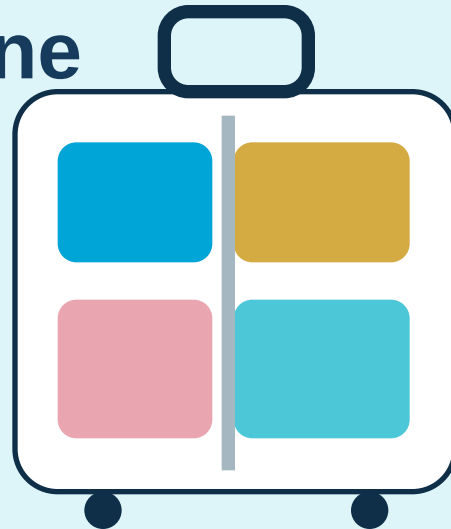


Norwegian Cruise Line PACKING LIST

PACK SMART. BOARD READY. ENJOY THE CRUISE.

A printable, family-friendly checklist for your embarkation carry-on, clothing, destination gear, cabin essentials, technology, kids and final pre-cruise check.



NCL-SPECIFIC QUICK NOTES

- Up to 2 checked bags per guest, max 50 lb each.
- Hand-carried luggage must fit through terminal X-ray equipment (NCL cites about 24 in. tall x 18 in. wide).
- Keep medication, valuables, documents and first-day necessities in your carry-on.
- Hair dryers, bath products and beach towels are available onboard.
- NCL dining attire is relaxed resort style; pack for your destination and excursions.



PHOTO REFERENCE FOR DIGITAL PROMOTION

[Pexels - Kindel Media packing photo \(free-to-use page\)](#)

Prepared by 7220 Travel | Family & Group Travel Experts

Plan unforgettable family adventures.

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The Master Packing Checklist

Start with what cannot be replaced quickly, then work down to comfort and convenience.

DOCUMENTS & MONEY

- ☐ Passport / government ID required for itinerary
- ☐ eDocs / boarding information saved offline
- ☐ Travel insurance policy + emergency number
- ☐ Credit / debit card + backup payment method
- ☐ Small amount of cash for tips / ports
- ☐ Copies of important travel documents
- ☐ Flight / hotel / transfer confirmations

EMBARKATION CARRY-ON

- ☐ Prescription medication + needed OTC medicine
- ☐ Valuables, jewelry and electronics
- ☐ Phone + charging cable
- ☐ Portable battery pack
- ☐ Swimsuit / cover-up
- ☐ Sunscreen + sunglasses
- ☐ One change of clothes / underwear
- ☐ Kids comfort items / small entertainment
- ☐ Anything needed before checked bags arrive

CLOTHING

- ☐ Casual daytime tops
- ☐ Shorts / skirts / casual bottoms
- ☐ Dinner-ready outfits
- ☐ Undergarments + socks
- ☐ Sleepwear
- ☐ Swimsuits (2 is handy)
- ☐ Light sweater / layer for indoor A/C
- ☐ Activewear / workout clothes
- ☐ Optional white outfit for themed night
- ☐ Weather-specific outer layer

FOOTWEAR

- ☐ Comfortable walking shoes
- ☐ Sandals / flip-flops
- ☐ Dinner / nicer shoes if desired
- ☐ Closed-toe shoes for excursions or activities
- ☐ Water shoes if itinerary calls for them

TOILETRIES & HEALTH

- ☐ Toothbrush / toothpaste / floss
- ☐ Deodorant
- ☐ Skin care / cosmetics
- ☐ Razor / grooming items
- ☐ Prescription eyewear / contacts
- ☐ Motion-sickness plan
- ☐ Pain reliever / basic first aid
- ☐ SPF lip balm
- ☐ Insect repellent when appropriate
- ☐ Small wet-bag / zip bags

TECH & CABIN

- ☐ Phone / tablet / e-reader
- ☐ Charging cables
- ☐ Camera + memory card if used
- ☐ Travel plug adapter if needed
- ☐ Headphones / earbuds
- ☐ Small magnetic hooks for metal cabin walls
- ☐ Lanyard or key-card holder
- ☐ Fold-flat day bag / backpack
- ☐ Laundry bag / packing cubes

THE 7220 TRAVEL 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.

Pack for Your Cruise - Not Someone Else's

Use the 7-night formula as a starting point, then add the gear your itinerary actually needs.

A SIMPLE 7-NIGHT STARTING POINT

Tops	5-7	Bottoms	3-4	Dinner looks	2-3 mix-and-match
Swimsuits	2	Sleepwear	1-2	Walking shoes	1 reliable pair
Sandals	1 pair	Light layer	1	Underwear / socks	7+ each

CARIBBEAN / BAHAMAS

- ☐ Reef-safe sunscreen if required locally
- ☐ Hat + sunglasses
- ☐ Breathable clothing
- ☐ Water shoes / snorkel gear only if preferred
- ☐ Light rain layer
- ☐ Beach / excursion tote

ALASKA

- ☐ Waterproof shell
- ☐ Warm mid-layer / fleece
- ☐ Beanie + light gloves
- ☐ Water-resistant walking shoes
- ☐ Binoculars
- ☐ Layers for glacier viewing

EUROPE / MEDITERRANEAN

- ☐ Very comfortable walking shoes
- ☐ Shoulder / knee coverage for religious sites
- ☐ Compact crossbody / anti-theft day bag
- ☐ Sun protection
- ☐ Light layer for churches / evenings
- ☐ Plug adapter for pre/post-cruise hotel stays

HAWAII / BERMUDA

- ☐ Sun protection
- ☐ Walking / hiking shoes
- ☐ Light rain layer
- ☐ Beach footwear
- ☐ Reusable day bag
- ☐ Dressier-casual option for evenings

FAMILY & MULTIGENERATIONAL ADD-ONS

Kids: familiar snacks for travel day (within security rules), comfort item, headphones, swim gear, medications. Older adults: extra prescription supply, mobility-device accessories, compression socks if used, reading glasses, hearing-aid batteries/charger, and a lightweight layer.

The Final 24-Hour Check

Finish the packing list, then make sure the bags actually work for embarkation day.

NCL: LEAVE THESE AT HOME

- Clothing irons and steamers; NCL lists them as prohibited.
- Firearms, weapons, ammunition, explosives and other dangerous items.
- Cases of bottled water, soda or juice (except approved medical / infant exceptions).
- Boxed wine. Sealed wine / champagne follows NCL's current alcohol and corkage policy.
- Paper door decorations; NCL lists these as prohibited because of flammability.
- Anything on NCL's current prohibited-items list - policies can change.

DON'T OVERPACK THESE

- ☐ Hair dryer - available in stateroom
- ☐ Bath products - available in stateroom
- ☐ Beach towels - provided for port use
- ☐ Too many formal clothes - resort casual works

BEFORE YOU ZIP THE BAG

- ☐ Luggage tags attached
- ☐ Name + contact information inside bag
- ☐ Airline baggage limits checked
- ☐ Critical items moved to carry-on
- ☐ eDocs saved offline / printed if desired
- ☐ Home / car / hotel keys packed where reachable

MY CRUISE-SPECIFIC MUST-PACK ITEMS

CURRENT NCL SOURCES - CHECKED SEPTEMBER 11, 2026

[What do I bring? - NCL](#)

[What should I pack? - NCL](#)

[Cruise packing checklist - NCL](#)

[Prohibited items - NCL](#)

[Beverage policy / cruise preparation - NCL](#)

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