SEASON 1 · OPT-IN

The Cruise Packing Guide & Checklist

What the ship will confiscate, how much wine you may carry on, what the crew will hand you for free, and where to buy the rest for a dollar instead of twenty.

Every policy on this page was read off the cruise line's own website — Royal Caribbean and Carnival on 30 September 2026, and Norwegian, Princess, Celebrity, MSC, Holland America, Disney, Virgin Voyages and Viking on 3 October 2026. **Ten lines, all verified, none guessed.** Where a line does not publish a rule, this page says so rather than filling in the blank. They change without notice, so confirm with yours before you pack.

Blue notes down the left margin are for anyone travelling with a scooter, a walker, a CPAP, or a body that needs a little planning. Most packing lists skip them entirely.

Check before you sail

The official rules behind this guide, one scan away.

Point your phone camera at a code. Your phone opens the official page. Every source is listed in the online guide.

Check the official source

Cruise lines change these rules. What the official page says on the day you sail is what counts. These are not paid links.

What you can fly with
TSA

What you can't bring
Royal Caribbean

What you can't bring
Carnival

What you can't bring
Norwegian

Full guide online: photos, live prices and the latest updates at **aicruisegranny.com/cruise-packing-list**

Official sources only: no paid links on this page.

AI Cruise Granny · aicruisegranny.com

START HERE

Nearly every packing list online gets the power strip wrong

They tell you flatly to bring one, or flatly not to. Both answers are wrong for most readers, because the ten biggest lines do not agree — they split four different ways:

LINE	POWER STRIP	EXTENSION CORD	SURGE PROTECTOR
Royal Caribbean	**Prohibited**	**Prohibited**	**Prohibited**
Carnival	**Non-surge only**	**Non-surge only**	**Prohibited**
Holland America	**Non-surge only**	**Non-surge only**	**Prohibited**
Princess	**Non-surge only**	***Published three ways — see below***	**Prohibited**
Disney	**Prohibited**	**Prohibited**	**Prohibited**
Viking	***Not published***	**Prohibited**	**Prohibited**
Celebrity	***Not published***	**Prohibited**	***Not published***
Norwegian	***Not published***	***CPAP only, non-surge***	***Not published***
MSC	***Not published***	***Not published — ship lends them***	***Not published***
Virgin Voyages	***Electrician must approve***	***Electrician must approve***	***Not published***

A surge protector is the one thing no line allows. Not one of the ten publishes a rule permitting one. If the box says surge protection anywhere on it, leave it home.

The trap. Holland America publishes a clear, generous rule: power strips, multi-plug adaptors and extension cords are all fine so long as they are not surge-protected. A reader who learns that rule and packs the same strip for Disney loses it at the pier — Disney bans *“Extension cords, power strips, multi-plugs and surge protectors”* outright, with no non-surge exception published anywhere. The rule is not “cruise ships”. The rule is your line.

Princess contradicts itself, and I am not going to pretend otherwise. Their prohibited list bans surge-protected cords. A footnote directly beneath it says cords *“with surge protectors are allowed onboard... following inspection/tests from the onboard electrical department.”* A third section says

extension cords are *“generally not permitted.”* That is their own page, three ways, today. Pack a non-surge strip, expect it to be inspected, and do not argue the footnote at the pier.

Two lines will simply give you one. MSC: *“Complimentary distilled water and extension cords are available onboard; however, a charge will apply if the extension cord is not returned.”* Virgin Voyages: *“If you need an extension cord, just ask our Crew, and they'll sort you out.”* Free beats confiscated.

> **If you run a CPAP:** do not pack a cord and hope. Royal Caribbean will put an extension cord in the cabin for you, free, through the accessibility equipment request — with 30 days' notice. Norwegian tells you outright to bring *“an extension cord approximately 6 feet long”* that *“does not include a surge protector”*, and asks for distilled water requests four days ahead. Virgin wants the distilled water request 14 days ahead. Every one of those is a deadline, and every one is in the countdown below.

START EIGHT WEEKS OUT

The countdown

Everything on this page is easy if it happens in the right week and expensive if it happens in the wrong one. Two of these deadlines cannot be fixed late at any price.

THE DEADLINE NOBODY PUTS ON A PACKING LIST

Accessibility equipment has a cut-off, and it is different on every line

This is the form that gets you a shower stool, a raised toilet seat, a bed rail, a sharps container, a fridge for medication, an extension cord for a CPAP, distilled water, a visual-tactile alert kit, a TTY phone or a sign-language interpreter. Filed late, the answer is simply no — and no amount of money fixes it on embarkation day.

LINE	EQUIPMENT & SPECIAL NEEDS	SIGN-LANGUAGE INTERPRETER
Royal Caribbean	30 days	60 days
Celebrity	30 days	60 days
MSC	30 days	60 days for a service dog
Disney	30 days	***Not published***
Norwegian	45 days	90 days
Virgin Voyages	45 days	45 days
Holland America	45 days — worded as a recommendation	***Not published***
Princess	60 days for the Mobility Questionnaire	***No day count published***
Carnival	Special needs form, as early as possible	***Not published***
Viking	***No day count — at or before booking***	***Not published***

Norwegian needs ninety days for an interpreter. That is three months, and it is the longest lead time on this page. If anyone in your party is Deaf or hard of hearing and you are sailing Norwegian, that request goes in before almost anything else on this list.

Two of these deadlines are hiding. Celebrity's 30 days is printed on the Special Needs Form itself, not on their accessibility page — read the page and you will think there is no deadline at all. Disney's is the same: it appears on the Special Services form as *"AT LEAST 30 DAYS PRIOR TO TRAVEL DATE"*, and the help page says nothing. Download the form. Do not trust the page.

> **If you use a wheelchair or scooter, two numbers matter before you book.** Viking caps mobility equipment at **22 inches wide and 50 pounds** — that rules out a good many power chairs, and it is in their ticket contract, not their brochure. Virgin Voyages states plainly that they **do not provide mobility devices at all**; you rent from an outside vendor. MSC's onboard wheelchairs are for embarkation, disembarkation and emergencies only. None of that is a reason not to sail. It is a reason to ask first.

> **What you can actually ask for differs too.** Princess will put *"handheld shower heads, shower stools and raised toilet seats"* in a standard cabin, requested in their app. Celebrity's form offers a raised toilet seat, commode chair, shower stool, mini-refrigerator and sharps container. MSC publishes a shower stool and nothing else of that kind. Holland America and Viking publish no list at all — you have to ask. Never assume the ship has one spare.

Eight weeks out

- [ ] Check the passport expiry date for everyone travelling.
  Many itineraries want six months' validity beyond your return.
- [ ] Book excursions, speciality dining and anything with limited seats.
- [ ] Buy travel insurance now, while pre-existing conditions can still be covered.
  Most look-back windows run from the date you paid your deposit, not the date you sail.

- [ ] **File the special needs form.**

  > This is the one that cannot be fixed later. Royal Caribbean needs **30 days** for cabin equipment — raised toilet seat, commode chair, shower stool, transfer bench, bed rail, distilled water, a sharps container, a medical refrigerator, an extension cord, oxygen delivery, dialysis delivery, a visual-tactile alert system, assistive listening devices, a TTY, large-print material, closed-captioned television, and a service animal relief area. Sign language interpreting needs **60 days**. Filed late, the answer is simply no.

Four weeks out

- [ ] Request repeat prescriptions, early, so you sail with the whole trip plus several days spare.
- [ ] Check what the dress code actually is, and how many formal nights there are.
  Two on a seven-night sailing with Royal Caribbean, Carnival and Princess. Not seven.
- [ ] Try on everything you plan to take. All of it.
- [ ] Order anything you are buying for the trip, so it arrives in time to be returned if it is wrong.
- [ ] Check whether your ports are tender ports.

  > A tender is a small boat that ferries you ashore, and you step onto it while it moves. Some ports are tender-only. If steps and a moving deck are a problem, you want to know now, not on the morning.

Two weeks out

- [ ] Complete online check-in the hour it opens, for the best boarding time.
- [ ] Print luggage tags and boarding documents.
- [ ] Tell your bank and your card company where you are going.
- [ ] Arrange a hold on post, and someone for the house, the plants and the pets.
- [ ] Confirm your scooter or wheelchair battery type in writing.

> Dry cell and gel are accepted; wet cell usually is not. Measure the door width of your cabin against the width of your chair, and take a basic repair kit — there is no mobility shop at sea.

The week before

- [ ] Lay everything out on the spare bed, then take away a third of the clothes.
- [ ] Photograph your passport, cards and insurance, and email the photos to yourself.
- [ ] Download anything you want to watch or read. Ship wifi is slow and dear.
- [ ] Get small bills for tipping porters at the pier.

The night before

- [ ] Attach the luggage tags. Properly, through the hole, folded over.

- [ ] Pack the carry-on from the list below, and keep it with you.
- [ ] Charge everything, including the power bank.
- [ ] Put the day-one outfit and the swimsuit where you can reach them.
- [ ] Set the alarm, and set a second one.

Prohibited on every line I checked

Ten lines, ten separate prohibited-items pages. These are the ones that came up on all of them.

Clothing irons and garment steamers.
Every line bans the iron. Disney, Celebrity, MSC and Viking name the *steamer* too. Carnival suggests refillable heating pouches instead; Disney prints the better answer in the same sentence — *“all ships offer self-service laundry facilities equipped with irons and ironing boards.”* Curling irons and hair straighteners are the published exception almost everywhere.

Candles, incense and hookahs.
Anything with an open flame. Disney adds diffusers.

Marijuana, cannabis and CBD.
All ten. All forms. See the warning below — this one is serious.

Hoverboards and self-balancing scooters.
A mobility scooter is a different thing and is welcome. Princess spells it out: scooters *“only permitted if used for mobility”*.

Weapons, including replicas and gun parts.
Pocket knives are the one place they differ. Holland America and Princess allow a small locking blade under 2½ inches; Viking allows under 3 inches; Virgin allows under 4 inches. **Disney bans knives “regardless of blade length”**, and straight razors with them.

Mace and pepper spray.
Royal Caribbean and Celebrity list these under self-defence items. Viking adds handcuffs, clubs and batons.

Fireworks and sparklers.

Drones, with three different answers.
Viking, Virgin, Princess, Norwegian and Holland America ban them outright — Virgin confiscates at the pier and returns them at the home port. MSC lets you keep one in the cabin but never fly it.

Celebrity is the permissive one: *“welcome to bring drones... for use on land only and outside of the port area.”*

Bluetooth speakers and radios.

Here is an honest one: **only Carnival and Virgin Voyages actually publish a speaker rule.** Virgin: *“Personal Speakers – Not permitted for use in public spaces.”* The other eight say nothing about speakers at all. That is not permission — crew will still ask you to turn it off by the pool. It just means nobody can quote you a rule.

Streaming sticks, on Disney.

Disney names them: *“Amazon Fire Stick, Apple TV, Google Chromecast, Roku, etc.”* Nobody else does. If you were planning to bring your own telly for the cabin, that is the line where it stops.

Hard liquor.

Wine and champagne only on nine of the ten. Disney is the exception for beer — see the drinks table. MSC bans the lot.

Coffee makers and kettles.

Heating element. Viking names coffee makers specifically; Princess, Holland America and Norwegian catch them under the same heating-element rule.

Your legal CBD counts, and it is not worth the risk

All ten lines ban it. Not one of them makes an exception for a prescription, and not one makes an exception for your state. Royal Caribbean, in their own words:

> *"Illegal drugs and illegal substances, including marijuana, are prohibited regardless of medical authorization or local legality."*

Disney puts both halves of it into a single sentence, and it is the clearest one published anywhere: marijuana is prohibited *"even if legal where you reside or medically prescribed."*

Carnival bans *"Cannabis-derived products, including Cannabidiol (CBD)"* in every form. Norwegian spells out what that covers: *"all products containing CBD, oils, candies, and gummies or any product containing THC."* Celebrity names *"extracts of THC and/or CBD"*. Holland America, Princess, Virgin and Viking all name CBD oil directly.

A CBD cream for sore knees falls under this. So do the gummies in your handbag. Leave them home. Princess adds the part people forget: foreign governments at ports of call *"enforce strict laws for drug possession"*, and a guest found in violation *"may be prevented from re-boarding the ship."* Watching your ship leave without you is the real penalty here, not a confiscation slip.

EXACTLY HOW MUCH

Wine, soft drinks and water

Carry-on allowances, from each line's own beverage policy. Ten lines, read off their own pages, 30 September and 3 October 2026.

LINE	WINE YOU MAY CARRY ON	CORKAGE	SOFT DRINKS & WATER
Royal Caribbean	**1 × 750ml per person, embarkation day**	Not published on the FAQ	12 cans, bottles or cartons of 17oz **per stateroom**
Carnival	**1 × 750ml per person, embarkation day**	$15.00 per bottle	12 cans or cartons of 12oz **per person** — no bottles
Celebrity	**1 × 750ml per guest of drinking age**	$35.00 per bottle	Any non-alcoholic drink, **embarkation day only**, as much as you can hand-carry

LINE	WINE YOU MAY CARRY ON	CORKAGE	SOFT DRINKS & WATER
Princess	**1 × 750ml free, embarkation day; more allowed with a fee**	$20.00 per extra bottle	***No allowance published either way***
Holland America	**750ml or smaller. No number published — "limits apply"**	$20.00 per bottle	**Water only**, 6 litres **per stateroom**, cans or cartons. No plastic bottles, no soda
Norwegian	**Wine and champagne, no number published. No box wine**	$15.00 / 750ml · $30.00 / magnum	**None. Medical or infant-formula water only**
Virgin Voyages	**2 × 750ml per cabin, carry-on, embarkation day**	***Not published***	12 sealed cans or cartons of 12oz **per person**. **No bottles, glass or plastic**
Disney	**1 bottle of 750ml or 6 beers of 12oz, per guest 21+**	$20.00 to drink it in a restaurant	***Not published either way***
MSC	**None. All alcohol prohibited**	—	**None, embarkation or port days. Medical or infant-formula water only**
Viking	***Not published anywhere***	***Not published***	***Not published***

The expensive detail nobody mentions. Royal Caribbean: *"Alcoholic beverages (beer, seltzer or hard liquor) seized on embarkation day will not be returned."* Only wine and champagne get stored and handed back on the last day. A six-pack in your case is simply gone.

Disney is the only one of the ten that lets you carry beer aboard — six of them, 12oz or smaller. Read the sentence carefully though: it is one bottle of wine **or** six beers, not both, and it is per guest aged 21 and over, so two adults sharing a cabin each get an allowance. Carry it on. Alcohol found in a checked bag is removed with *"no compensation"*.

MSC is the strict one, and it surprises people. No alcohol at all, and no soft drinks or water either, *"on both embarkation and port days."* The single exception is factory-sealed purified or distilled water for a medical device or infant formula. If you are used to walking back aboard with a bottle of water from the port, MSC is the line where that stops.

Carnival also excludes Port, Vermouth, Sherry and any fortified wine over 15% ABV. Sailing back-to-back on Royal Caribbean, you get one bottle per sailing, not one per trip. Milk and distilled water for infant, medical or dietary needs are permitted on Royal Caribbean — and distilled water is also on the accessibility request list, delivered to the cabin free. Where this table says *not published*, it means the line's own website does not

state a rule. I would rather tell you that than invent a number for you to argue with at the pier.

SAVE THE SUITCASE SPACE

Do not pack it — ask instead

Your cabin steward looks after a handful of rooms and has a store cupboard, and a great deal of what gets sold as a cruise essential is sitting in it. **Ask on the first afternoon**, when they come round to introduce themselves. Not on day four, when the ship has run out.

Extra pillows
Say firm or soft. You get whatever came out of the laundry otherwise.

Extra towels, and extra pool towels

The minibar fridge emptied
So you can use it for water, fruit and anything that must stay cold.

Extra coffee, tea and sweeteners

A sewing kit, from guest services

A hairdryer
Already in the cabin on virtually every ship. Check yours and leave yours at home.

An extra blanket
Cabins are air-conditioned to somebody else's taste.

More hangers
Cabins come with a handful.

Ice, topped up daily
Ask for it as a standing arrangement.

A mat or spare towel for wet things
By the door after a pool day.

Plasters and basic first aid
Guest services, not the shop, where they cost a fortune.

Shampoo and body wash
In the shower dispenser on most ships.

This is a request, not an entitlement, and a steward can only give you what is on board. A cabin fan is the one worth asking for on day one — ships keep a limited number and they go fast on a warm itinerary. Ask politely, ask early, and tip well at the end if someone has looked after you.

> **Worth knowing:** a shower stool, a raised toilet seat, a transfer bench and a bed rail are not steward requests — they come through the accessibility form, 30 days ahead, and they are also free. Ask for them in the right place and they are waiting in the cabin when you arrive.

THE ACTUAL LIST

Pack this

Goes in the carry-on, never the checked bag

- [ ] Passport or birth certificate, and the boarding documents, printed.
- [ ] All medication, in original labelled bottles, the whole trip plus several days.
  Checked bags sometimes reach the cabin hours after you do.
- [ ] A change of clothes and a swimsuit.
  The pool is open long before your luggage arrives. This is the single most useful line on this list.
- [ ] Phone, charger and a power bank.
- [ ] Travel insurance details and emergency contacts, on paper.
- [ ] Your one sealed bottle of wine.
- [ ] CPAP, in its own case, with the paperwork.
  > It does not count as a carry-on bag. Pack the machine, not an extension cord — the ship brings the cord.

Clothes

- [ ] One outfit per day plus two spares. Not more.
- [ ] One smart outfit per formal night, and I have checked how many there are.
- [ ] A cardigan or wrap. Dining rooms and theatres run cold on every ship afloat.
- [ ] Two pairs of comfortable shoes, already broken in, so one can dry.
- [ ] A packable rain jacket.
- [ ] Two swimsuits.
- [ ] Something with pockets, for the key card and reading glasses.
- [ ] Nothing that needs ironing, because you cannot.

  Irons and steamers are banned on both lines. Knits and jersey travel; linen arrives looking like a road map.

- [ ] Clothes I can manage myself, in a bathroom the size of a phone box.

  > Front fastenings beat back zips. A dress that needs a second person is a dress you wear once. If you use a scooter, think about what rides up when you sit all evening.

Toiletries and the bathroom

- [ ] A hanging toiletry bag.

  There is one small shelf for two people. Hanging it on the door is the whole trick.

- [ ] Prescription creams and anything you cannot buy on board.
- [ ] Reef-safe sunscreen, bought at home where it is half the price.
- [ ] After-sun, and lip balm with sun protection.
- [ ] A spare pair of glasses, and the prescription.
- [ ] Seasickness remedy, cleared with my pharmacist against what I already take.
- [ ] A week's pill organiser, filled before you leave.
- [ ] Hand cream, because the air conditioning is merciless.

The things people wish they had brought

- [ ] Magnetic hooks. Cabin walls and the ceiling are steel and there is nowhere to hang anything.
- [ ] An over-the-door organiser, for toiletries and sunscreen.
- [ ] A collapsible day bag for port days.
- [ ] A lanyard for the key card.
- [ ] A battery night light.

> An inside cabin is properly dark and the bathroom doorway has a lip to step over. This is a safety item, not a luxury. Battery, not plug-in — the sockets are nowhere near the bed.

- [ ] Packing cubes, so the case closes and the last morning is quick.
- [ ] Wrinkle-release spray, since the iron is banned.
- [ ] Travel-size laundry soap for rinsing swimsuits.
- [ ] A highlighter for the daily programme.
- [ ] A refillable water bottle for port days.
- [ ] Earplugs and a sleep mask.
- [ ] Small bills for tipping porters at the pier.

The five of these I take every single cruise, with photographs of how they actually sit in the cabin, are on the cabin gear page.

Buy these for a dollar, not twenty

- [ ] Shower caddy, hooks, clips and clothes pegs.
- [ ] Reading glasses — two pairs, because one will go overboard.
- [ ] Ponchos for a rainy port day.
- [ ] Zip bags in several sizes, for wet swimsuits and shells.
- [ ] A pill organiser and a small first aid tin.
- [ ] Hand sanitiser and wipes.

- [ ] Beach towel clips.
- [ ] Playing cards and a puzzle book for sea days.
- [ ] Collapsible cups and a small plastic tub for the buffet fruit.
- [ ] Lint roller, stain pen and a travel sewing kit.
- [ ] Command hooks for the back of the cabin door.
- [ ] A cheap umbrella you will not mind losing.

IT IS NOT ONE LIST

Where you are going changes the bag

Pack for the itinerary, not for the word “cruise.” These three need genuinely different cases.

Caribbean and the Bahamas

- [ ] More swimwear than you think, because nothing dries in that humidity.
- [ ] Water shoes for rocky beaches and wet tenders.
- [ ] A hat that will not blow off a moving deck.
- [ ] Insect repellent for the rainforest excursions.
- [ ] A dry bag for anything you take ashore by tender.

Alaska

- [ ] Layers, not a big coat — a base layer, a fleece, a waterproof shell.
- [ ] A proper waterproof with a hood. It rains, and an umbrella is useless on deck.
- [ ] Waterproof shoes with grip, for wet gangways and glacier viewpoints.
- [ ] Gloves, a hat and a scarf, for standing still on deck at a glacier.
- [ ] Binoculars, which you will use more than the camera.

- [ ] Sunglasses — glare off ice and water is brutal.

Europe and transatlantic

- [ ] Shoes you can walk miles in, on cobbles.
- [ ] Shoulders and knees covered, for churches and cathedrals.
- [ ] The right plug adaptor for the countries you are visiting.
- [ ] A crossbody bag that zips, for crowded cities.
- [ ] More evening wear on a transatlantic — those sailings dress up.

PACKED THE NIGHT BEFORE

The port-day bag

- [ ] Your cabin card. Nothing else gets you back on the ship.
- [ ] A photo of your passport on your phone, and the ship's all-aboard time.
  All-aboard is usually half an hour before departure, and in local time, which is not always ship time.
- [ ] Water, sunscreen and a hat.
- [ ] Small bills, in the local currency where it matters.

- [ ] Any medication you would need if the ship sailed without you.
- [ ] A folded tote for whatever you buy.
- [ ] Checked whether today is a tender port.

  > Tenders are small boats and you board them while they move against the ship. Crew will help, but a wheelchair or scooter often cannot go at all, and the decision is the captain's on the day, based on the sea. If every port matters to you, prefer itineraries that dock.

NOBODY WARNS YOU ABOUT THIS BIT

The last night and getting off

- [ ] Cases outside the cabin door by the time they ask, usually around 10pm.
- [ ] Keep back: tomorrow's clothes, shoes, medication, documents, chargers and toiletries.

  The classic mistake is packing the clothes you meant to wear off the ship.
- [ ] Settle the onboard account and check the final bill against what you remember.
- [ ] Leave the tip for your steward.
- [ ] Know your disembarkation group and roughly when it is called.
- [ ] Book transport with real slack in it.

  Never a same-morning flight. Something always runs late.

- [ ] Request assisted disembarkation if you want it.

> Ask guest services a day or two before, not on the morning. It is slower than self-disembarkation and it is calm, which is the trade most people want. Wheelchair assistance at the terminal is a separate request from the one on the ship.

LEAVE IT

What not to bother with

A hairdryer — the cabin has one. **Beach towels** — the ship provides them and counts them back. **Shampoo and body wash** — already in the shower. **An iron** — banned, and the laundry is cheap. **More than two formal outfits** — you will wear one twice and nobody will notice. **Heavy books** — the ship has a library. **A full-size case each for seven nights** — the cabin has nowhere to put it. **A surge protector** — banned everywhere, and it is the one that starts fires.

FOR THE REST OF YOUR PARTY

Everyone needs their own

Print one copy per person. Shared lists are how one traveller ends up with all the chargers and another with none. Write in what is particular to each of you — the thing that is on nobody else's list.

Name

AI CRUISE GRANNY

CRUISE ESSENTIALS GEAR GUIDE

Nine of the eleven things that fix a real problem on board



Magnetic night light

Interior cabins are pitch black

SEE IT →



Battery cabin fan

Battery, not mains — that matters

SEE IT →



Magnetic hooks, 30 lb

Hang one at bed height

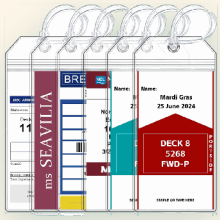
SEE IT →



Compression cubes

Half the volume, same clothes

SEE IT →



Luggage tag holders

Paper tags tear off. Every time

SEE IT →



Floating phone pouch

Floating is the whole feature

SEE IT →



Waterproof waist pack

Carry a passport copy

SEE IT →



Quick-dry water shoes

Tender piers are not kind

SEE IT →



Pocket rain ponchos

Caribbean squalls. Alaska. Both

SEE IT →

Tap any one of these and it opens the full guide on aicruisegranny.com, where the buy link lives — plus the two items left off this page, and the warning about which one most ships will not let you use in their pool.

AI CRUISE GRANNY

TODDLER CRUISE GEAR GUIDE

If a small person is coming too



Reusable swim diaper

Required by every line. Pack two

SEE IT →



Toddler swim vest

Not a life jacket — ships lend those

SEE IT →



Sun hat with neck flap

UPF 50+, ages 3–10

SEE IT →



Mineral SPF 50

No oxybenzone or octinoxate

SEE IT →



Toddler water shoes

Hot decks, rough tender piers

SEE IT →



Collapsible sand bucket

Folds flat. That is the point

SEE IT →

The full ten, with the swim-diaper rule every line enforces, are at aicruisegranny.com.

WHERE THE REST OF IT LIVES

Two websites, and they are not the same website

aicruisegranny.com — everything else I have checked and written down. The cabin gear I actually take, the casino comps I have tested myself, what parking really costs at each port, and every guide on the site carries its sources the way this one does. New guides go up most weeks.

sailsanyway.com — **this one is for cruisers with mobility or accessibility needs.** If you sail with a scooter, a walker, a wheelchair, oxygen, a CPAP, dialysis, low vision or low hearing — or you are the one doing the planning for somebody who does — that is where the detail lives. Accessible cabins and what the measurements actually mean, which ports tender and which dock, how shore excursions handle a scooter, dialysis at sea, and the special-needs forms line by line. It is a whole site, not a paragraph tacked onto the end of a packing list.

Both are mine. Neither is sponsored by a cruise line, and no cruise line sees anything before it goes up.

Travelling with a scooter, a CPAP, dialysis or anyone who needs a hand? Our companion guide, **The Accessible Cruise Packing List**, goes much deeper on the sixteen pieces of equipment the ship will put in your cabin free if you ask thirty days ahead.

From AI Cruise Granny — the AI twin of a real woman who cruises with health issues and sails anyway. Retired Nurse & Massage Therapist with combined 27 years of professional healthcare experience.

One traveller's experience, not medical advice. Ask your pharmacist about any remedy. Policies verified on each cruise line's own website: Royal Caribbean and Carnival on 30 September 2026; Norwegian, Princess, Celebrity, MSC, Holland America, Disney, Virgin Voyages and Viking on 3 October 2026. Viking's prohibited-items list is the only one they publish publicly and it is dated 2019 — confirm with them directly. All of them change without notice, so check with yours before you pack. © CSSM Reed, LLC.