

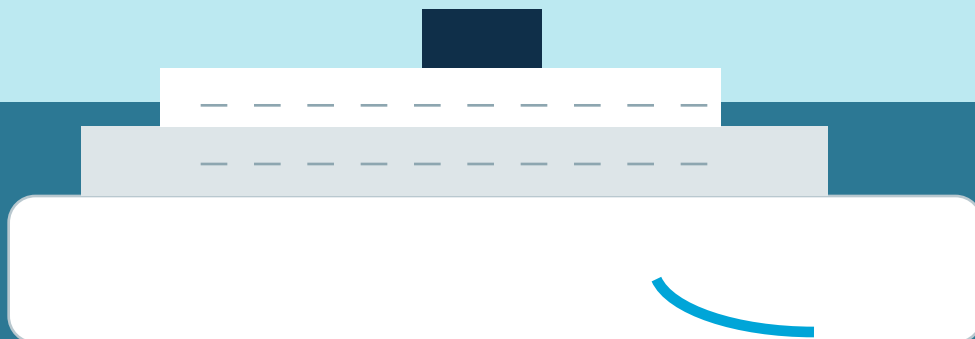


PHOTO SOURCE / INSPIRATION
[Norwegian Cruise Line packing guide](#)

Source link is clickable

7220 TRAVEL

GUIDE 4 | NORWEGIAN CRUISE LINE

Norwegian Cruise Packing Guide

PACK FOR THE DESTINATION, THE SHIP AND THE FIRST SIX HOURS

A practical cruise packing checklist for clothing, carry-on essentials, documents, tech, kids and destination-specific gear.

Prepared by 7220 Travel | Family & Group Travel Experts

Plan unforgettable family adventures.

7220travel.com | 307-314-2517 | dave.engel@7220travel.com

Updated September 11, 2026 | Verify live details in My NCL and NCL.com

Pack Smart - Not Heavy

NCL currently allows two checked pieces per guest, up to 50 lb each. Airline rules can be different.

■ YOUR EMBARKATION CARRY-ON

Keep medications, travel documents, valuables, chargers, sunscreen, swimsuit and a change of clothes with you. Checked luggage can take a few hours to reach your stateroom.

■ CRUISE CASUAL WORKS

NCL describes dining attire as relaxed resort style. Pack comfortable daytime clothes, something polished for evenings if you want it, and footwear appropriate for restaurants, excursions and onboard activities.

■ LEAVE PROHIBITED ITEMS HOME

NCL lists firearms, weapons, ammunition, explosive or dangerous materials, irons and steamers among prohibited items. Alcohol rules have limited exceptions for wine and champagne. Always check NCL current policy before travel.

THE CARRY-ON RULE

If losing access to an item for six hours would create a medical, financial or vacation-ending problem, it belongs in your carry-on - not your checked suitcase.

7220 TRAVEL DECISION FILTER

If this choice makes the trip easier for the people taking it, it is probably the right direction.

PHOTO SOURCE / INSPIRATION

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Your Planning Checklist

Use this page to make the decision before the cruise makes it for you.

CHECK WHAT MATTERS TO YOUR TRIP

- | | |
|--|---|
| ☐ Passport / ID / eDocs | ☐ Medication |
| ☐ Credit card | ☐ Phone + charger |
| ☐ Portable battery | ☐ Swimsuit |
| ☐ Sunscreen | ☐ Comfortable shoes |
| ☐ Light layer | ☐ Destination layers / rain gear |
| ☐ Excursion footwear | ☐ Refillable water bottle |
| ☐ Sunglasses / hat | ☐ Kid comfort items |
| ☐ Fold-flat extra bag | ☐ Travel insurance info |
-

FAMILY / GROUP WORKSHEET

Must-pack item:

Special excursion gear:

Medication / accessibility needs:

Items to buy before departure:

ONE MORE QUESTION

What part of this decision is creating the most uncertainty? That is usually the part worth solving before you book.

Final Check & Current Sources

Save this page with your cruise notes and recheck live details before travel.

THE 7220 TRAVEL FINAL CHECK

- ☐ The choice fits the people traveling
- ☐ The total trip cost has been considered
- ☐ Travel documents are understood
- ☐ Critical reservations are on the calendar
- ☐ We have a backup plan for delays / weather
- ☐ The family knows what matters most
- ☐ We have permission to change the plan

VERIFY BEFORE TRAVEL

NCL can change itineraries, venues, policies, package details, age rules, reservation windows and onboard offerings. Use My NCL, the NCL app and NCL.com for the final live details.

CURRENT INFORMATION SOURCES

[NCL packing checklist](#)

[NCL luggage FAQ](#)

PHOTO REFERENCE: [Norwegian Cruise Line packing guide](#)

Source pages were checked September 11, 2026. NCL policies and promotions can change without notice.

Ready to match the cruise to your family?

7220 Travel can help narrow the choices and build the full trip around you.

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