

# 10-night cruise

Plan one small wash or pack for the complete trip.

Ship / dates: \_\_\_\_\_

Base quantities assume some tops are reworn and no underwear laundry. With a confirmed mid-trip wash, 6-7 underwear/sock sets may work; allow turnaround time.

## KEEP WITH YOU ON BOARDING DAY

- ☐ Required passport / ID, visas and boarding documents [5]
- ☐ Medicines, prescriptions and personal medical supplies [5, 8]
- ☐ Wallet, payment cards and emergency contact details
- ☐ Phone, charging cable, permitted charger and glasses
- ☐ One change of clothes, underwear and essential toiletries
- ☐ Swimwear / sun protection if using the pool before bags arrive
- ☐ Travel confirmations and offline copies of key details

## TOILETRIES AND DAILY ESSENTIALS

- ☐ Toothbrush, toothpaste, deodorant and personal toiletries
- ☐ Sunscreen, lip balm and hat appropriate to the weather
- ☐ Hair / skin products you actually use; small first-aid supplies
- ☐ Refillable water bottle, small day bag and laundry bag
- ☐ Earplugs or sleep mask if useful; spare glasses / contacts

## CLOTHING: SUGGESTED QUANTITIES

- |                                                    |        |
|----------------------------------------------------|--------|
| <input type="checkbox"/> Daytime tops              | 7-8    |
| <input type="checkbox"/> Bottoms / skirts          | 4      |
| <input type="checkbox"/> Underwear sets            | 11     |
| <input type="checkbox"/> Socks                     | 11     |
| <input type="checkbox"/> Repeatable dinner outfits | 2-3    |
| <input type="checkbox"/> Swimwear                  | 2      |
| <input type="checkbox"/> Sleepwear                 | 2      |
| <input type="checkbox"/> Weather / indoor layers   | 1-2    |
| <input type="checkbox"/> Walking shoes             | 1 pair |
| <input type="checkbox"/> Other useful shoes        | 1 pair |

## LONGER-CRUISE CHOICES

- ☐ Check laundry prices, turnaround and whether self-service exists on your ship.
- ☐ Budget laundry against the airline cost of an extra bag.
- ☐ Add a second climate layer if the route crosses weather zones.
- ☐ Carry enough personal supplies for the whole trip and a delay buffer.

Quantity tip: wear the bulkiest shoes while traveling. Add clean clothing for workouts, young children and extra hotel nights; adjust this adult baseline to your needs.

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## CHECK BEFORE THE SUITCASE CLOSES

- ☐ Check the airline AND ship luggage rules; they are separate. [2, 6, 7]
- ☐ Review the current ship prohibited-items policy, including electrical items. [1]
- ☐ Check each evening dress code and any prebooked restaurant requirements. [3]
- ☐ Confirm entry documents for your nationality, ports and return journey. [5]
- ☐ Discuss personal medicine / seasickness needs with your clinician or pharmacist. [8]
- ☐ Check excursion footwear, modest-dress rules and the near-departure forecast.

## FLYING TO THE SHIP?

Keep power banks and spare lithium batteries in the aircraft cabin, protected from damage and short circuits. Remove them if your bag is gate-checked. Check airline capacity, quantity and approval rules. [6] Follow the airport liquid-screening rules; TSA makes exceptions for necessary medication. [7]

## LEAVE ROOM FOR WHAT MATTERS

Skip duplicate shoes, bulky just-in-case outfits and towels unless your particular activity needs one. Do not assume a product advertised as "cruise approved" is accepted by your line. Royal Caribbean, for example, prohibits power strips, extension cords, irons and garment steamers. Check approved charging options instead. [1]

## SOURCES AND UPDATES

Numbers refer to these official resources. Links are clickable in the PDF; the web guide has the full source list. Packing quantities and capsule-wardrobe choices are CruiseGem editorial suggestions.

[1] Royal Caribbean: prohibited items

[2] Carnival: packing and luggage guidance

[3] Cunard: transatlantic packing

[4] Royal Caribbean: Alaska packing

[5] U.S. State Department: cruise travel

[6] FAA: lithium batteries and power banks

[7] TSA: carry-on screening guidance

[8] CDC: cruise health preparation

## YOUR PERSONAL PLAN

Travel / hotel nights: \_\_\_\_\_

Laundry day: \_\_\_\_\_

Laundry backup: \_\_\_\_\_

Dress-up evenings: \_\_\_\_\_

Excursion-specific gear: \_\_\_\_\_

Special supplies: \_\_\_\_\_

## THE LAST NIGHT AND JOURNEY HOME

- ☐ Keep the next morning's clothes, shoes, medicines and documents with you.
- ☐ If bags go out overnight, retain a small bag for toiletries and sleepwear.
- ☐ Save a bag for damp swimwear; check homebound flight restrictions.

Full guide: [cruisegem.com/guides/cruise-packing-list-printable-pdf](https://cruisegem.com/guides/cruise-packing-list-printable-pdf)