**Adventure Cruise Packing Checklist**

Don’t forget to pack cruise insurance! Learn more at [www.bhtp.com/cruise-insurance](http://www.bhtp.com/cruise-insurance).

### Clothing/Accessories
- Undergarments (including baselayers)
- Socks/stockings (include extra pairs of warm, natural-fiber socks)
- Sleepwear
- T-shirts (Dri-Fit or similar fabric)
- Jeans
- Pants
- Shorts
- Blanket/shawl (in warm, natural fibers)
- Dry bags/pouches (multiple sizes)
- Moisture-wicking warm layers
- Swimwear (for warm-weather cruise)
- Coats/jackets/rainwear
- Hats
- Gloves
- Umbrella (heavy-duty and compact, like the Blunt Metro)
- Mini-hangers
- Watch/fitness tracker (must be waterproof)
- Hiking shoes (lugged soles, waterproof)
- Collapsible tote/laundry bag
- Sandals/flip-flops
- Belts
- Secure clothing (money belt, storage pouches, etc)
- Over-the-door toiletry/shoe organizer/storage bag
- Lanyard
- Laundry kit (soap, stain remover, dryer sheets, wrinkle remover)
- Sunglasses (heavy-duty, polarized, scratch-resistant)

### Personal-Care Items
- Soap
- Shampoo/conditioner
- Brush/comb
- Heel cream/athlete's foot cream
- Face cleanser/moisturizer
- Pain relievers
- Vitamins
- Sunscreen
- Hand cream (heavy-duty, like O'Keefe's Working Hands)
- Contact lenses/solution
- Feminine-hygiene products
- Birth control
- Nail file/clippers
- Tweezers
- Hand sanitizer
- Bandages
- First-aid ointment
- Insect repellent
- Hand/feet warmers
- Shaving supplies

### Miscellaneous
- Office supplies (post-its, paper clips, rubber bands, envelopes, Ziploc bags, writing pad)
- Nightlight
- Outlet strip
- Mask/snorkel
- Plug adaptor
- Copies of passport/credit card/prescriptions
- Emergency contacts
- Credit-card/bank contacts

### Carry-on
- Books/magazines
- Cell phone (in heavy-duty, waterproof case)
- Earbuds/headphones
- Travel blanket and pillow
- Ear plugs/eye mask
- Tissues
- Lip balm
- Copies of prescriptions
- Toothbrush/paste/floss
- Changes of clothes (2)
- Food/snacks/gum
- Water bottle(s)
- Medications including seasickness remedies
- Jewelry and other valuables in a waterproof case
- Camera and accessories
- Passport/visa/ID
- Writing materials
- Chargers and adapters (including a power bank)
- Cash (including small bills in U.S. currency)
- Credit/ATM cards
- Insurance cards
- Maps/directions/guidebook/itinerary
- Spare shoes
- House keys
- Laptop/tablet