MICHELLE OLIVIA TRAVELS · FREE GUIDE

The Ultimate *Cruise Packing List*

Everything you need, nothing you don't. Check it off as you go, and walk up that gangway knowing you've got it handled.

☐ Pack it ☐ Don't you dare forget it

Documents & Money

Keep these on you, never in your checked bag.

- ☐ Passport (valid 6+ months past your return date)
- ☐ Or, for round-trip U.S. sailings: birth certificate + government photo ID (a passport is still the safer bet)
- ☐ Cruise boarding pass and e-docs
- ☐ Printed luggage tags from your cruise line
- ☐ Flight, hotel, and transfer confirmations
- ☐ Travel insurance policy and emergency number
- ☐ Credit card for your onboard account
- ☐ Small bills for porters, taxis, and tips in port
- ☐ Health insurance cards and a list of your prescriptions
- ☐ Photo of every document on your phone, plus a paper copy packed separately

Embarkation Day Carry-On

Your luggage may not reach your cabin until dinner. Pack this bag like it's all you've got.

- ☐ All medications, in original bottles
- ☐ Documents, jewelry, and valuables
- ☐ Swimsuit and cover-up (the pool's open while everyone else waits)
- ☐ Sunscreen, sunglasses, and a hat
- ☐ Phone, charger, and a charged power bank
- ☐ A change of clothes for dinner
- ☐ Basic toiletries: toothbrush, deodorant, contacts
- ☐ Reusable water bottle
- ☐ Light sweater for the air-conditioned terminal

Michelle's rule of thumb

Pack your carry-on as if your suitcase got lost. If you could live happily for 24 hours out of that one bag, you packed it right.

Clothing · based on a 7-night cruise

DAYS

- ☐ 5 to 6 casual day outfits: shorts, sundresses, tees
- ☐ Workout clothes for the gym or track
- ☐ 8 days of undergarments and socks
- ☐ Sleepwear
- ☐ Light cardigan or wrap (dining rooms run cold)
- ☐ Packable rain jacket

NIGHTS

- ☐ 1 to 2 outfits for formal or "elegant" nights
- ☐ 4 to 5 smart-casual dinner outfits
- ☐ A themed-night outfit (check your line)
- ☐ Comfortable dress shoes or wedges
- ☐ Walking sneakers and sandals
- ☐ Accessories that change one outfit into two

Swim & Sun

- [ ] 2 to 3 swimsuits (one is always drying)
- [ ] 2 cover-ups
- [ ] Flip-flops and water shoes
- [ ] Wide-brim hat and polarized sunglasses
- [ ] Reef-safe sunscreen and SPF lip balm
- [ ] Aloe for the day you skip the sunscreen
- [ ] Snorkel mask, if you're picky about fit

Toiletries & Health

- [ ] Prescriptions, plus a few extra days' worth
- [ ] Seasickness help: wristbands, meds, ginger chews
- [ ] Pain reliever, antacid, allergy meds, bandages
- [ ] Hand sanitizer and wipes
- [ ] Bug spray for port days
- [ ] Your favorite shampoo and conditioner (cabin brands are basic)
- [ ] Makeup, razor, hair ties, and a hairbrush
- [ ] Skip the hair dryer: your cabin has one

Tech

- [ ] Phone and charging cable
- [ ] Power bank for long port days
- [ ] USB charging cube (with no surge protector: see page 3)
- [ ] Waterproof phone pouch
- [ ] Headphones or earbuds
- [ ] E-reader or a good book
- [ ] Camera and an extra memory card
- [ ] Download your cruise line's app before you sail

Shore Excursion Day Bag

- [ ] Your cruise card and photo ID
- [ ] The "all aboard" time, written down
- [ ] Cash in small bills
- [ ] Water bottle and a snack
- [ ] Sunscreen, hat, and sunglasses
- [ ] Beach towel (ship towels must come back)
- [ ] Ship's port agent phone number
- [ ] Small crossbody or backpack

Cruise-Smart Extras

The little things seasoned cruisers swear by.

- [ ] Magnetic hooks (cabin walls are metal)
- [ ] Over-the-door shoe organizer for small stuff
- [ ] Lanyard for your cruise card
- [ ] Highlighter for the daily schedule
- [ ] Wrinkle-release spray (irons aren't allowed)
- [ ] Collapsible tote for beach days
- [ ] Mesh laundry bag
- [ ] Small night light for the cabin bathroom
- [ ] Zip-top bags for wet swimsuits on the last day
- [ ] Door decorations for birthdays and anniversaries (check your line's rules)

One week before you sail

- [ ] Finish online check-in and pick your arrival time
- [ ] Print luggage tags and boarding pass
- [ ] Double-check passport expiration dates
- [ ] Tell your bank and credit card you're traveling
- [ ] Check your phone plan for international and at-sea charges
- [ ] Check the forecast for every port

Leave These at Home

Banned on most cruise lines, and security will take them at the terminal.

- ✕ Clothing irons and steamers
- ✕ Candles, incense, and anything with an open flame
- ✕ Drones (restricted or banned on most lines)
- ✕ CBD and marijuana products, even where legal at home
- ✕ Surge protectors and power strips with surge protection
- ✕ Coffee makers, hot plates, and electric kettles
- ✕ Weapons of any kind, including pocketknives
- ✕ Your own alcohol, beyond what your line allows

Rules vary by cruise line. Check your line's prohibited items list before you pack.

Pro Tips from THE Michelle Olivia

Pack in cubes.
Roll your clothes and use one cube per category. Unpacking takes five minutes, and your cabin stays tidy.

Leave room to bring things home.
Pack your suitcase about 80% full. Souvenirs happen.

Last night, keep one outfit out.
Your luggage goes in the hallway the night before you get off the ship. Hold back tomorrow's clothes, meds, and toothbrush.

Fly in the day before.
The ship won't wait for a delayed flight. A pre-cruise hotel night is the cheapest insurance there is.

Pack one fun thing.
A matching group shirt, a birthday sash, a ridiculous hat. Vacation photos last forever.

Keep your valuables light.
Leave the good jewelry at home and pack pieces you won't stress about.

Traveling with a group?

Girls' trips, family reunions, retreats, and fundraiser cruises are my favorite things to plan. One person rallies the crew, and I handle every booking, payment, and detail.

Ready to *set sail?*

I'll find the right ship, the right cabin, and the right price, and I'll be in your corner from booking to bon voyage. My personal travel planning comes at no fee to you.

— THE Michelle Olivia

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