The Cruise Packing Checklist

Built from the cruise lines' own packing advice and banned-item lists, checked October 31, 2026

Line: _____ Ship: _____ Sail date: _____

Carry-on keep with you on boarding day

- ☐ Passport book (safest for any itinerary)
- ☐ Or, U.S. citizens on a round trip from one U.S. port: government-issued birth certificate + photo ID, if your line accepts it for your sailing
- ☐ Proof of name change, if your names don't match
- ☐ Signed consent letter, for a child sailing without a parent
- ☐ Any visas your ports require
- ☐ Cruise documents and boarding pass
- ☐ Flight tickets
- ☐ Credit card, some cash, health insurance card
- ☐ Prescriptions in original containers + 3 extra days
- ☐ Written medication list and glasses prescription
- ☐ Phone, charger, power bank
- ☐ Swimsuit and a change of clothes
- ☐ Evening clothes for night one
- ☐ Toiletries for the first day

Daytime clothes

- ☐ Swimsuits: at least two, so one is always dry
- ☐ Swim cover-up
- ☐ Shorts, T-shirts, sundresses
- ☐ Underwear, socks, pajamas
- ☐ Sweatshirt or windbreaker
- ☐ Rain jacket or compact umbrella
- ☐ Gym clothes and sneakers (if you'll use them)

Evening clothes

- ☐ Smart casual: long pants and collared shirt, or a dress, or skirt/pants and a nice top
- ☐ Formal night outfit (optional): dark suit or tuxedo, cocktail dress or gown
- ☐ Dressy shoes

Shoes and shore days

- ☐ Comfortable walking shoes
- ☐ Low-heeled deck shoes or sandals
- ☐ Water shoes (for rocky beaches or waterfalls)
- ☐ Hat and sunglasses
- ☐ Scarf or cover-up for temples, mosques and churches
- ☐ Small day bag
- ☐ Copies of your documents (one in luggage, one at home)

Toiletries and health

- ☐ Toothbrush and toothpaste
- ☐ Deodorant
- ☐ Hair products, hair ties, brush
- ☐ Contact lenses, solution, spare glasses
- ☐ Sunscreen (SPF 30 or higher)
- ☐ EPA-registered insect repellent
- ☐ Over-the-counter meds you use, including seasickness
- ☐ COVID and flu test kits (CDC says consider them)
- ☐ Hand sanitizer, at least 60% alcohol

Tech

- ☐ USB charger stamped with a U.S. or European safety mark
- ☐ Charging cables
- ☐ Curling or flat iron, if you use one
- ☐ Headphones (Carnival bans external speakers)

My own list

_____

_____

_____

What to Leave at Home

And what happens if you pack it anyway

Banned on the lists we read

- ✕ Clothes iron (all 8 lines) and garment steamer
- ✕ Coffee maker, hot plate, immersion heater
- ✕ Candles and incense
- ✕ Pepper spray, stun guns, weapons, replicas
- ✕ Marijuana or CBD, even with a prescription
- ✕ Hoverboards and self-balancing scooters
- ✕ Drones (Norwegian bans them; Celebrity allows them ashore only)
- ✕ Bluetooth speakers (Carnival)
- ✕ Your own Wi-Fi router (Carnival, Princess, Holland America)

The ship already has it

- ✕ Hair dryer (Royal Caribbean, Celebrity, MSC cabins)
- ✕ Shampoo and soap (Princess, Celebrity)
- ✕ Pool towels (MSC, Celebrity)

Local law, not ship rules

- ✕ Camouflage clothing: illegal for anyone in some ports, including The Bahamas, Barbados, Jamaica and St. Lucia
- ✕ Vapes ashore in Mexico

Last-night bag your suitcase leaves the night before

- ☐ Nightclothes and toiletries
- ☐ Clothes and shoes for disembarkation day
- ☐ ID, airline tickets, customs forms
- ☐ Medications, cards, cash, electronics

Flying to the port? TSA rules

- ☐ Carry-on liquids: 3.4 oz or less, in one quart-size bag
- ☐ Bigger bottles (sunscreen!) go in checked bags
- ☐ Spare lithium batteries and power banks: carry-on only

Cold-weather cruise

- ☐ Jacket and sweaters that layer
- ☐ Waterproof jacket, hat, gloves

Power strips and hair tools, line by line

Line	Plain power strip	Hair dryer / curling iron	If it's taken
Carnival	Allowed; no surge protection; may be removed if unsafe	Both allowed	Disposed of, no compensation
Royal Caribbean	Banned. USB-only charger blocks with a safety mark are OK	Curling iron OK; dryer depends on its specs	May be confiscated
Norwegian	Not named on its list	Both allowed	Confiscated; risky grooming devices returned last day
Princess	Allowed after inspection by the ship's electrical team	Not named on its list	Risky strips returned last day
Holland America	Not named; surge-protected ones are banned	Not named on its list	Security officers decide
Celebrity	Strips not named; extension cords banned	Both allowed	Confiscated
Disney	Banned, along with multi-plugs and surge protectors	Curling iron OK; dryer max 110V/1500W or 220V/2000W	Confiscated; luggage delayed until late evening
MSC	Not named in the copy we read (March 2026 archive)	Both allowed	Confiscated, not returned

"Not named" means the list we read doesn't mention it, not that it's allowed. If in doubt, ask the line before you pack, because security decides at the terminal.