THE LADY AND HER COMPASS

A TRAVEL GUIDE · REMOTE WORK AT SEA

The Work-From-Sea Blueprint

How to stay connected, productive and polished while the ocean does the commuting.

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01

Choose Your Crossing

The best working voyage is a one-way repositioning crossing: a few ports as bookends and a long run of quiet sea days in between.

10–16 nights, few ports

Aim for five ports or fewer. Every port day is a day you'll want off.

Mind the clock

Heading to Europe, you lose an hour most nights. Sailing west toward the U.S., you gain one, which is gentler on a U.S. work schedule.

Sail in the season

Ships reposition to the Caribbean in fall (Oct–Dec) and back to Europe in spring (Mar–May).

One Route, Two Ways

Barcelona → Miami · 14 nights

THE VALUE CROSSING

Virgin Voyages · Resilient Lady

Departs Oct 24, 2027 · adults only

Palma · Madeira · Tenerife

from $1,386* pp · inside cabin

THE LUXURY CROSSING

Regent Seven Seas · Seven Seas Voyager

Departs Dec 5, 2027 · all-suite

Cartagena · Málaga · Casablanca · Madeira · Bermuda

from $6,141* pp · suite

WHAT'S INCLUDED	VALUE	LUXURY
Gratuities	Included	Included
Wi-Fi	Basic included	Included
Specialty dining	Included	Included
Drinks	Extra	Included
Shore excursions	Extra	Included
Airfare	Extra	Varies by fare type

Compare the total trip, not the fare. Once you add drinks, excursions and Wi-Fi, the gap is often smaller than it looks.

02

The Tech Kit

Ship internet has come a long way — nearly every major line now runs on Starlink satellites. But steel cabins, lively lounges and a single desk outlet still reward a little preparation. Pack these and your stateroom becomes an office.

CALLS & CONNECTIVITY

Noise-canceling headset with a strong mic

Look for environmental noise suppression. It filters out deck announcements, ocean wind and pool music so clients only hear you.

Magnetic matte privacy screen

Essential when you're reviewing confidential files from a lounge, the pool deck or an observation bar.

A backup eSIM for port days

Ship Wi-Fi can slow down near port. A local data plan keeps you reachable ashore without touching the ship's package.

Travel router — only where allowed

Several major lines now confiscate routers at embarkation. Check your line first; see page 4.

POWER & ORGANIZATION

Compact multi-port USB-C charger

Skip the power strip. Surge protectors are confiscated across the industry and some lines now restrict multi-plug strips too. One GaN charger powers laptop, phone and headset from a single outlet.

A small plug adapter

Many staterooms offer both US (110V) and European (220V) outlets — an adapter doubles your usable sockets.

Magnetic hooks & cable organizers

Most cabin walls are steel. Hang your tech pouch and cables on the wall and keep the small desk clear.

20,000mAh power bank, up to 100W

Work from your balcony or a quiet lounge all morning. At about 74Wh it fits under the airline 100Wh limit — carry-on only, never checked.

03

Staying Connected

A note on travel routers

Carnival and Royal Caribbean now list routers among prohibited items and confiscate them at embarkation, and Norwegian bans personal satellite equipment. Policies change often — always check your cruise line's prohibited-items list (or ask me). Where routers aren't allowed, simply buy a package that covers more than one device.

YOUR SETUP, IN FIVE STEPS

1 **Buy your internet package before you sail**

Pre-cruise pricing is often lower. For video calls or a virtual desktop, choose the premium or "stream" tier — basic plans are built for email and social.

2 **Clear it with your IT team**

Let them know you'll work over ship satellite Wi-Fi and confirm your VPN or virtual desktop access, plus any rules about working from outside the country.

3 **Portal first, VPN second**

Join the ship's Wi-Fi and complete the login page with your stateroom details. Only then launch your VPN or virtual desktop. Portal won't load? Turn the VPN off and open any plain web page.

4 **Test on embarkation day**

Run a speed test, make a short test call and open your work desktop from your cabin and your favorite lounge — before the first real meeting.

5 **Airplane mode at sea**

Turn off cellular data before sail-away. Phones connect to the ship's maritime cell network at premium roaming rates. Switch Wi-Fi back on while in airplane mode.

< 70 ms
typical Starlink latency at sea — fine for calls & VDI

30–200 Mbps
download, depending on ship, tier and guests online

Mornings
on sea days are usually the fastest, quietest window

04

The Workday at Sea

Work on sea days, live on port days

Stack meetings and deep work on sea days and set an out-of-office for port days. The ship is quietest — and the Wi-Fi fastest — when everyone else is ashore or asleep.

Mind the ship's clock

Ships can change time zones overnight. Keep your calendar on your home time zone and set your phone's clock manually so meetings don't drift.

Scout your office early

The cabin desk, the library and observation lounges off-hours are favorites. A balcony stateroom makes a private office with a view — ask me about the best spots on your ship.

Download before you sail

Save key files, decks and reading for offline use, so a slow connection never stalls your work.

& The Packing Capsule

Moving between a stateroom office and historic port towns, every piece should look effortless and earn its space.

THE ONBOARD WARDROBE

An unstructured blazer

Linen or knit — polished on camera for a surprise executive call, relaxed enough for warm ports.

Fine-knit tops in neutrals

Cream, navy and espresso pack small and read structured on video.

Tailored travel pants or a matching set

Comfortable for hours at a desk and wrinkle-resistant from suitcase to dinner.

SHORE & CARRY GEAR

A weather-resistant tech backpack

Slim, with a padded laptop sleeve and pockets for chargers and drives — your carry-on on embarkation day.

Compression packing cubes

Keep tech separate from clothing and unpack your stateroom office in five minutes.

A cross-body for port days

Leave the laptop in the cabin safe — most fit a 13–15″ laptop, but measure yours.

05

Before You Sail

Tick these off in the two weeks before embarkation.

PLAN

- [ ] Check your cruise line's prohibited-items list
- [ ] Buy a premium internet package, with enough devices
- [ ] Confirm VPN and remote access with IT
- [ ] Block sea days for work; set out-of-office for port days
- [ ] Download files and reading for offline use

PACK

- [ ] USB-C charger, plug adapter & power bank — in your carry-on
- [ ] Noise-canceling headset & privacy screen
- [ ] Magnetic hooks & packing cubes
- [ ] Phone set: cellular data off, eSIM ready for port days
- [ ] Calendar locked to your home time zone

Cruise line policies and onboard technology change frequently. Confirm current rules for your sailing before you pack. Updated October 2026.

COMPLIMENTARY FOR BLUEPRINT READERS

Your 20-Minute Crossing Consult

Tell me your time zone, meeting rhythm and budget. I'll hand-pick three sailings that fit, from value to all-inclusive luxury, with current pricing. Many advisors charge a planning fee. For Blueprint readers, it's on me.

Call or email and mention "the Blueprint."

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