

A FREE GUIDE FROM YOUR TRAVEL CONCIERGE

The 55+ Cruiser's Pre-Departure Checklist

Everything to check off before you sail — so the only thing
left to do on embarkation day is enjoy yourself.

Infinity Fun and Travel, LLC · (855) 229-5723 · [InfinityFunandTravel.com](https://www.InfinityFunandTravel.com)

ASTA MEMBER · SIGNATURE TRAVEL NETWORK · BBB ACCREDITED

STAGE ONE

8–12 Weeks Before You Sail

The early wins. Handle these now and the weeks before your cruise stay calm instead of frantic.

Check your passport — today

Many countries require your passport to be valid for six months beyond your return date. Renewals can take 6–8 weeks, so this is job one.

Confirm your travel insurance

Medicare generally does not cover you outside the United States. Review what your policy covers for trip cancellation, medical care abroad, and evacuation — we're happy to walk through it with you.

Book a check-up and refill prescriptions

Ask your doctor for enough medication to cover the trip plus one extra week, and request a written list of your prescriptions to carry with you.

Tell us about dietary or accessibility needs

Cruise lines are wonderful about special diets, accessible staterooms, and mobility equipment — when they know early. One call to us and it's handled.

Review your trip documents with your agent

Names on bookings must match your passport exactly — middle names included. A five-minute review now prevents a port-day headache later.

CONCIERGE TIP Put your passport expiration date in your phone calendar with a reminder every year. Future-you will be grateful.

STAGE TWO

2–4 Weeks Before You Sail

The practical stretch — small tasks that make travel day feel effortless.

- Complete online check-in with the cruise line**
This is where the cruise line's app comes in. If technology isn't your favorite travel companion, call us — patiently walking you through it is part of our service.
- Notify your bank and credit card companies**
A quick travel notice prevents your card from being frozen the first time you buy something in port.
- Set up your phone for travel**
Ask your carrier about international or cruise-ship plans — and learn how to switch on airplane mode. Ship cellular rates can be startling.
- Arrange care for your home and pets**
Line up your house sitter, hold your mail, and set a lamp timer. Peace of mind packs lighter than worry.
- Gather medications for your carry-on**
Keep all medications in their original labeled containers and pack them in your carry-on — never in checked luggage.
- Plan for motion comfort**
Even seasoned cruisers pack a remedy. Talk to your pharmacist about options, from wristbands to patches, before you go.

CONCIERGE TIP Photograph your passport, insurance card, and prescriptions with your phone. If anything is lost, a photo speeds up every replacement process.

STAGE THREE

The Final Week & Sail Day

Almost there. These last touches separate a smooth embarkation from a stressful one.

- Travel to your port city the day before**
Our strongest recommendation. A hotel night near the port removes every “what if the flight is late” worry — and you start your cruise rested.
- Build your documents wallet**
Passport, boarding documents, insurance card, prescription list, driver’s license, and a printed copy of your itinerary — together in one pouch that stays with you.
- Pack a smart carry-on**
Medications, documents, glasses, chargers, valuables, and one change of clothes. Checked bags can arrive at your stateroom hours after you board.
- Print luggage tags and attach them at home**
The cruise line provides printable tags during online check-in. Attaching them before you leave means porters whisk your bags away in seconds.
- Leave a copy of your itinerary with family**
Ship name, sail dates, ports, and how to reach the cruise line in an emergency. It’s reassuring for everyone.

CONCIERGE TIP Wear slip-on shoes and keep your documents wallet in the same pocket or purse spot all day. Security lines love you for it — and so will your feet.

THE ESSENTIALS

The IFAT Packing Shortlist

Not everything you'll pack — just the items travelers most often wish they hadn't forgotten.

- Sun protection**
Broad-brim hat, reef-safe sunscreen, and sunglasses — sea-level sun is stronger than it feels.
- A light layer for evenings**
Ocean breezes turn cool after sunset, even in the Caribbean. A wrap or light jacket earns its space.
- Comfortable broken-in walking shoes**
Port days can mean miles of cobblestones. Sail day is not the day for new shoes.
- Power strip (non-surge) and chargers**
Staterooms are famously short on outlets. Note: surge-protected strips are prohibited on ships.
- Reading glasses — and a spare pair**
Menus, daily programs, shore excursion tickets. The spare pair lives in your carry-on.
- Small day bag for ports**
Water bottle, sunscreen, ship card, and a copy of the ship's port agent sheet.
- Formal-night outfit**
Most ships still have one or two dress-up evenings — and the photos are keepsakes.
- A little patience and a lot of curiosity**
The two things every great cruise runs on. These, you already have.

You're Never Navigating Alone

This checklist covers the essentials — but every traveler, and every cruise, is wonderfully different. That's where we come in.

Infinity Fun and Travel is a concierge travel agency specializing in cruise vacations for travelers 55 and better: custom itineraries, early-release cabin access, patient technology coaching, and a real person beside you before, during, and after every trip.

Ready to put this checklist to work?

Book your free, no-obligation Discovery Call:

[IFAT-Discovery-Call.as.me](https://www.ifat-travel.com/IFAT-Discovery-Call.as.me) · [susanmccallappointments.as.me](https://www.ifat-travel.com/susanmccallappointments.as.me)

Or simply call us: [\(855\) 229-5723](tel:8552295723)

© Infinity Fun and Travel, LLC · Grafton, Ohio · Feel free to share this guide with a travel friend!