

## BOOK #007

# The Smart Traveler's Cruise Packing Guide

## Chapter 4 — Toiletries & Medications

Imagine settling into your stateroom on embarkation day and knowing you have everything you need for the week ahead. You won't have to search the ship's shops for forgotten essentials or pay premium prices because you left something at home. A little planning before your cruise makes all the difference.

### **Pack Your Daily Toiletries**

Bring the toiletries you use every day, including your toothbrush, toothpaste, deodorant, shampoo, conditioner, hairbrush, skincare products, razor, and any personal care items. While many cruise ships provide basic shampoo and soap, you may prefer your own products.

### **Prescription Medications**

Always pack prescription medications in your carry-on luggage, not your checked suitcase. Bring enough medication for your entire trip, plus a few extra days in case of travel delays. Keep medications in their original labeled containers whenever possible.

### **First Aid & Over-the-Counter Items**

A small travel first-aid kit can be very helpful. Consider packing pain relievers, adhesive bandages, motion sickness medication, antacids, allergy medicine, blister pads, and any other over-the-counter items you commonly use.

### **Sun Protection**

Whether you're sailing to the Caribbean or Alaska, sunscreen, lip balm with SPF, sunglasses, and moisturizer are worth bringing. Sun exposure can be stronger than many travelers expect, especially while spending time on open decks.

### **Travel-Sized Convenience**

Whenever possible, use travel-sized containers to save space. Place liquids in resealable bags to help prevent leaks and make airport security easier if you're flying.

### **Aimee's Insider Tip**

I always pack a few medications that I hope I won't need—things like motion sickness tablets, allergy medicine, and pain relievers. If you need them, you'll be glad you packed them. If you don't, they take up very little space but provide great peace of mind.