

# Everything you ever wanted to know about cruising!

# TRAVEL DOCUMENTS REQUIRED

Countries visited during a cruise voyage have specific document requirements. These requirements may include passport, visa and vaccination certificates where applicable. Requirement will vary based on the ports visited as well as on your citizenship. This is your responsibility to obtain and have available the proper travel and health documents that are necessary for air travel, voyage check-in and disembarkation at the various ports of call for re-entry into the appropriate country of origin. If you do not possess the proper documentation they will be denied boarding.

A passport must be valid for six months after the completion of travel. You should check your passport to ensure it will be valid for this period of time. You should also make certain your passport contains blank pages for entry and exit endorsements and any visas that may be required. If necessary, you should allow sufficient time to renew your passports and obtain additional pages. If you have additional questions as to what identification will be required for your voyage you are encouraged to contact your local consulate for additional information and requirements.

We recommend that all travelers apply for or keep passports current. Government regulations are continually being modified and it is best to be prepared. A passport grants you unlimited cruise vacation options around the world!

Passports are required to fly internationally, should you need to fly home from a non-United States Port.

# ONBOARD EXPENSE ACCOUNT

An Onboard expense account is the cashless system used for all onboard purchases and services. The account may be set-up with either a credit card or cash. Before the cruise, you should inform your credit card provider and/or bank of your travel schedule.

### DAYS AT SEA

Being at sea gives you a feeling of total freedom that no land-based resort can offer. There is plenty of room and it will probably take you two or three days just to discover everything that is on board. You get to go to many different locations and you only need to unpack once.

Cruise ships are floating resorts with all the choices fine resorts have to offer. You can lie back in a lounge chair, breathe in the sea air, soak up the sun, read good books, or watch the ever-changing seascape.

Join in exercise, dance classes, or sports contests. Take in some fresh air on the jogging deck. You can swim, stretch out in the sauna or work out in the gym. You can also watch a feature film, attend an enrichment lecture by experts, or play board games. And that's just when you are on board!

When the stars come out, cruise ships turn on. There is dancing, live entertainment, nightclubs and lounges, feature films, and parties with all your new friends. Of course you can visit the casino! There are many special events like Broadway-style shows and Las Vegas type revues. On a cruise vacation, all the entertainment is on the house. There is no cover or minimum charge for an admission ticket.

Plan your day and activities to what you like. You can do everything or do absolutely nothing. It's your vacation! The possibilities are endless.

### PORT ACTIVITIES

There are so many activities in each port that you may have a hard time choosing. You can explore on your own or take a guided tour (referred to as shore excursions). Search ancient ruins or hunt for shopping bargains. Ride a raft over river rapids or a horseback across miles of hills and beaches. Climb a waterfall. Follow the footsteps of history or the wake of a waterskiing boat. If there is still time, play golf or tennis. Learn how to windsurf. Sun and swim at some of the world's best beaches. Catch a record marlin, sail, snorkel or Scuba dive. Take a cable car to the top of a mountain. Explore dark catacombs.

In short, cruising is the perfect way to sample a number of new destinations and try all the things you have ever dreamed of doing, while never having to pack and unpack!

### PACKING FOR YOUR CRUISE VACATION

Pack like you would for any resort. Cruise vacations are casual by day, whether you are on the ship or ashore. In the evening, ships vary as to dress. On shore, attire is dictated by the occasion. Formal evenings you'll probably want to wear something more formal, such as a dark suit, or cocktail dress; perhaps even a tuxedo or gown.

Reflecting today's lifestyle trends, many cruise lines now feature a more relaxed and casual approach to dress throughout the cruise. You do not need to buy a tuxedo for your cruise. Even on the most formal of ships, a dark suit and tie are fine for the dressiest occasions. Many ships offer tuxedo rental services.

Pack a small bag that you will keep with you when you board the ship. Include your travel documents, passports, medication in original prescription bottles, and a change of clothes. Your luggage may not be delivered to your cabin until late in the evening on embarkation day.

#### Bringing Beverages on the Ship

Each cruise line has a different policy for bringing non alcoholic beverages on board. Bringing hard liquor on embarkation day is not allowed on any cruise line. Some cruise lines will allow one bottle of wine per person, 750 ml. This must be packed in you carry on luggage. When you purchase alcohol in port the ship will hold until the last day of your cruise. Check with Player's Travel on the policies of the cruise line you are traveling with.

### SPECIAL DIETARY NEEDS

Most ships can accommodate salt-free, low-carbohydrate, low cholesterol, diabetic, Kosher meals or other diet preferences. This request should be made in advance, advise us at the time you book your cruise. So that the ship can best accommodate your needs and preferences.

### **DINING SCHEDULE**

Choices, choices and more choices. During the day, there are many different dining options in the formal dining room, on deck, or in a pizzeria to name just a few. At night, most ships offer several venues. Some ships' dining rooms can accommodate all guests at one time, called a "seating." Many ships offer upscale dining for an additional fee. You will receive further information on your scheduled dining time prior to sailing.

# FOOD ON THE SHIP

Everything you have heard about cruise ship dining is true. You will find a varied selection of entrees (appetizers, salads, soups, vegetables, and desserts, too) and each day the selection will be different. If you have ever wanted to experiment with a cuisine or try a dish, you can feel free to order more than one entrée or appetizer (or dessert!). Just because your cruise ship offers plenty of delicious food, doesn't mean you'll come home out of shape. You can choose low-cal, spa, vegetarian or fitness menu selections that are just as tempting as the regular menu. Most of your meals are included with your cruise. Some ships have specialty dining venus that charge a cover charge.

# **CELEBRATING A SPECIAL OCCASION**

Your birthday or anniversary can be more festive with champagne, flowers or canapés for a small fee. Please let us know if there is any special occasion you would like to celebrate.

### LAUNDRY SERVICES ONBOARD

Almost all cruise ships have laundry facilities and many provide dry-cleaning services. Additional charges for professional laundry and dry-cleaning services will be billed to your on board account. Some ships also have self-service launderettes.

### WORRIES OF MOTION DISCOMFORT

Worried about motion discomfort? Most popular cruise itineraries have some of the calmest waters in the world. Stabilizers on modern ships, advance weather information, and development of effective preventative medications have eliminated the incidence of motion discomfort. You can request medication from your doctor. There are some over the counter medication you can use. Also ginger is a good remedy for motion sickness. Some example are Ginger Ale, Ginger Snaps, or you can purchase Ginger Supplements.

### STATEROOM OUTLETS AND HAIR DRYERS

Most ships have 110-volt outlets in the staterooms and most ships feature hair-dryers in the stateroom.

# STAYING IN TOUCH WITH THE OUTSIDE WORLD

Most staterooms are equipped with televisions and have satellite telephones. You can even use your own cell phone on some ships, where cellular service is available. Check with your cell phone provider for the rates and services on the ship and at each port. Many cruise ships are now Wi- Fi enabled, so you can check your e-mail on your laptop in your stateroom or go to the on board computer café for internet access. You can also call family and friends from your stateroom for a fee.

# GRATUITIES FOR THE CRUISE STAFF

Tipping is a matter of individual preference. Gratuities for your cabin steward, dining room waiter and assistant waiter will be automatically added to your onboard account. When you order from the bar a certain percentage will be added to your bill to cover the tip. Other shipboard personnel can be tipped for special services at your discretion. You can choose to pre-pay your gratuities by going on to your account on cruise line's website or contact Player's Travel.

# MEDICAL SERVICES ON BOARD

While cruise ships are not comprehensive medical facilities, cruise lines understand that some people may have health needs during a cruise. They are committed to providing first response and emergency care to guests until they can be transferred to a shoreside medical facility. Most cruise lines have 24-hour medical services and staff operating under guidelines developed in conjunction with the American College of Emergency Physicians (AECP). Players Travel and the cruise lines encourage vacationers to obtain medical insurance, travel with adequate supplies of medical prescriptions and devices and to disclose pre-existing medical conditions before sailing.

### STAYING HEALTHY ONBOARD

Follow your mom's advice and wash your hands! Cruise ships work very closely with public health agencies such as the Centers for Disease Control and Prevention to make sure they provide the healthiest shipboard environment for their guests. The last thing you want is to be ill while you are on vacation, so take the simple precaution of washing your hands often with soap and warm water thoroughly. Wash your hands after using the restroom, before eating and avoid touching your face. Feel free to bring your own hand sanitizer if you prefer.

# **SMOKING AND NON-SMOKING AREAS**

All dining rooms are smoke free as are most areas onboard the ship. There are some designated areas on the ship where you can smoke.