

Master Checklist of What to Pack for a 7 Day Cruise

Clothing to Pack for a Cruise

- 10 pairs of underwear (in case you get sweaty)
- 7 pairs of socks
- 1 strapless bra (to wear with tank tops/dresses)
- 1 [comfortable bra](#) (check out these [best-selling plus size bras](#))
- 3 sports bras (if you like to work out)
- 1 sun guard shirt (for swimming in the ocean)
- 2 swimsuits (check out these [swimsuits if you are on the curvy side](#))
- 1 pair of flip-flops
- 1 pair of semi-casual sandals
- 1 pair of sneakers/running shoes
- 2 pairs of workout shorts
- 4 basic t-shirts (for walking around town or working out in)
- 1 [pair of pajamas](#)
- 1 formal dress
- 1 cocktail dress
- 1 pair of heels
- 1 pair of jeans
- 1 pair of leggings with pockets (perfect for travel! I love [90 Degree leggings](#))
- 1 sweatshirt (in case it gets cold)
- 1 button up sweater (to wear over a dress or tank top)
- 5 semi-dressy but casual tops

Travel Documents to Pack on a Cruise

- Photo ID / driver's license
- Passport
- Proof of vaccination and negative COVID test
- Emergency contacts (just to be safe)
- Your cruise boarding pass
- Your cruise luggage tags
- Confirmation pages (receipts) of any excursions booked

Essentials to Pack on a Cruise

- Cash (for buying things at the port or paying for taxis) – I'd recommend at least \$150
- Sunblock (I love a good-smelling sunblock)
- Beach bag for port days and beach days
- Sunglasses
- Eyeglasses/contacts (if applicable)
- Cell phone charger

Personal Items to Pack on a Cruise

- Under-arm deodorant
- Face wash/face scrub
- Razor
- Shaving cream
- Hairbrush
- Fingernail clippers
- Makeup
- Toiletries (e.g., tampons)

Unique Things to Pack on a Cruise (things you'd never think to pack!)

- Reef-friendly sunscreen (I love [Hurley sunscreen](#))
- Sunblock for your face ([Elta MD is my favorite](#))
- [Beach bag with a zipper](#)
- Ear plugs
- Tylenol/Aleve/Advil
- Bug repellent
- Swim shoes
- Pepto Bismol
- Visor
- Rash guard
- Formal dress/cocktail dress for Gala Night
- Swimsuit cover up
- Watch
- Water bottle
- Instant coffee
- [Rash guard](#)
- [Light weight wetsuit](#)

Optional Items to Pack on a Cruise

- Vitamins (it never hurts to take your [daily vitamins](#))
- Magazines to read by the pool (I love [Real Simple](#) and [Health](#))
- Wine (if your cruise line allows it – you may be able to bring two bottles of wine or champagne on the ship)
- A new book you want to read
- Playing cards
- Your own instant coffee (sometimes cruise ship coffee is lousy)
- [Dramamine](#)
- Sleep medication (in case you have trouble sleeping one night)
- Tupperware container
- Your favorite shampoo/conditioner (if you are particular)
- Fun jewelry for Gala night
- [Pedialyte](#) (in case you drink too much and need a recovery)
- Lanyard for your room key
- A floaty for the beach (often the water is cold, and a small floaty is fun!)
- Wetsuit (in case you are cruising in January and the water is cold)
- Rash guard for your legs
- Laptop (the internet will be horrible/non-existent on a ship, but you may need it)
- Anti-itch cream (in case you get any mosquito bites on your cruise)