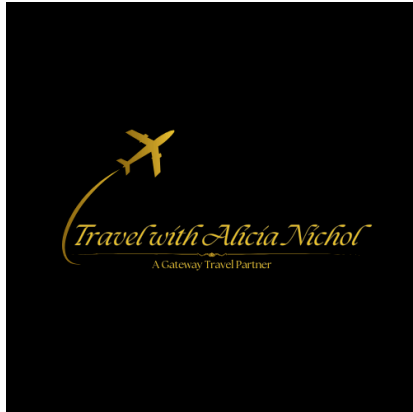




Travel With Alicia Nichol (TWAN)

7-Day Cruise Packing List

Your Complete Guide to Packing for a One-Week Cruise Vacation

A 7-day cruise offers the perfect balance of relaxation, adventure, dining, entertainment, and destination exploration.

The key to packing for a week-long cruise is creating a **versatile wardrobe, preparing for different activities, and organizing your essentials so you can enjoy your vacation without overpacking.**

This complete 7-Day Cruise Packing List helps you prepare for sea days, port adventures, pool time, dinners, and special events.

Before You Pack

Cruise Information

Cruise Line: _____

Ship Name: _____

Sailing Date: _____

Destination/Route: _____

Number of Days: 7 Days

Number of Travelers: _____

Important Travel Documents

- ☐ Passport / Required Travel Identification
- ☐ Government-issued ID
- ☐ Cruise documents
- ☐ Boarding information
- ☐ Travel insurance information
- ☐ Flight confirmations
- ☐ Hotel confirmations
- ☐ Transportation details
- ☐ Shore excursion confirmations
- ☐ Emergency contact information
- ☐ Copies of important documents
- ☐ Digital copies saved securely
- ☐ Credit cards/payment information

7-Day Cruise Clothing Checklist

Everyday Cruise Clothing

Plan outfits that can be mixed and matched.

- ☐ 7 daytime tops
- ☐ 3–4 pairs of shorts/pants
- ☐ 1–2 casual dresses
- ☐ 1 lightweight sweater/jacket
- ☐ Lounge outfit
- ☐ Pajamas
- ☐ Undergarments
- ☐ Socks
- ☐ Comfortable travel outfit

Sea Day Essentials

For relaxing onboard:

- ☐ Casual outfits
- ☐ Swimwear
- ☐ Cover-up
- ☐ Sunglasses
- ☐ Sun hat
- ☐ Pool sandals
- ☐ Reading material
- ☐ Comfortable lounge clothing

Pool & Beach Checklist

- ☐ 2–3 swimsuits
- ☐ Cover-up
- ☐ Flip-flops
- ☐ Water shoes
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Waterproof phone pouch
- ☐ Beach bag
- ☐ Change of clothes
- ☐ After-sun lotion

Dinner & Evening Wear

Casual Evenings

- ☐ 3–4 dinner outfits
- ☐ Nice tops
- ☐ Casual dresses
- ☐ Dress pants
- ☐ Skirts
- ☐ Comfortable evening shoes

Formal or Elegant Night

- ☐ Formal outfit
- ☐ Cocktail dress
- ☐ Dress shirt
- ☐ Dress pants
- ☐ Blazer/suit jacket (optional)
- ☐ Jewelry/accessories
- ☐ Dress shoes

Shore Excursion Checklist

For port days and adventures:

- ☐ Comfortable walking shoes
- ☐ Crossbody bag/backpack
- ☐ Cruise card
- ☐ Passport copy
- ☐ Wallet
- ☐ Phone
- ☐ Portable charger
- ☐ Sunglasses
- ☐ Hat
- ☐ Sunscreen
- ☐ Water bottle
- ☐ Snacks
- ☐ Camera
- ☐ Medication

Shoes Checklist

- ☐ Walking shoes
- ☐ Dress shoes
- ☐ Sandals
- ☐ Pool shoes
- ☐ Excursion shoes
- ☐ Cabin slippers
- ☐ Extra socks

Toiletries & Personal Care

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body wash
- ☐ Deodorant
- ☐ Skincare products
- ☐ Makeup
- ☐ Hairbrush
- ☐ Hair products
- ☐ Hair tools
- ☐ Razor
- ☐ Feminine products
- ☐ Lip balm
- ☐ Fragrance

Medication & Wellness Checklist

- ☐ Prescription medications
- ☐ Vitamins
- ☐ Motion sickness medication
- ☐ Allergy medication
- ☐ Pain reliever
- ☐ Stomach remedies
- ☐ First aid supplies
- ☐ Bandages
- ☐ Hand sanitizer

Electronics Checklist

- ☐ Smartphone
- ☐ Cruise line app downloaded
- ☐ Phone charger
- ☐ Portable charger
- ☐ Camera
- ☐ Extra batteries
- ☐ Memory cards
- ☐ Tablet/e-reader
- ☐ Headphones
- ☐ Charging cables
- ☐ Travel adapter
- ☐ eSIM/Wi-Fi information

Cruise Cabin Organization Essentials

- ☐ Packing cubes
- ☐ Laundry bag
- ☐ Magnetic hooks
- ☐ Hanging organizer
- ☐ Shoe organizer
- ☐ Reusable water bottle
- ☐ Night light
- ☐ Zip bags
- ☐ Wrinkle-release spray
- ☐ Travel documents folder

Embarkation Day Carry-On Bag

Keep these items with you:

- ☐ Passport/ID
- ☐ Cruise documents
- ☐ Medication
- ☐ Phone
- ☐ Chargers
- ☐ Wallet
- ☐ Change of clothes
- ☐ Swimsuit
- ☐ Valuables
- ☐ Toiletries

Optional Cruise Extras

- ☐ Travel journal
- ☐ Books/e-reader
- ☐ Playing cards
- ☐ Small games
- ☐ Cruise lanyard
- ☐ Laundry supplies
- ☐ Eye mask
- ☐ Ear plugs
- ☐ Travel umbrella
- ☐ Binoculars (destination dependent)

7-Day Cruise Outfit Planner

Day 1 – Embarkation

- ☐ Comfortable travel outfit
- ☐ Walking shoes
- ☐ Light layer

Day 2 – Sea Day

- ☐ Casual outfit
- ☐ Swimwear
- ☐ Dinner outfit

Day 3 – Port Day

- ☐ Excursion outfit
- ☐ Comfortable shoes
- ☐ Day bag

Day 4 – Sea Day

- ☐ Relaxed outfit
- ☐ Pool essentials

Day 5 – Port Day

- ☐ Walking outfit
- ☐ Evening outfit

Day 6 – Special Evening

- ☐ Elegant/formal outfit

Day 7 – Final Day

- ☐ Comfortable travel outfit

Final Packing Checklist Before Leaving Home

- ☐ Check weather forecast
- ☐ Complete cruise check-in
- ☐ Confirm transportation
- ☐ Download cruise app
- ☐ Notify bank of travel
- ☐ Secure home
- ☐ Arrange pet care
- ☐ Pack medications
- ☐ Verify passports/ID
- ☐ Charge electronics
- ☐ Save document copies

7-Day Cruise Packing Tip

A one-week cruise gives you more opportunities to enjoy different experiences, so focus on clothing that can be layered and reused.

Pack smart by choosing pieces that work for:

- Relaxing onboard
- Exploring destinations
- Dining experiences
- Pool days
- Evening entertainment

A balanced suitcase helps you enjoy your cruise with confidence and comfort.

Travel With Alicia Nichol (TWAN)

Helping travelers plan unforgettable journeys with confidence.