

Ultimate cruise packing list

7 nights

Caribbean cruise

Flying to port

Couple

EMBARKATION-DAY BAG

- ☐ Swimsuit
Pools open while cabins are still being readied
- ☐ Passport and boarding documents
Keep with you, not in checked luggage
- ☐ Medications
Never pack them in checked luggage
- ☐ Change of clothes
Checked bags can reach your cabin hours after boarding
- ☐ Sunscreen
- ☐ Phone, charger and power bank
- ☐ Sunglasses and hat
- ☐ Credit card for the onboard account
- ☐ Valuables and electronics
Carry them yourself
- ☐ Basic toiletries and contact lens case
- ☐ Light layer for the first evening
- ☐ Empty reusable water bottle

DOCUMENTS & MONEY

- ☐ Passport (recommended)
Best proof of citizenship if you must fly home early
- ☐ Birth certificate and photo ID
US citizens, closed-loop only; under 16: birth cert
- ☐ Cruise boarding pass and luggage tags
Print at home if your line asks you to
- ☐ Cruise confirmation and itinerary
Save a copy offline on your phone
- ☐ Travel insurance policy details
Include the 24-hour emergency number
- ☐ Health insurance card
- ☐ Copies of passport and documents
Paper and digital, stored apart
- ☐ Emergency contacts, cruise line phone
- ☐ Shore excursion confirmations

DOCUMENTS & MONEY (CONT.)

- ☐ Flight confirmations
- ☐ Pre-cruise hotel confirmation
- ☐ Small bills for porters and tips
Gratuities are often automatic; small bills help ashore
- ☐ Small US bills for markets
- ☐ Credit and debit cards

TECH & CHARGERS

- ☐ Phone and charger
- ☐ USB charging cube (no surge protector)
Many lines ban power strips and extension cords
- ☐ Extra charging cables x2
- ☐ Portable charger
Carry-on only, never in checked bags
- ☐ Headphones or earbuds
- ☐ E-reader or tablet
Great for sea days
- ☐ Downloaded shows, books and music
Ship internet can be slow and costly
- ☐ Waterproof phone pouch
- ☐ Laptop and charger
- ☐ Camera and charger
- ☐ Extra memory cards x2
- ☐ Spare camera battery
Spare lithium batteries: carry-on only
- ☐ Lens cloth
- ☐ Alarm clock or phone alarm plan
Ship time can differ from port time
- ☐ Phone set to airplane mode at sea
Avoid roaming charges; use ship wifi if you wish

 CLOTHING

- ☐ Underwear x8
Most ships offer paid laundry; check your line
- ☐ Socks x8
- ☐ T-shirts and casual tops x7
- ☐ Shorts x3
- ☐ Pants or jeans x3
- ☐ Smart-casual dinner outfits x4
Typical for main dining; check your line
- ☐ Pajamas x2
- ☐ Light cardigan or sweater
Ship air-conditioning and ocean breezes
- ☐ Light rain jacket
- ☐ Sun hat
- ☐ Cover-up or sundress
- ☐ Workout clothes x2
For the ship gym or deck jogging
- ☐ Theme-night items (optional)
Some lines run theme nights; check your itinerary
- ☐ Moisture-wicking shirts x2
- ☐ Hiking socks x2

 FORMAL NIGHT

- ☐ Formal night outfit x1
Check your line dress code
- ☐ Second formal night outfit x1
- ☐ Dress shoes
- ☐ Tie, jewelry or accessories
- ☐ Belt
- ☐ Wrinkle release spray
Irons and steamers are banned on many lines
- ☐ Evening bag or clutch
- ☐ Lint roller

 SHOES

- ☐ Comfortable walking shoes
- ☐ Sandals or flip-flops
- ☐ Water shoes
- ☐ Hiking shoes or waterproof boots
- ☐ Non-slip deck shoes

 TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Deodorant
- ☐ Shampoo and conditioner
Most ships provide basics; bring your own if picky
- ☐ Face wash and moisturizer
- ☐ Makeup and remover
- ☐ Razor
- ☐ Lip balm with SPF
- ☐ Hair ties and brush
- ☐ Period products
- ☐ Contact lenses and solution
- ☐ Spare glasses
- ☐ Wet wipes
- ☐ Hair styling tools
Cabins usually have a dryer; check heated-tool rules

 HEALTH & SAFETY

- ☐ Prescription medications
Carry-on, original labeled containers
- ☐ Extra doses for delays
A few days beyond your return date
- ☐ Prescription copies or doctor note
- ☐ Pill organizer
- ☐ Motion sickness medication
Ask a doctor or pharmacist about options
- ☐ Acupressure wristbands x2
- ☐ Ginger chews or candies
- ☐ CPAP machine, mask and tubing

 HEALTH & SAFETY (CONT.)

- ☐ Spare CPAP filters
- ☐ Doctor letter for medical devices
- ☐ CPAP carry case (goes with you)
Do not check it
- ☐ Basic first-aid kit
- ☐ Pain reliever
- ☐ Stomach and anti-diarrheal remedies
- ☐ Antihistamine or allergy medicine
- ☐ Hand sanitizer
Helpful before meals and after ports
- ☐ Blister bandages
- ☐ Insect repellent
- ☐ After-sun lotion or aloe gel

 POOL & BEACH

- ☐ Swimsuits x4
One to wear while the other dries
- ☐ Beach towel
Ships supply pool towels; bring one for port beaches
- ☐ Beach bag
- ☐ Broad-spectrum sunscreen (SPF 30+)
Flying: bottles over 3.4 oz go in checked bags
- ☐ Rash guard or swim shirt
- ☐ Snorkel gear (optional)
Rentals are common on snorkel tours
- ☐ Wet bag for damp swimwear
- ☐ Swim goggles
- ☐ Dry bag
- ☐ Quick-dry towel

 CABIN & SHIP

- ☐ Magnetic hooks (steel cabin walls)
Test one on the wall; some surfaces are not magnetic
- ☐ Lanyard for your cabin keycard
Doubles as your onboard ID
- ☐ Over-door hanging organizer
Frees up tight cabin storage

 CABIN & SHIP (CONT.)

- ☐ Luggage tags with contact info x2
Plus the cruise line tags
- ☐ Soft-sided luggage or duffel
Stows more easily under cabin beds
- ☐ Laundry bag
- ☐ Small night light
Cabins get very dark
- ☐ Zip-top bags (assorted)
- ☐ Insulated tumbler
For deck and cabin drinks
- ☐ Earplugs and sleep mask
- ☐ Pen for forms
Customs and port forms
- ☐ Playing cards or travel games
- ☐ Book or puzzle for sea days
- ☐ Foldable tote for souvenirs
- ☐ Clothespins or clips
Hold curtains shut and hang swimwear
- ☐ Cruise line app set up on your phone
Handy for schedules, dining and messaging

 SHORE EXCURSIONS

- ☐ Day bag for port days
Small, with a zip
- ☐ Reusable water bottle
- ☐ Small zip crossbody bag
Safer in crowds
- ☐ Compact umbrella
- ☐ Daypack
- ☐ Trail snacks
- ☐ Trekking poles (optional)
- ☐ Change of clothes for after the beach
- ☐ Coins for lockers (waterpark)
- ☐ Offline map of port towns
- ☐ Small local cash for taxis and snacks
- ☐ Ship name, pier and all-aboard time
Write it down or screenshot it

Before you go

BEFORE YOU LEAVE HOME

- ☐ Complete online check-in
Pick an arrival time; slots can fill up
- ☐ Print luggage tags and documents
Attach tags before you leave the house
- ☐ Download the cruise line app
- ☐ Check passport validity
Many countries want 6+ months of validity
- ☐ Buy travel insurance
Check what it covers before you buy
- ☐ Fly in the day before embarkation
Cushion for delays; ships will not wait
- ☐ Book a hotel near the port
- ☐ Book shore excursions
Ship excursions often fill up early
- ☐ Tell your bank about your travel
- ☐ Check roaming costs and plan
Cell roaming at sea can be costly
- ☐ Check your line prohibited items list
Irons, steamers, and strips are often banned
- ☐ Leave drones at home
Most lines restrict or hold them at security
- ☐ Request distilled water and outlets
Ask your cruise line before sailing
- ☐ Ask your line about extension cords
Many lines restrict them; confirm first
- ☐ Refill prescriptions
Do it a few weeks ahead
- ☐ Reserve specialty dining and shows
- ☐ Check formal night dates
- ☐ Share your itinerary with someone
- ☐ Set an out-of-office reply
- ☐ Hold your mail and packages
- ☐ Thermostat, unplug, trash and plants
- ☐ Arrange pet care if you have pets
- ☐ Check forecasts for each port
- ☐ Download offline maps and media
- ☐ Charge phones, cameras and power banks
- ☐ Check airline bag size and weight

DAY OF DEPARTURE

- ☐ Passport and boarding documents
- ☐ Luggage tags attached to every bag
- ☐ Embarkation bag with swimsuit and meds
- ☐ Phone and charger
- ☐ Credit card and some cash
- ☐ Medications
- ☐ Photo ID
- ☐ Check flight status and airport ride
- ☐ Arrive in your chosen check-in window
Earlier is not always better; follow your slot
- ☐ Snacks and an empty water bottle
- ☐ CPAP in your carry-on
- ☐ Check stove, lights and appliances
- ☐ Lock doors and windows

 NOTES