input type="checkbox"/> Shampoo &amp; conditioner, hairbrush and elastics</li> <li><input type="checkbox"/> Face &amp; skin moisturizer and sunscreen</li> </ul> </li> <li><input type="checkbox"/> Any entertainment you like that fits your luggage! Books, small board games, movies...</li> </ul>



## LIFE ON BOARD

### Arriving on the Ship

Whether you arrived by helicopter or using the gangway, the first thing you do once onboard is visit the logistic officer's office to:

- Hand your signed forms (appendices VI, VII and VIII)
- Find out your cabin number

Your cabin number in hand, you can now unpack, install your cabin and meet your roommate. Make sure to **secure all your personal items**; the sea may get stormy!

Rookie or old-timer, the first day(s) onboard also means **Familiarization Tour** and **Life on Board Presentation**. Through this CCG officer guided tour, you'll learn all about security onboard, what do to in case of an emergency and you'll visit the whole ship, from the bow thrusters to the bridge. The presentation will be given by the chief scientist and covers all the day-to-day details.

During your first week onboard, the commanding officer will also plan a **safety drill** to make sure everyone is prepared for an emergency.

### Food

Meals are served three times a day in the officer's mess and in the crew's mess, you're welcome in both!

- **Breakfast:** 7h30 to 8h30 (not whenever you get up)
- **Lunch:** 11h30 to 12h30
- **Dinner:** 17h00 to 18h00

\* A vegetarian option is always proposed. (No vegan option)

Little savoir vivre tips during meal hours:

- Avoid showing up at the last minute
- Keep your **cell phone off** or in your cabin
- Return glasses, cups, plates and silverware to dishwasher
- **No coveralls or coats** at all times
- **No hats, bag or instruments** during meal hours
- Do not touch plates put aside for others

Need a snack? Fruits, cheese, bread, yogurts, cookies, and much more can be grabbed at the crew's mess at any time.

### Communications

#### Science

- **Science meetings** are held every day or as required
- The schedule is posted and updated on the **science billboard** (also available at <http://10.10.210.210> when connected to the Science Wi-Fi)
- A **Science Share public network** is available for scientists (\\10.0.0.10 \share when connected to the Science Wi-Fi)

#### Phones

- Every cabin on board is equipped with a phone
- Dial **60** – Short **public announcement** (from 8h00 to 20h00)
- Dial **70** – to contact the **bridge**
- Dial **500** – to contact the **chief scientist**
- Dial the **cabin number** or **lab number** of the person you wish to reach.
- Refer to the **list in your cabin** for exceptions

#### Wi-Fi

- Network name: Science  
Password: sciences
- Access to the **Wi-Fi may be limited** by the chief scientist
- **Two desktop computers in the server room** (201) are accessible 24/24h for work related browsing

#### External communications

- **Prepaid PIN** is available from the logistic officer at 35\$ for 45 minutes
- The chief scientist has an **IRIDIUM phone for emergencies**
- Receiving phone calls on board should be limited to operations or emergencies



## LIFE ON BOARD

### Rules

- Drugs (including cannabis) are strictly prohibited on board the Amundsen.
- Personal possession of **Alcohol is prohibited**
- The Amundsen is a **smoke-free environment**; smoke in designated areas only (upper deck)
- **Someone is always sleeping** (avoid loud speaking, shouting, banging doors, etc.)
- Restricted access areas:
  - **Bridge**: you're welcome on the bridge, but ask first and keep noise level low
  - **Engine room**: no admittance without business (tour possible)
  - **Boatswain workshop**: no admittance without CCG supervision
- Bathroom rules:
  - Toilets use an aerobic vacuum system; literally **nothing in the toilet** but toilet paper and human waste!
  - Respect gender assignments for bathrooms
  - Leave toilets and showers clean
  - Bring back laundry baskets, vacuum cleaner, irons & boards
- Cabin rules:
  - Keep your **cabin clean** (make your bed, empty your garbage cans, clean your sink, etc.)
  - Do not turn your cabin into a laboratory or a storage room
  - **Candles are strictly prohibited!**
  - Bring back coffee mugs!

### Good to Know

#### Bars

- As per the commanding officer's directions, there could be up to **three bar nights a week** onboard the CCGS *Amundsen*, usually held **from 20:00 to 23:00** on Tuesday, Thursday and Saturday.
- The **consumption is limited to three** per person per night.
- **Consumption outside the bar is prohibited.**

#### Sunday Dinner

To keep track of time and take a moment "away from work", Sunday dinners are a little fancier.

- CCG officers and crew wear their formal uniform
- Scientists are encouraged to wear "dressier" clothing (button shirt, dress, pants or skirt, etc.)
- A three-course meal is served
- The meal can be accompanied by red or white wine (up to three consumption)

#### Unwind and Relax

- The officer lounge and the crew lounge, when available, can be to read, watch TV or chat, respecting distancing.
- The crew lounge is full of entertainments: playing cards, board games, dart game, babyfoot table...
- A gym is available for both scientists and CCG crew. A schedule might be in place.

### COVID-19 measures

Measures are in place to mitigate the risk of COVID-19 contagion onboard and in Northern communities. These include testing prior to boarding the ship or the charter flight, and mandatory vaccination. The Commanding Officer has final authority on the implementation of COVID-19 mitigation measures onboard the ship.