**Cruise Packing List**

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| **Cruise Cabin Items*** Power strip
* USB adaptor
* Magnetic/3M hooks
* Poopourri spray

**Useful Stuff*** Coffee tumbler & refillable water bottle
* Phone charger, phone, tablet
* Cash
* Backpack
* Baby wipes
* Lanyard, waterproof phone case
* Beach towel clips
* Zip lock bags
* Hand sanitizer (containing at least 60% alcohol) or antibacterial hand wipes
* Insect repellent (with an active ingredient like DEET or picaridin)
* Beach bag, sunscreen (with UVA and UVB protection, SPF 15 or higher) and aloe
* Sunglasses and hat
* Earplugs, Eye Mask, Neck Pillow

**Clothing*** Tshirts
* Tank tops
* Shorts
* Long pants
* Long-sleeve shirt
* Underwear, socks
* Swimsuits and cover up
* Light jacket or hoodie
* Belt
* Hat
* Pajamas
* Sneakers, flip flops, water shoes
* Athletic wear

**Formal Wear – Men*** Dress shirt
* Dress pants
* Belt/shoes
* Blazer
* Tie
* Tuxedo (very formal cruises only)

**Wear – Women*** Evening gown or cocktail dress
* Dress pants
* Dress blouses
* Shoes/sandals
* Jewelry

**Personal Items*** Toothbrush
* Mouthwash
* Dental floss
* Deodorant
* Cotton swabs
* Feminine products
* Makeup
* Curling iron
* Shampoo/conditioner
* Hair products
* Lotion
 | **Infants/Kids/Teens*** Bottles, formula, pacifier, blanket, toys
* Placemats, utensils, plates, sippy cups
* Umbrella stroller
* Diapers, wipes, diaper cream
* Video games, tablets
* Water toys
* Playing cards

**Toiletries and First Aid*** 1% hydrocortisone cream
* Antibacterial ointments
* Digital thermometer
* Oral rehydration salts
* Antiseptic wound cleaner
* Aloe gel for sunburns
* Insect bite anti-itch gel or cream
* Bandages
* Disposable gloves
* Cotton swabs (Q-Tips)
* Tweezers
* Eye drops
* Prescription medicines and copies of prescriptions
* Glasses and contacts, rinse, drops
* Medical alert bracelet or necklace
* Diabetes - testing supplies, insulin, syringes, etc.
* Asthma/Allergies – Inhalers, EpiPens if needed
* Over-the-counter medicines
* Antacid
* Antihistamine and Decongestant
* Cough drops, cough suppressant, or expectorant
* Diarrhea medicine (Imodium or Pepto-Bismol)
* Pain and fever medicine (acetaminophen, aspirin, or ibuprofen)
* Mild laxative
* Mild sedative or sleep aid
* Motion sickness medicine

**Documents*** Copies of your passport and travel documents
* Health insurance card and documents
* Proof of Vaccinations (if required)
* Contact card with the street addresses, phone numbers, and e-mail addresses of: Family member or close contact in the United States
* Contact info for health care provider(s) at home

**To do*** Check the Transportation Security Administration website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.
* Some items may not be allowed in other countries. It is a good idea to check the Customs and Import Restrictions section of the U.S. Department of State Tips for Traveling Abroad.
* Enroll in the Department of State Smart Traveler Enrollment Program to get the latest safety updates and help in an emergency.
* Notify a friend or family member of your travel plans
* Notify your bank of your travel plans
* Notify your cell phone company of your travel plans
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