



## Cruise Must Needs

Below you will find a list of **MUST NEEDS** when you are planning a cruise. If you are anything like me you are always the one who over packs when going on Vacation. Well Cruising is going to be no different however you are going to have WAYYYYY less room to store things so you are going to need to get creative and crafty.

So here we go.

### Carry on Bag -

Regardless of whether you bring checked luggage, you'll need a carry-on bag – such as a small rolling bag, a duffel or a backpack. Since checked bags need to go through security as they do at airports – and because you may need to wait for your stateroom to be ready, just like at a hotel – you'll want to be able to access any necessities pre-cruise. These might include a swimsuit, sunscreen, sunglasses and a hat for the pools; medications; a bottle of water; and your cellphone, of course. You'll also want to keep your credit card, passport, and any other important documentation or valuables close by.

### Garment Bag

Since many dress clothing fabrics tend to wrinkle easily, consider investing in a garment bag, which allows you to hang clothes, secure them in place and transfer them directly into the cabin closet on the ship. Many garment bags also have pockets and storage for additional accessories.

If you pack right, you can make this your only suitcase, in addition to a carry-on bag. However, most staterooms have storage space for two to three suitcases, so the garment bag will still fit under the bed if you choose to bring another checked item.

### Beach Bag or Backpack

You'll want to pack a lightweight beach bag for daytrips to the beach, visits to your cruise ship's private island or afternoons at the pool. The lightweight, oversized F-color mesh beach tote with nine pockets (approximately \$15 on Amazon) is a great choice to carry your sunscreen, flip-flops, a book, your smartphone, a water bottle, a bathing suit cover-up and more. If you're hitting the streets instead of the waves, you might want to opt for a backpack instead. The Pacsafe Metrosafe L3S350 anti-theft travel backpack has plenty of interior and exterior storage options. There's even a pocket featuring RFID technology to secure your ID and credit card information from contactless magnetic wave transactions. The backpack is large enough to accommodate a sizable camera, a sweater, an iPad and other items you'll need for the day. It weighs about 1.5 pounds and is priced around \$95 on Amazon. For a lighter backpack, consider purchasing the Amazon Basics ultralight packable day pack. This option, which weighs about a



third of a pound, costs less than \$20 and folds down into a neat little cube, making it easy to stow away when not in use.

### **Clothing:**

1. **Swimwear** - You are going to need this. No matter if you are on the ship or on a special island you will want to make sure you bring some kind of swimwear. Also bring a Swim Coverup.
2. **Casual Clothing** - Jeans, Shirts, Shorts, Capri, T shirt, Tank Tops, anything that you feel comfortable in
3. **Formal Attire** - Your cruise will have a Formal Dinner, formal wear generally means cocktail dresses, dress slacks, dress shirts, jumpsuits and pantsuits. Many people also wear sports jackets, suits, tuxedos and full-length gowns.
4. **Hats** - You are gonna get plenty of Sun, Make sure you bring a hat of some sort to keep your face from getting super sunburnt. And we'll Hats are just fun to wear. if you're headed to the Caribbean or another warm-weather destination, you'll want a beach hat to protect your scalp and face from the sun. This \$25 packable straw hat by FURTALK (available on Amazon) is a stylish women's option that features a broader brim and offers UPF 50 sun protection. The hat is adjustable and has a detachable chin strap, and you can fold it into your suitcase, so there's no need to wear it on the plane. Men might consider the Aussie Packable Breezer Safari Sun Hat by Henschel, available in medium for about \$40. For kids, you can't go wrong with the Kids' Play Hat by Sunday Afternoons, a top-rated, UPF 50+ sun hat.
5. **Shoes** - Brings comfortable shoes for walking, dress shoes for formal dinner, flip flops for the beach or the pool, slippers if you want a midnight snack.

### **Other things to take**

1. **Magnetic Hooks** - A surprising fact: Cruise ship cabin walls are made of metal, which means you can optimize your storage space by hanging some of your belongings on magnetic wall hooks. The hooks are perfect for holding bulky coats or boots if you're traveling to a colder climate. You can also use them for wet gear on expedition ships and adventure cruises, or for drying out bathing suits after days at the beach or pool. Purchase a set of magnetic hooks for less than \$10 on Amazon.
2. **Hanging Shoe Organizer** - You can use this for Shoes but it is great to hang up on the back of your door to place, shampoos, makeup, jewelry anything that will fit in there it will work since you will not have a lot of room for storage.
3. **Sea-Bands or Dramamine** - If you're prone to (or think you may be prone to) motion sickness on cruise ships, put a pair of Sea-Bands on your cruise packing list. These soft



wristbands use acupressure to prevent and minimize nausea and vomiting on board. They are a reusable, drug-free alternative to anti-nausea medications like Dramamine. You can purchase Sea-Bands on Amazon or at most drugstores.

4. **Wrinkle release spray** - Travel steamers and irons are prohibited for safety reasons on most ships, so the next best thing to bring is a travel-size bottle of wrinkle release spray, such as Downy Wrinkle Releaser Spray. If you combine a spritz or two with the steam from your shower, you should be able to smooth out some of the wrinkles in your clothing.
5. **Reusable water bottle** - A reusable water bottle is useful for filling up at water and beverage stations on your cruise ship; it's also a necessity for shore excursions. If you're in the market for a new water bottle, check out these well-rated, insulated options from Takeya, YETI and S'well.
6. **First Aid Kit** - A first-aid kit is a good thing to have on hand no matter where you go. You can make your own using supplies you already have at home – Band-Aids, Neosporin, Cortizone 10, Aquaphor, tweezers and the like – or buy a pre-made first-aid kit on Amazon for less than \$20. While all cruise ships have medical facilities, it's useful to have these items with you on shore excursions, especially those involving active adventures.
7. **Sunscreen** - LOT OF THIS STUFF - You might be surprised how much sun you get while on a cruise, even if you're not traveling in the summer months and lounging poolside or on the beach. If you're trying to limit the number of toiletries you pack, opt for a sunscreen that will double as a light moisturizer during the day. There are many options available, but the Anthelios ultra-light fluid facial sunscreen (SPF 60) by La Roche-Posay is highly rated by dermatologists. The fragrance- and oil-free formula does not contain parabens and oxybenzone. You can purchase the sunscreen on the company's website for about \$30 or in many drugstores and retailers, including Ulta and Target. The company also makes a mineral-tinted face sunscreen with SPF 50 protection.
8. **Headphones** - There's no better way to recharge after a long day exploring in port than to enjoy a restful night's sleep. While the rolling waves of the ocean may lull some passengers into a blissful slumber, other people may need total silence to fall asleep. QuietOn 3 active noise-canceling earbuds block out snoring spouses and late-night partiers returning to their staterooms. They may also come in handy for an afternoon snooze. You can purchase these earbuds for around \$270 on the QuietOn website.
9. **Packing Cubes** - Packing cubes are one of the best ways to organize your clothing on the go, especially if you'll be on an extended cruise or traveling through a variety of climates. You can keep your shirts, pants and sweaters separate so it's easy to find what you need. The cubes are also great for keeping accessories like travel wraps and scarfs in one place, so you don't have to search through drawers when you're in a hurry to get ready. After wearing them, stow away dirty clothes in one or two cubes to separate them from your clean items.



10. **Hand Sanitizer and Clorox Wipes or Baby Wipes** - These are great for cleaning off area's in your suite or room before putting things away.
11. **Medications** - Pill organizers may be the preferred way to travel with your daily medications, but it's best to bring personal medicines in their bottles (especially on an international cruise such as a European river cruise). While it's not likely that TSA agents will stop you regarding unidentified pills, it's best to be prepared by having your prescriptions. To make traveling easier, consider requesting smaller bottles from your pharmacist that are suitable for packing in your carry-on luggage. You'll also want to bring at least two weeks' worth of extra medications, and consider packing other ointments, creams or over-the-counter medications you might need, in case they're not readily available in port or on the ship.
12. **After Sun Lotions** - Cruise ship staterooms have basic toiletries, including body lotion, but you may still want an extra dose of moisturizer if you've been basking in the sun. Sun Bum makes an after-sun cool-down lotion that you can purchase on Amazon for around \$10 or in drugstores. This soothing lotion cools and hydrates the skin with vitamin E, aloe and cocoa butter. The scent is reminiscent of a pina colada – perfect for a tropical getaway.
13. **Tolitiers** - The cruise line does have basic shampoo and conditioner that are supplied for you. However if you want to bring your own you are more than welcome. I would recommend bringing travel sizes though. You are going to have VERY limited space.
14. **Lanyards** - You will need these to carry your Cruise Card with you. These cards are your passes for your excursion, to get back on to the boat and also for your private islands. You can get these at Amazon, Walmart or any retail shops.

## ***THINGS NOT TO TAKE WITH YOU***

1. **POWER STRIPS** - They cruise lines will not permit power strips due to fire hazards. Your room will have plenty of electric plugs for what you need to plug in.
2. **Weapons and restaurants** - Firearms, handcuffs and the like are not permitted on cruise ships. This rule also includes toy guns on most cruise lines.
3. **Household Appliances** - Irons and steamers are not permitted on cruise ships, which is why the aforementioned garment bags, wrinkle release spray and packing cubes are recommended for keeping clothing tidy and neat. Coffee makers and mug warmers are also prohibited.
4. **CBD and marijuana**- CBD that's derived from hemp and contains 0.3% THC or less is legal at a federal level. However, each state interprets and enforces this law differently;



**for example, many states require a prescription for it. Due to the ambiguity of the laws, most cruise lines continue to ban CBD in any form.**

**Marijuana is still illegal under U.S. federal law, which means you cannot bring it on a cruise ship – even if you're legally able to purchase it in your home state for recreational or medical use.**

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