

Checklist: Seniors & Accessible Cruising

Essential Documentation & Medical Records (Always in Carry-On)

- ☐ Valid passport and primary travel insurance cards featuring medical evacuation coverage at sea.
- ☐ Concise printed medical profile listing pre-existing conditions, allergies, recent surgeries, and emergency contacts.
- ☐ Doctor-signed prescription letters and original pharmacy labeled containers.
- ☐ 7-day pill organizer packed with your entire cruise supply plus a 4-to-5-day emergency reserve.
- ☐ Compact digital blood pressure monitor or blood glucose meter with extra test strips and lancets.

Onboard Mobility & Safety

- ☐ Ergonomic, closed-toe walking shoes featuring non-slip rubber soles for wet teak decks and gangway ramps.
- ☐ Foldable walking cane with a spare rubber tip.
- ☐ Prescription eyeglasses, reading glasses, and polarized sunglasses with a secure neck lanyard.
- ☐ Extra hearing aid batteries or charger, stored in a moisture-resistant protective case.
- ☐ Warm shawl, light fleece, or cardigan for sudden indoor temperature drops in air-conditioned lounges.

Pre-Cruise Logistics & Stateroom Setup

- ☐ Confirmed pier assistance request with your cruise line (priority check-in, golf cart or wheelchair transfer through terminals).
- ☐ Cruise-compliant multi-outlet USB wall charger (ensure it does **not** have surge protection, as surge protectors are confiscated at security).
- ☐ Insulated reusable water bottle to stay hydrated during warm port walking tours.