



Travel With Ro's Disability Packing List for Your Cruise

The left side of this list is similar to the Travel With Ro Disney Cruise "Must Pack" list so be sure to check that out too!

Embarkation Day Carry On

- Phone
- Passports, IDs, port arrival form
- Bathing Suit
- Medication
- Sunglasses + Sunscreen
- Lanyards
- Binoculars
- Optional Beer or Wine

General Packing List

- 2+ bathing suits + cover up
- Shirts (tees + for nice dinners)
- Dresses (casual + princess)
- Shorts + pants for chilly evenings
- Undies, bras, socks
- Sweater or light jacket
- Shoes for poolside and beach
- Sneakers for excursions
- Good shoes for nice dinners (opt.)
- Hats and sunglasses
- Pajamas
- Jewelry
- Small snacks (factory sealed)
- Phone chargers
- Toiletries inc. contact solution, razors, tampons, hair ties, brush, makeup, makeup wipes, shampoo

"Mini Suitcase Pharmacy" Suggestions

- prescription medications
- daily vitamins
- pain / fever medication
- anti-inflammatory medication
- allergy medication
- anti-diarrhea medication / antacids
- triple antibiotic cream & Band-Aids
- motion sickness medication
- sunscreen (reef safe) & aloe
- swimmer's ear
- cough syrup / cough drops
- lip gloss / ChapStick

Medication

- For prescription medication, either bring the actual prescription bottles or at least photograph the labels
- Don't forget the over-the-counter medications you regularly use, or think you may use – see the box below
- Bring these in your carry on, not your checked luggage

Pain Accommodation

- Bring what you'll need for comfort (i.e. compressions socks, shoe inserts, etc.)
- For things that are electric, like heating pads, consider ones that are battery-operated or have USB plugs
- Stay hydrated & protected from the sun

Transportation

- Try a folding cane, walker, or wheelchair if possible
- Be sure to reserve scooters & wheelchairs ahead of time unless bringing your own
- Research possible excursions for accessibility

Tips:

- Get familiar with the ship layout ahead of time (watch videos online and study deck plans)
- Print out medical instructions (including translations)
- Make special requests ahead of time (or ask your travel advisor to help you)
- Watch the "Disability Packing List for Your Cruise" video on the Travel With Ro vlog (link below) for more details

My Notes:

More details on the blog:
TravelWithRoVacations.com



And the Vlog:
YouTube.com/@TravelWithRoVacations

