A TRACY'S TRAVELS FREEBIE

FIRST-TIME CRUISER SURVIVAL GUIDE

Your first sailing, made easier.



BEFORE YOU SAIL • EMBARKATION • LIFE ON BOARD

A friendly printable companion for your first cruise

BEFORE YOU SAIL

A little preparation makes embarkation day much smoother.

The essentials

- ☐ Confirm your cruise booking and passenger names
- ☐ Check passport / ID and any required visas
- ☐ Review entry rules for every port
- ☐ Complete online check-in when available
- ☐ Review your cruise line's prohibited-items list
- ☐ Understand gratuities and onboard charges

Pack a smart carry-on

- ☐ Travel documents and identification
- ☐ Medications and medical necessities
- ☐ Phone, charger, and valuables
- ☐ Swimsuit and a change of clothes
- ☐ Sunscreen and personal essentials
- ☐ Everything needed before bags arrive

BEFORE YOU HEAD TO THE TERMINAL

• Check your assigned arrival window and port address.

• Review bag tags, luggage limits, and parking or transfer details.

• Check weather and travel updates; allow extra time for delays.

Document requirements vary by itinerary and traveler nationality.
Confirm the official rules with your cruise line before departure.

YOUR FIRST DAY ON BOARD

Know what to expect without feeling rushed.

Embarkation, step by step

1. Follow your assigned terminal arrival instructions.

2. Have travel documents ready for verification.

3. Complete the mandatory safety / muster process.

4. Find your cabin and check where key venues are.

5. Enjoy lunch, explore the ship, and settle in.

Your onboard essentials

- Your cruise card / app may serve as your room key and onboard account.
- Check the daily schedule for shows, dining, and activities.
- Know your dining arrangements and any reservation requirements.
- Set your phone to airplane mode; understand Wi-Fi and roaming costs.
- Follow ship time and return-to-ship deadlines at every port.

Tip: Take a photo of the daily schedule and your designated meeting spot.

EAT, EXPLORE & ENJOY

Good to know while you are at sea.

Dining & Drinks

Included dining varies by ship; specialty restaurants may cost extra.

Check drink-package terms, service charges, and age restrictions.

Tell the cruise line about dietary needs before your sailing.

Ports & Excursions

Choose between ship excursions and independent exploring.

Track your return-to-ship time — not just departure time.

Bring ID, essentials, local currency, and weather-ready layers.

COMMON FIRST-CRUISE SURPRISES

- Shipboard spending, service charges, and taxes can add up.
- Port schedules and onboard entertainment can change.
- Cellular-at-sea roaming may be costly without a plan.
- You usually need to put larger luggage outside the cabin the last night.
- You will receive disembarkation instructions before returning home.



YOUR CRUISE QUICK REFERENCE

Keep these details handy during your getaway.

CRUISE LINE / SHIP

SAILING DATES

DEPARTURE PORT

CABIN NUMBER / DECK

CHECK-IN / ARRIVAL WINDOW

DINING ARRANGEMENT

EMERGENCY CONTACT

MY MUST-DO MOMENTS

- ☐ _____
- ☐ _____
- ☐ _____

Relax. Explore. Make unforgettable memories.

