

## Cruise Vacation Packing: Plan to be Healthy!

The most important items that you could take on a cruise vacation often is overlooked during the packing process. Medical items such as aspirin or prescription drugs are a critical part in making sure your cruise vacation is a success. Considering that cruise ships are not always required to have doctors, nurses, and a full line of medication, these items should not be overlooked.

The wonderful poolside decks are surely where you will be spending most of your time on your cruise vacation. Being out in the middle of the sea, particularly in the Caribbean waters, can be severely damaging to your skin. Be sure to have plenty of sunscreen and proper clothing to shield you when things get a bit too hot. Items such as these are typically available on board but the selection will be limited and you will pay a premium price!

Although the ships are typically very large, you will surely feel the rocking effects of the seas. It may not be the same effect you will get on a small boat or roller coaster for that matter, but you will feel something. It is nothing to worry about too much. Don't count on there being motion sickness medication on board for this is not always available. If you are not experienced with being out at sea, you may want to consider bringing along some seasickness pills.

Given that cruises are typically all-inclusive when it comes to food, the buffets will present you with a wide variety of foods from all parts of the world. Keep this in mind when packing also, and don't forget the stomach-related medications!

Of course you should bring any prescription medication you will need to take while on your cruise vacation. What you may not consider is taking the actual prescription itself. Cruise or port officials may ask to see this as proof that the drugs you are traveling with are legitimate. This is not to say that it is illegal to travel without your prescription. It is more of a matter of convenience so that you do not run into any unforeseen problems.

A small first aid kit and typical over the counter items such as aspirin, cough, or cold medication should round out your supply of medical related items for your cruise vacation. Preparing for an unforeseen medical situation will help your chances of having an enjoyable, trouble-free cruise vacation. Remember, the key here is trouble-free cruise vacation.

Source: <http://www.articlecircle.com>

### About the Author

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