

# Cruise with confidence, cruise with AllClear

## Your go-to travel checklist

**Use our handy holiday planner and travel checklist to make sure you're holiday-ready.**

### Useful travel resources

For the latest travel advice visit:

<https://www.gov.uk/foreign-travel-advice>

For travel vaccination information visit:

<https://www.nhs.uk/conditions/travel-vaccinations>

Advice on how to request special assistance on a cruise

<https://www.gov.uk/transport-disabled/ships>

For specialist cruise Travel Insurance

<https://www.allcleartravel.co.uk/cruise>



# As soon as you book



## Buy Cruise specific Travel Insurance

Cruise specific Travel Insurance covers all the things found on a standard Travel Insurance policy, but with EXTRA benefits tailored for specific problems that may arise on a cruise holiday. Make sure you have declared all medical conditions.



## Check passport and visa requirements

Your passport needs to be in date with most countries requiring it to have 6 months still to run before the expiry date when you arrive at your destination. Plus, check whether **you need a visa** or something similar - some countries such as Canada, the USA and Turkey may require electronic travel authorisations.



## Make sure you have a Global Health Insurance Card (GHIC)

If your cruise travels through or around Europe, a GHIC card will be useful. For information on the GHIC scheme, where it can be used and how to apply, visit:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic>



## Make arrangements for your pets

Make arrangements for your pets to be cared for whilst you are away.



## Check for any required vaccinations

Speak to your doctor about any vaccinations as soon as possible. Some vaccinations need to be administered over the course of several months before you travel. Visit: [fitfortravel.nhs.uk](https://fitfortravel.nhs.uk) for info.



## Sort your medication

Speak to a medical professional about any medications you're taking and get a prescription to cover your trip. Research the regulations for the country you're visiting and arrange any licences you may need to take your medication with you. Keep all drugs in your original packaging and take a copy of your prescription.



## Speak to your chosen cruise line about available assistance services at the point of booking

Several assistance services are available for cruise passengers with special needs onboard a cruise ship and at each port. Speak to your cruise line in advance to arrange.



## Choose from a range of Shore Tours and activities.

At each port, various excursions will be available for an additional fee. Activities range from sightseeing to whale watching tours. When booking your cruise, speak to the cruise line or your travel agent to ensure your physical abilities are up to the tour's requirements.

# Before you go



## Make note of important information

Make a copy of your cruise itinerary, important cruise line booking references, flight number, and the 24Hour medical emergency helpline of your Travel Insurance.



## Check in online

If you're flying to a different country to join your cruise, check in online to reduce pre-travel stress and avoid long queues at the airport.



## Leave contact details

Provide a family member or trusted friend with your contact number abroad, your cruise itinerary as well as a copy of your Travel Insurance documents.



## Call your mobile phone provider

Check if your mobile phone provider will charge you for using your phone abroad and whether or not you'll get a signal abroad.



## Weigh your luggage

Luggage allowance varies so it's important to find out how many bags you're allowed as well as the weight allowance and dimensions for your checked suitcase and hand luggage.



## Talk to your bank

Tell your bank and credit providers where and when you'll be travelling and find out if there are any charges for using your card overseas.



## Buy essentials

Buy essentials including; Holiday money, insect repellent, luggage labels, adapters, and sunscreen.



## Prepare your entertainment

Buy or download any films, books or music you plan to entertain yourself with while travelling.



# Start packing!

Here's our packing checklist so you don't forget anything

## Essentials

- ✓ Passport (plus a photocopy)
- ✓ Cruise itinerary and booking information
- ✓ Face mask or covering
- ✓ Hand sanitiser
- ✓ Travel Insurance details plus GHIC card
- ✓ Travel tickets
- ✓ Visas
- ✓ Car hire reservation and driving license
- ✓ Pre-booked tickets for transport and activities
- ✓ Cash, credit and foreign currency cards
- ✓ Negative Covid-19 PCR test result where required for entry

## Hand luggage

- ✓ Change of clothes as there may be a delay on boarding the cruise to receiving your cabin luggage
- ✓ Gadgets
- ✓ All valuables such as jewellery
- ✓ Medication for your entire trip (subject to airline restrictions)
- ✓ Entertainment: Book, E-readers and tablets
- ✓ Seasickness remedies
- ✓ Sunglasses





# Start packing!...continued

Here's our packing checklist so you don't forget anything

## Cabin luggage

- ✓ Luggage labels with your contact details
- ✓ Plug adapters and chargers
- ✓ Toiletries such as soap, shower gel, shampoo and conditioner – will be in your cabin bathroom. However, you will need your toothbrush, toothpaste, skin care products, make-up, deodorant, hairbrush, suncream and Insect repellent
- ✓ Beachwear: Swimwear, flipflops, towels, cover-ups, sun hats
- ✓ Deck wear: Light shirts, shorts, sundresses, skirts & sandals
- ✓ Activities: Clothes that are appropriate to the shore excursion you've chosen
- ✓ Casual attire: Trainers, shirts, shorts, t-shirts, sundresses and skirts

## Prohibited items on a cruise (subject to your airline)

- ✓ Alcohol
- ✓ Items that can cause a fire (candles, heated blankets, clothing steamers and irons)
- ✓ Pool inflatables
- ✓ Kites
- ✓ Surfboards
- ✓ Perishable foods
- ✓ Metal detectors
- ✓ Baby monitors
- ✓ Electrical extension cords
- ✓ Sharp objects

