

7-night cruise

A practical week at sea, with a reusable dinner wardrobe.

Ship / dates: _____

Suggested quantities per adult for a week without laundry. Eight underwear and sock sets cover eight calendar days. Add spares, travel days and workout clothing as needed.

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

- | | |
|--|--------|
| ☐ Daytime tops | 6-7 |
| ☐ Bottoms / skirts | 3-4 |
| ☐ Underwear sets | 8 |
| ☐ Socks | 8 |
| ☐ Repeatable dinner outfits | 2 |
| ☐ Swimwear | 2 |
| ☐ Sleepwear | 2 |
| ☐ Weather / indoor layers | 1-2 |
| ☐ Walking shoes | 1 pair |
| ☐ Other useful shoes | 1 pair |

WEEKLONG CHOICES

- ☐ Two evening outfits can be repeated; change accessories if you like.
- ☐ Reserve one clean outfit for disembarkation and the flight home.
- ☐ Check whether the cabin has the outlets and USB sockets your devices need.
- ☐ Choose a small daypack that works for both boarding and shore days.

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