

# Cruise Essentials for Families with Kids

Use this printable checklist to pack with confidence and avoid last-minute scrambling. Check items off as you go, and adjust based on your family's needs.

## ***Carry-On Essentials (First Day Lifesavers)***

- Swimsuits (wear on board if possible)
- Flip flops or water shoes
- Sunscreen
- Change of clothes for kids
- Medications (pain/fever, daily meds)
- Motion sickness remedies
- One comfort item per child (stuffie, lovey, blanket)
- Snacks
- Water bottles

## ***Cabin Comfort Essentials***

- Magnetic hooks
- Over-the-door organizer
- Night light or battery tea light
- White noise app or sound machine
- Laundry bag

## ***Health & "Just in Case" Kit***

- Kids' pain/fever medication (dye-free if needed)
- Motion sickness bands
- Motion sickness meds or drops
- Band-Aids
- Antiseptic wipes
- Hand sanitizer
- Compact thermometer

## ***Baby & Toddler Must-Haves (If Applicable)***

- Compact stroller
- Swim diapers
- Baby monitor (no Wi-Fi required)
- Suction-cup toys
- Full-coverage bibs

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## **Entertainment for Sea Days**

- ☐ Sticker books
- ☐ Water Wow or mess-free coloring
- ☐ Small surprise toy (one per child)
- ☐ Tablet or device with downloaded shows
  - ☐ Volume-limited headphones

## **Clothing Essentials**

- ☐ Mix-and-match outfits
- ☐ Dresses + biker shorts (for easy outfits)
- ☐ Neutral shorts + interchangeable shirts
- ☐ One nice outfit per child
- ☐ Pajamas
- ☐ Swimsuit rotation
- ☐ Light sweater or hoodie
- ☐ Undergarments & socks

## **Shore Excursion Essentials**

- ☐ Lightweight foldable backpack
- ☐ Refillable water bottles
- ☐ Hats
- ☐ Sunscreen stick
- ☐ Snacks or snack containers
- ☐ Flip flops or Water shoes (beach days)
- ☐ Comfortable sneakers (city days)

## **Bonus “Why Didn’t I Think of That” Items**

- ☐ Lanyards for key cards
- ☐ Zip-top bags
- ☐ Travel-size stain remover
- ☐ Laundry detergent sheets

*Pack smart, not more. The right essentials make cruising with kids smoother, calmer, and way more enjoyable.*

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