



## Things to remember

- Obtain all Travel Documents (passports, tickets, visas)
- Check Passport expiry date
- Photocopy Travel Documents
- Health/Travel Insurance
- Documentation for Children (consent letter)
- Vaccinations
- Dual Citizenship (is it an issue)
- Correct Currency
- Advise Credit Card Company when and where you are travelling
- Review Travel Report for your destination ([voyage.gc.ca](http://voyage.gc.ca))
- Unplug electrical items at home
- Turn down/up heat
- Cancel Newspapers
- Give phone numbers of where you are staying to family

## Travel Documents, Wallet Items and Paperwork

- airline tickets or e-ticket confirmation
- cruise documents
- passports and visas (if necessary) or proof of citizenship (check with your cruise line for requirements)
- vaccination documentation
- driver's license and auto insurance card – in case you decide to rent a car when ashore
- medical insurance cards and medical history (especially if traveling alone)
- copy of prescriptions and list of all medicines you are taking
- another picture ID – if you don't take driver's license
- credit cards – be sure to call credit card companies before traveling to alert them you are traveling outside your normal area
- cash and ATM card
- pre-paid phone card
- reading material – books to read while on the plane or lounging by the pool
- journal or notebook and pen/pencil – for making notes to tell your friends back home about your experiences
- business cards with email address to give out to new cruise friends
- home and email addresses of friends/relatives back home – for sending postcards, emails, or gifts
- photo album



## Electronics and Camera Equipment

- plug adaptor and converter
- cell phone and charger
- PDA and charger
- laptop computer
- binoculars
- disposable underwater camera – for snorkeling or beach days
- digital camera and manual
- extra memory cards for digital camera
- batteries for digital camera or battery charger
- Ipod (for walking on deck or on treadmill)
- small travel alarm clock – battery operated or windup
- small flashlight

## Women's Clothing Packing List

- bras (include strapless if needed for evening wear)
- underwear
- lingerie/night gown/pajamas/robe
- compression stockings (for airplane flight to prevent swollen ankles)
- exercise/walking socks
- trouser socks or pantyhose
- camisole/slip
- purses (day and evening)
- belts
- scarves
- gloves and hat (if expecting cooler weather)
- walking shoes/sandals
- rubber sandals for reef walking and beach
- evening shoes
- costume jewelry and extra watch (do not take family heirlooms or expensive jewellery)
- swim suit
- swim suit cover-up/sarong
- thongs/flip flop shoes
- work out clothes and jog bra
- dress/outfit for informal nights on ship
- dress/outfit for formal nights on ship
- dress/outfit for casual nights on ship
- shorts
- tops/t-shirts of all types (sleeveless, short-sleeved, long-sleeved)
- Capri pants
- slacks/jeans
- windbreaker jacket
- sweatshirt
- evening sweater/shawl
- raincoat with hood



## Men's Clothing Packing List

- underwear (briefs or boxer shorts)
- undershirts
- pajamas and robe
- compression socks (for airplane flight to prevent swollen ankles)
- exercise/walking socks
- black dress socks
- belts
- gloves and hat
- walking shoes
- walking sandals
- rubber sandals/shoes for reef walking and beach
- evening or dress shoes
- "docksider" casual shoes
- tuxedo jacket and pants (or dark suit)
- tuxedo tie, suspenders, and cummerbund
- tuxedo cufflinks/studs
- sport jacket
- regular ties
- tuxedo shirt
- dress shirts
- swim suit
- swim suit cover-up
- work out clothes/T shirts
- shorts
- casual shirts
- slacks (casual and dress)
- windbreaker jacket
- sweatshirt
- raincoat with hood
- 3 copies of airline tickets, cruise tickets, passports/visas, itinerary – pack 1 copy in carry on, 1 copy in checked luggage, and leave one copy with someone at home. Alternatively, you can scan the documents and email an electronic copy to yourself so that you can access them from any computer terminal.
- contact numbers to report lost/stolen credit cards
- leave emergency numbers at home
- currency conversion chart
- wallet and fanny pack
- watch – dual time zone watch is perfect
- reading sunglasses
- guidebooks and other port of call information
- foreign language phrase book or dictionary
- maps
- handy-wipes (for cleaning hands when ashore)
- rubbing alcohol or foot lotion for soothing tired, hot feet
- bug spray (not for your cabin on the ship, but for those pesky mosquitoes and ashore)
- sun screen/sun block and lip sunblock
- Sea bands or ginger pills or Gravol for sea sickness
- Sinus/allergy medication
- Halls or other cough drops



## Woman's Miscellaneous

- blow dryer
- curling iron or curlers
- comb/brush
- hair products including gel/mousse/hair spray (non-aerosol) etc.
- shampoo
- conditioner
- shower cap
- bar soap in plastic container
- deodorant
- toothbrush
- toothpaste
- dental floss
- mouthwash
- tweezers
- make-up mirror
- make-up and make-up bag (list can be endless!)
- make-up remover
- cleanser
- moisturizer and freshener (toner)
- nail clippers and file (be sure to pack in checked luggage)
- razor and shaving cream
- Feminine hygiene products
- Aloe gel or Solarcaine for sunburn relief
- Vitamins (use 7 day pill case to take only the amount you need)
- Nail polish and remover (Shoppers Drug Mart has individual remover pads)

## Men's Miscellaneous

- comb/brush
- shampoo and hair products
- bar soap in plastic container
- deodorant
- toothbrush
- toothpaste
- dental floss
- mouthwash
- tweezers
- nail clippers and file (be sure to pack in checked luggage)
- razor and shaving cream (or electric razor and supplies) (be sure to pack in checked luggage)

## Medicine Kit

- prescription drugs and any other essential medications in clearly marked prescription bottles ; in carry on bag
- ear plugs or "ear planes"
- small first aid kit (band aids, Q-tips, Vaseline, Dramamine, antibiotic cream, bandages, anti-diarrheal medication, cortisone cream, aspirin/Tylenol/Advil – try to keep in original containers)
- antibacterial hand cleaner



## Other Necessities

- extra luggage name tags (in case yours are lost on the outbound trip)
- zip loc bags of all sizes and garbage/laundry bags
- corkscrew (be sure to put in checked luggage)
- Swiss Army knife or something similar with screwdriver head, etc. (be sure to put in checked luggage)
- small umbrella
- collapsible travel pillow for those long airplane flights
- Crazy glue
- playing cards
- sports gear (e.g. snorkeling gear)
- shoe horn for getting those shoes back on your swollen feet
- sewing kit and scissors (be sure to put in checked luggage)
- travel-sized Woolite
- clothes pins
- empty folding tote bag – for souvenirs or the beach
- hats/caps/visors