

BOOK #004

The Smart Traveler's Alaska Packing Guide

Chapter 8 — Medications & Travel Essentials

Preparing for an Alaska cruise isn't just about clothing. Making sure you have your medications, travel documents, and daily essentials organized before you leave home can help you avoid unnecessary stress and focus on enjoying your vacation.

Keep Important Items in Your Carry-On

Never pack prescription medications, travel documents, or valuables in your checked luggage. Always carry these items with you when boarding the ship.

Travel Essentials Checklist

- Passport or other required travel documents
- Cruise boarding documents
- Government-issued photo identification (when applicable)
- Credit cards and a small amount of cash
- Prescription medications in their original containers
- Motion sickness medication (if needed)
- Health insurance card
- Copies of important phone numbers and emergency contacts

Personal Care Items

Bring any specialty toiletries or over-the-counter medications you use regularly. While cruise ships sell many necessities, prices onboard are often higher and selection may be limited.

Prepare Before You Sail

Review your cruise line's travel requirements before departure, make sure your passport is valid, and keep digital copies of important documents stored securely on your phone or in cloud storage.

Aimee's Insider Tip

I always pack lip balm, moisturizer, and a small first-aid kit in my carry-on. Alaska's cool air and active shore excursions can leave you appreciating these small comforts far more than you might expect!