

WELCOME

fi There!

For those who have never taken a cruise before, there is no need to worry. It is quite common for first-timers to embark on a cruise. Cruise lines worldwide welcome millions of new passengers each year, so you will definitely not be the only one. The staff on board are always happy to assist you with any questions you may have.

Furthermore, it is important to note that no two cruise lines are the same. Even if you have sailed multiple times with a particular line, you may still feel like a beginner when sailing with a different cruise line.

The key takeaway here is that there is no reason to feel like you are the only one unsure of what to do on the ship. Do not let this worry make you feel self-conscious.

Moreover, as a Certified Cruise Counselor, with Cruise Line International Association, we have provided all the necessary information to guide you through your first cruise and help you sail like a pro.

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SO WHAT'S CRUISING LIKE?

Cruise ships today cater to a wide range of travelers, offering diverse experiences depending on your preferences. Whether you're seeking a lively and entertaining atmosphere with sun, drinks, and parties, or a tranquil and peaceful retreat, there is something for everyone.

Regardless of the type of journey you desire, cruise ships provide ample options to meet your needs. From newlyweds on their honeymoon to couples celebrating their 50th anniversary, families, bachelorette parties, and individuals seeking a getaway, you'll encounter a variety of passengers on board. It's worth noting that certain cruise lines, like Virgin Voyages, exclusively accommodate adults.

While major cruise lines strive to appeal to a broad audience, one thing is certain - the ships teem with passengers. Modern vessels typically carry approximately 3,000 to 4,000 travelers, and the largest ships accommodate 6,000 or more. Consequently, the ship bustles with activity. However, if you prefer a quieter environment, don't worry; the vast size of the ships means there are always tranquil spots to escape the crowds.

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Stay hydrated and drink plenty of water to avoid dehydration in the sun or at sea.

Pack appropriate clothing and gear for the type of cruise you are taking.

Make sure to bring any necessary medications and documents, such as your passport or visa.

Follow the ship's rules and regulations. This includes safety procedures and smoking policies.

> Attend any mandatory safety drills and follow instructions from the crew.

Explore the ports of call and participate in shore excursions to fully experience the destination.



Overpack. Most cruise ships have limited space in cabins, so avoid bringing unnecessary items.

Be late returning to the ship at port stops. Make sure to keep track of the ship's departure time.

Leave valuables unattended in public areas or in your cabin.

Ignore medical emergencies or symptoms of illness. It's important to seek medical attention if necessary.

Partake in reckless behavior, such as climbing on railings or sitting on balconies.

Disrespect the crew or other passengers.

TRAVEL DOCUMENTS

When going on a cruise, it's important to have all the necessary travel documents well in advance. This is especially crucial for international trips, as passports and travel visas may be required. If you're traveling with a minor without both parents, you may need a special permission letter. To avoid any last-minute issues, carefully read the fine print and ensure you have the required documentation.

Additionally, consider purchasing travel insurance for your cruise. It's a small price to pay for the peace of mind it offers. While rare, unexpected incidents like medical emergencies, lost luggage, or flight delays can be managed more smoothly with insurance coverage.

Lastly, don't overlook pre-departure questionnaires and online forms that can help expedite the check-in process. Completing these documents ahead of time will make your embarkation day a breeze at the cruise terminal.



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— EMBARKATION

Embarkation, also known as getting on the ship, is an exciting part of the cruise experience, especially for first-time cruisers. There are a couple of ways to start the process. Many people are opting to check-in online beforehand, which is highly recommended. This allows you to complete necessary forms, attach your credit card to your account, and more ahead of time. By doing so, you can expedite the check-in process at the terminal and board the ship faster.

For those who choose to check-in the traditional way, it may take a bit longer, but not excessively so. Regardless of the method you choose, when you book your cruise, you will be assigned an arrival time. Nowadays, many cruise lines have implemented staggered check-in procedures, where you are given a 30-minute boarding window to arrive at the port. This helps to distribute passengers over time instead of creating a rush right when the ship opens. Some cruises may have a boarding window of several hours, allowing you to arrive at any time within that period.

As you arrive at the terminal, there will be a designated area for checking your bags if desired. Porters will load the bags onto the ship, and the staff will deliver them to your room later. As a general rule, it is advisable to check large and heavy bags, while ensuring you have a carry-on with essential items like medication, passport, and a change of clothes for the first day.

Upon entering the port terminal, the first step is presenting your boarding pass and proper identification. After that, you will proceed through the security checkpoint. Cruise ship security is similar to airport security but less invasive. Once your documents are confirmed, your carry-on bag will be passed through an x-ray machine, and you will walk through a metal detector.

Following this, you will meet with an agent who will address any remaining formalities before boarding, such as attaching a photo to your account. If you have checked in online, your room keys will likely be waiting for you in a sealed envelope at your door.

These cards serve as both your room key and a credit card linked to your onboard account. With the exception of the casino, cash is not typically used on modern cruise ships. Instead, you simply swipe your keycard for any purchases made onboard. The bill will be settled at the end of the cruise.

Once you have completed the check-in process with the agent, you are ready to head to the ship, provided that the staff is ready to begin boarding. If you arrive early, you may need to wait in the terminal until it's time to board the ship.

YOUR FIRST DAY ON A CRUISE

On the first day of a cruise, the boarding process generally starts around noon, making the first "day" more like an afternoon and evening experience. Most people head to their cabins to drop off their bags and settle in, familiarizing themselves with their living quarters for the duration of the cruise. It's important to note that if you board early in the day, your room may not be ready yet.

Afterward, many guests take the opportunity to explore the ship a bit, perhaps grabbing a drink or enjoying a bite to eat at one of the open restaurants. If you hadn't taken care of things like securing a drink package or reserving a spot in a specialty restaurant ahead of time, now is a good time to do so.

One significant event on the first day is the muster drill, a safety requirement for all cruise ships. Nowadays, this drill is typically performed digitally, making it more convenient for guests. You'll watch some safety information on your cabin TV or on your phone via the cruise line app, and then head to your assigned muster station to check-in and observe a demonstration on how to put on a life jacket. The entire drill takes just a few minutes, and afterward, you can resume enjoying your time on the ship. It's important not to skip the drill, as you'll need to sign in with your card and the staff will notice any absences.

Throughout the evening, numerous activities are planned, including a sailaway party on the pool deck once the ship is far enough offshore. The ship's casino also opens up for those who fancy a round of games, and the bars are ready to serve refreshing drinks.

Whether you want to take a dip in the pool or enjoy a delightful dinner, the ship is now open for you to make the most of your vacation.







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WHILE ON THE SHIP, YOUR CABIN SERVES AS YOUR HOME AWAY FROM HOME. FIRST-TIME CRUISERS OFTEN FIND THEMSELVES SURPRISED BY THE SIZE OF A CRUISE CABIN, WHICH, TO PUT IT BLUNTLY, IS SMALL. EVEN THE IMAGE BELOW REPRESENTS A **RELATIVELY LARGE CABIN. HOWEVER, REST ASSURED** THAT A CABIN PROVIDES ALL THE ESSENTIALS NEEDED FOR A COMFORTABLE STAY. FROM A COZY BED AND A TV TO A CLOSET AND A FULL BATHROOM (EQUIPPED WITH A SHOWER, ALTHOUGH NO TUB UNLESS YOU OPT FOR LARGER SUITES), IT OFFERS EVERYTHING YOU WOULD EXPECT FROM A TYPICAL HOTEL ROOM, ALBEIT IN A MORE COMPACT SPACE. ADDITIONAL AMENITIES INCLUDE AN IN-ROOM FRIDGE, A SMALL SAFE, AND A HAIR DRYER. FOR TWO ADULTS, THE SIZE IS MORE THAN SUFFICIENT, BUT FOR LARGER GROUPS, IT MAY BE WORTH CONSIDERING BOOKING TWO CABINS, DESPITE CLAIMS OF ACCOMMODATING UP TO FOUR PEOPLE.

MANY PASSENGERS CHOOSE TO UPGRADE TO A BALCONY CABIN, AND IT'S NOT HARD TO SEE WHY. ALTHOUGH SLIGHTLY PRICIER THAN THE CHEAPEST INTERIOR CABINS, HAVING YOUR OWN PRIVATE BALCONY IS A DESIRABLE FEATURE. BALCONIES ARE TYPICALLY SMALL, FITTING TWO CHAIRS AND A SMALL TABLE. ANOTHER ADVANTAGE IS THAT HAVING A BALCONY ALLOWS FOR ACCESS TO FRESH AIR, UNLIKE INTERIOR OR OCEANVIEW CABINS.

THROUGHOUT YOUR TRIP, YOUR CABIN WILL BE ATTENDED TO BY A ROOM STEWARD, WHO WILL MAKE UP THE ROOM DAILY AND DELIVER THE DAILY SCHEDULE. THEY USUALLY WORK WHEN MOST PASSENGERS ARE OUT OF THE ROOM, SUCH AS DURING DINNER TIME, TO AVOID DISRUPTING GUESTS.

ON YOUR FIRST DAY ABOARD THE SHIP, THE STEWARD WILL INTRODUCE THEMSELVES, AND YOU CAN INFORM THEM OF ANY SPECIFIC NEEDS OR REQUESTS. DO NOT HESITATE TO ASK IF THERE IS ANYTHING TO ENHANCE YOUR CRUISE EXPERIENCE OR IF YOU HAVE ANY QUERIES REGARDING HOW THINGS OPERATE. THEY ARE ALWAYS DELIGHTED TO ASSIST.





VISITING PORTS OF CALL

When cruising, there is an element that might surprise first-time passengers - visiting ports of call. During a 7-day cruise, passengers typically encounter three or four ports of call; however, these stops are usually limited to approximately eight hours each. In other words, the majority of time is spent onboard the ship. It's worth noting that ports of call can vary significantly. Cruise line private islands, for example, are exclusively dedicated to passengers' use and offer amenities such as loungers, bars, and free activities. If you have a drink package, sometimes it extends to cruise ship private islands as well.

On the flip side, other ports of call present an opportunity to immerse yourself in another country's culture. These destinations operate independently of the cruise ship, allowing passengers the freedom to explore as they please. Cruise lines also offer a range of excursions, which can be booked onboard (additional fees apply). Excursions include everything from beach days to snorkeling and cultural activities. Alternatively, passengers are free to venture out on their own.

It's worth noting that many ports of call have welcome areas situated right at the end of the dock. These areas often feature shops, restaurants, and excursion booking facilities for those who haven't made prior arrangements. Even if you prefer not to venture far, these spots provide an opportunity to enjoy activities off the ship.

Regardless of the destination, remember to bring your cruise keycard (more on this in a moment), some form of identification, and a small amount of pocket money.



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FOOD & DRINKS

When it comes to dining on a cruise ship, there are a few things to keep in mind. First, it's important to note that some food is included, while others come at an extra charge. The buffet and dining room are the main spots where most people enjoy their meals. The buffet is open for all three meals, allowing you to simply walk in and grab a plate when you're hungry.

The dining rooms usually assign dinner times, but many also offer "anytime" dining where you can show up and get seated. Here, you'll experience a white-tablecloth dining experience, and the meals typically take about an hour and a half. Not many people realize that breakfast can also be enjoyed in the dining room, featuring fresher food with smaller crowds compared to the buffet.

If you're looking for a more intimate dining setting, there are specialty restaurants available that come with an extra charge. These smaller venues offer various cuisines, such as Asian, Mexican, Italian, and steakhouse options. It's advisable to make reservations for these specialty restaurants.

When it comes to drinks, it's important to note that alcohol is not included in your cruise fare unless you book a special package. There are bars available throughout the ship, including the casino, pool, center atrium, and other areas. Keep in mind that each drink comes with an added gratuity of around 18%.

For those who plan on consuming a lot of alcohol, cruise lines also offer alcohol packages that allow you to pay a set price each day and have unlimited drinks. Non-alcoholic drinks, including soda, usually come with a charge. However, water, juice, and tea are complimentary in the restaurants.



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ENTERTAINMENT

Your cruise experience can be tailored to your preferences with a wide range of activities available. From evening theater shows and poolside belly-flop contests to a variety of entertainment options, there is always something happening on board. The best part is that many of these activities are included in your cruise fare. The evening theater shows are particularly popular, ranging from Broadway-style performances to lively game shows inspired by "The Newlywed Game." However, the theater is just one of the many options available for your enjoyment. You can also make use of the pools, hot tubs, casino, spa, waterslides, sport courts, and more. On newer ships, there are even more exciting activities like go-karts, roller coasters, and zip lines.

In addition, the staff organizes various activities throughout the day, ranging from trivia contests to dance parties. You will receive a daily schedule of events in your stateroom the night before, or you can access it through the phone app provided by your cruise line.

If you prefer to go with the flow and enjoy your own company, that is perfectly fine too. You can relax by the pool, indulge in delicious meals, or simply take a nap. Remember, it's your vacation, and you are not obligated to follow the activity schedule.



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WHAT'S INCLUDED

For first-time cruise passengers, understanding what is included in your cruise fare can be confusing. Contrary to popular belief, cruises are not usually all-inclusive and additional expenses are common. Onboard, you may find yourself spending money on various extras such as alcohol, restaurants, gambling, and souvenirs from the gift shop.

However, there are still several things that are included with your fare. In the following sections, we will outline the main inclusions and exclusions to help clarify what you can expect.

CABIN

Included with your cruise fare is the cabin, which serves as your home away from home during the voyage. Although compact, it is equipped with everything you need for a week or so at sea. Additionally, you will receive daily (or twice daily) steward service.

ENTERTAINMENT

The majority of activities on the ship are included in your fare. For evening shows in the theater, simply find a seat and enjoy. This also applies to most other activities on board. However, it is worth noting that there is a growing trend of charging for certain special activities, such as gokarts on Norwegian Cruise Line. Additionally, activities like gambling and bingo come with an associated charge.

ROOM SERVICE

Room service, which used to be free, is now becoming a charge on many cruise lines. However, despite this trend, most lines still allow you to order breakfast for free.

MOST FOOD

Food is a major inclusion on a cruise, alongside your cabin. It's important to note that not all food is included on most ships. However, you can enjoy complimentary buffet, main dining room meals, and snacks. Keep in mind that specialty restaurants may come with additional costs.

AMENITIES

With only a few rare exceptions, when you pay your fare, you have complete access to the amenities on the cruise ship. Whether you want to relax by the pool, exercise in the gym, or simply enjoy the various public spaces perfect for people watching, they are all readily available.



WHAT COSTS EXTRA

DRINKS

Drinks on board may come at an additional cost. This covers various beverages, such as tea, coffee, water, juices, soda, beer, wine, and cocktails. However, some cruise lines may allow you to bring a limited amount of nonalcoholic drinks and a bottle of wine or champagne, which can help you save money.

RESTAURANTS

On modern ships, there are various specialty restaurants that offer a specific type of cuisine and require an additional charge. These smaller, sitdown eateries complement the free food options available onboard. While the lineup of restaurants varies between cruise lines and ships, it is common for the main dining room to be exempt from these additional charges.

ROOM SERVICE

Typically, complimentary room service breakfast is provided on cruise lines. However, there is a trend towards charging for additional food items, such as late-night snacks or cabin lunches. It's important to note that tipping the person delivering your food is customary and appreciated.

INTERNET

Good news! Cruise ships now offer Internet access, allowing you to stay connected with email, social media, and even stream Netflix. However, it's important to note that Internet services can be expensive, with daily rates ranging from \$15 to \$25 or more for Wi-Fi access.

GRATUITIES

Gratuities are an important aspect to consider when budgeting for a cruise. Cruise lines typically charge a daily amount per passenger, which is then distributed to individuals such as the room steward and the waitstaff in the dining rooms. The specific amount varies depending on the cruise line, but on average, gratuities amount to approximately \$16 per person, per day. For a couple on a week-long cruise, this would amount to around \$200+ in total gratuities. It is possible to prepay these gratuities when booking your cruise or have them charged daily to your onboard account.

EXCURSIONS

When the ship is in port, there are additional activities available at an extra cost. You have the option to book excursions in advance or wait until you are on the ship. There is always a dedicated area where you can inquire about various offerings and make arrangements for your outing.

GETTING "LOST" ON THE SHIP

Navigating a ship may not be as easy as you think. Even experienced cruisers often take a few days to familiarize themselves with a new vessel. However, fear not! Even if you find yourself slightly disoriented, rest assured that a short stroll will lead you to elevators or stairs that will take you to your desired deck.

HOW BIG THE SHIP IS

Cruise ships are widely recognized for their impressive size. However, it's not until you arrive at the port and prepare to board that you truly comprehend their immense scale. Consider the fact that these ships can tower 200 feet above the water, equivalent to a towering 20-story building. Moreover, contemporary cruise ships commonly exceed 1,000 feet in length, surpassing the dimensions of an entire city block.

Once aboard, you'll gain an even greater appreciation for their magnitude. These ships boast expansive promenades, numerous restaurants, and thousands of cabins. Not to mention the presence of nightclubs. atriums, double-decker theaters, and various other amenities you'd expect to find in a modern resort. All of these facilities are full-sized, not downsized versions, making for an unforgettable experience. Don't forget to bring your comfortable walking shoes to fully enjoy your time on board.

TIME SPENT AT PORT

When taking a week-long cruise with three ports of call, it may be misleading to assume there are three full days at port and four days at sea. In reality, the ratio is closer to one day at port and six days at sea.

This is due to the fact that ships typically spend an average of only eight or nine hours in port before setting sail again. For example, a ship may arrive at 8 a.m. and require all passengers to be back on board by 4:30 p.m. When combined, a week-long trip usually includes approximately 24 hours of time spent in ports.

FINDING QUIET SPOTS

Cruise ships, with their vast size comparable to a city block, accommodate thousands of people including crew members. While you may expect them to be crowded, it is surprising to discover that there are still numerous tranquil spots available if you wish to escape the crowds. For instance, in the evenings, the pool decks clear out, offering you ample space to yourself. Similarly, inside the ship, areas like the library are usually quiet and attract fewer people. It might take a day or two to explore and locate these less crowded spots as each ship's layout and venues differ. However, once you find them, you can enjoy your own "private" space despite the ship being full.

GRATUITIES

Gratuities are an important aspect to consider before boarding the ship. Nowadays, these charges are conveniently added to your account automatically. In fact, you may have already settled your daily gratuity amounts before even setting foot on the ship. These additional charges are included in the price, but it's crucial to pay attention. When you receive the bill, it will display the price with the gratuity included, followed by a separate line for an optional additional tip. If you feel inclined to be generous, you are more than welcome to tip extra. However, please note that it is not mandatory.

HOW MUCH IS GOING ON

A cruise ship is an ideal choice for those who crave constant activity. From the moment you wake up until the time you retire for the night, there are numerous engaging options available onboard.

Firstly, the ship itself offers a plethora of exciting amenities including pools, casinos, rock walls, restaurants, and shopping centers. These "built-in" features ensure that you will never experience a dull moment during your day.

Moreover, the cruise staff organizes a wide array of entertainment options for your enjoyment. Whether it's participating in trivia contests during the day or indulging in an elaborate production show in the evening, there is always something happening to keep you entertained.



DISEMBARKATION

Disembarkation, the process of getting off the ship after your cruise, is not as simple as just hopping off when the ship returns home. Let's break down the procedure to get thousands of passengers and luggage off the vessel, which can take a couple of hours.

The disembarkation process actually begins the night before your cruise. During that time, you should place any bags you won't carry off yourself outside your room with the provided luggage tags. The staff will pick them up, and your bags will be waiting for you in the terminal the next morning.

On the morning that your ship arrives in port, it will first need to be cleared by officials before allowing passengers to leave. The ship will then call groups to disembark, usually starting with those who are carrying off all of their luggage.

The pace of disembarkation depends on the situation at the terminal. Passengers need to go through the return process, which involves showing citizenship before they are allowed to leave.

Thanks to modern technology, such as passport scanners and facial recognition software, disembarkation has become faster at ports equipped with these devices. However, for passengers sailing with a birth certificate or at ports that still require manual document checking, the process may take longer.

Overall, the time it takes to get off the ship can vary widely. Some passengers may be off within 15 minutes of the ship allowing passengers to disembark, while others may have to wait for 2-3 hours after arrival.



Frequently Asked Questions



WHAT DOCUMENTS DO I BRING?

You will need to bring a valid passport or other form of government-issued identification. Depending on the cruise destination, you may also need a visa or other travel documents. It's always good to check with your cruise line or travel agent to ensure you have all the necessary documents before setting sail.



WHAT'S INCLUDED IN THE PRICE?

Most cruises include your accommodations, meals, and basic onboard activities. However, some services such as spa treatments, alcoholic beverages, and specialty dining may come at an additional cost. It's always a good idea to check the fine print on your booking to avoid any surprises.



WHAT SHOULD I PACK?

Depending on the time of year and destination, you should pack light, comfortable clothing, swimwear, sunscreen, and any necessary medications. Additionally, formal nights may be a part of your cruise itinerary, so be sure to pack appropriate attire if you plan to attend.



DO I NEED TO TIP STAFF?

Gratuity is usually included in the cost of your cruise, but some cruise lines may charge an additional gratuity fee. It's always best to check with your cruise line to see what their tipping policy is.



WHAT ABOUT ONBOARD ACTIVITIES?

Most cruises will have a variety of entertainment and activities available for guests, such as live shows, movies, lounges, and pools. In addition, you may find other activities such as spas, fitness centers, and sports equipment. It is advisable to check the cruise's itinerary for the particular activities and events that are available on your preferred date.



IS IT ALL-INCLUSIVE?

Cruise packages differ depending on the liners or cruise companies. Some packages include all meals, beverages, and onboard activities, while others may have additional fees for certain amenities. Check with your cruise line to determine what is included in your package.



WILL I GET SEASICK?

While it is possible to experience seasickness on a cruise ship, it is not a guaranteed occurrence. If you're concerned about motion sickness, it's advisable to bring along over-thecounter medication or remedies such as sea bands, a doctor prescribed motion sickness medication or compact portable Acupuncture band that can be worn on the wrist on the day of the trip.



WHAT ARE ACCOMMODATIONS LIKE?

Cruise ships offer a variety of room types depending on your needs and budget. The most common are interior cabins (no windows), oceanview cabins (with a window), and balcony cabins (with a private balcony). Suites and connecting rooms are also available for larger groups or families.



WHAT ACTIVITIES ARE OFFERED?

Cruise ships are known for their abundance of entertainment and activities. From live shows and musical performances to casino gaming and trivia games, there's something for everyone. Many ships also offer sports facilities like basketball courts, mini-golf, and rock climbing walls. Other onboard amenities may include a spa, fitness center, pools, and hot tubs.



WHAT DO I NEED TO DO BEFORE BOOKING

Before booking a cruise, consider the destination, the duration of the cruise, the itinerary, the cruise line, and the ship itself. Make sure to research the different options available to you, and read reviews from other travelers to get an idea of what to expect.



WHAT OPTIONAL EXPENSES SHOULD I EXPECT?

Beverage packages, photographs, Wi-Fi, onboard shopping outlets and stores, individual drinks without a beverage package, specialty dining, shore excursions, spa services and even some gym/fitness classes may incur an additional expense. Its best to check with the individual cruise line for additional expenses.



WHAT SHOULD I BUDGET FOR A CRUISE?

The cost of a cruise will depend on many factors, including the cruise line, the itinerary, the time of year, and the type of cabin you choose. Prices can range from a few hundred dollars to several thousand dollars per person. Be sure to budget for any additional expenses, like gratuities or shore excursions.



HOW DO I STAY SAFE ON A CRUISE?

Follow the safety guidelines provided by the cruise line, including wearing a life jacket during the muster drill, staying away from restricted areas, and using caution when walking on a wet deck. If you're traveling to a foreign port, make sure to be aware of your surroundings and avoid unsafe areas.



HOW DOES DINING WORK ON A CRUISE?

Most cruise ships offer several dining options, including a main dining room with assigned seating times, a buffet-style restaurant with open seating, and specialty restaurants with a surcharge. Some ships also offer room service if you prefer to dine in your cabin. Dietary restrictions and preferences can usually be accommodated with advance notice.

KEEP IN TOUCH



I hope this guide helped answer any questions you may have about your first time cruise! Feel free to reach out to me if you have any other questions or concerns!



CALL US NOW TO BOOK YOUR CRUISE



PACKING CHECKLIST

USEFUL THINGS

Small Portable Fan

Outlet Adaptor

Cabin Nightlight

Phone Charger

Binoculars

Wine & Cork Screw

Magnetic Hooks

Wet Wipes

Zip Lock Bags

Mask & Snorkel

Slip Resistant Flip Flops

OTC Medicines

Sunglasses

Towel Clips

Wrinkle Spray

Refillable Bottle

USEFUL THINGS	~
Small Flashlight	
Poo Pourri	
Dry Bag	
Rain Ponchos	
Sheet	
Pop-Up Mesh Laundry Bag	
Playing Cards	
Lanyards	
Alarm Clock	
Dramamine	
Sunscreen & Aloe Gel	
Waterproof Camera	
Hand Sanitizer	
Chapstick	
Adapter (if going overseas)	