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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Healthy Cruise Travel Tips

By Kirsten Hawkins

Taking the advice of well-traveled cruisers is the best thing for first time cruise passengers to do.

After all, why not learn from someone else's mistakes or mishaps? Of course, you will still have a few of your own, but that is what makes your first cruising experience memorable.

You've got your cruise booked and are counting the days until you set sail. However, there are a few things for you to do before you even start to think about packing. Check with the cruise line to see what vaccinations, if any, are needed for your journey. You'll have to make a trip to your doctor to get current on any shots.

While you are at the doctor, ask them about tips on staying healthy and avoiding the flu or colds before you depart for your cruise. It is no fun having to travel sick or canceling all together. Also ask about seasickness remedies. Some of these medications are prescription only.

Stock up on any other prescription medications just in case they are scheduled to run out during your trip. Often, insurance companies will make exceptions and allow a prescription to be refilled early if you are traveling with no access to a chain pharmacy. One last thing - get a letter from your doctor on official letterhead listing your prescriptions and stating that they were all legitimately prescribed for you. If you have to go through customs, a letter will sometimes keep you from being detained while your medication is inspected.

If you are on a special diet, let the cruise line be aware of this fact when you book your cruise. Most diets are easily accommodated, but it is always better to be safe than sorry. A few weeks before you depart, check in with the cruise line again to go over your reservations and special needs diet.

Pack a small first aid kit for those "just in case" emergencies. Include antacids and anti-diarrhea medications for those episodes of "Montezuma's Revenge" that seem to strike no matter where you travel. Aspirin, antibiotic cream and aloe vera gel for sunburns also come in handy.

Stow away sunscreen, moisturizer and lip balm in your luggage too. When you are having too much fun outdoors, you tend to forget things like sunburn. Be sure to apply the sunscreen lotion before

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heading outdoors. Moisturizer and lip balm keep your skin soft. Sometimes the temperature changes from the cold air conditioner to the heat outside can wreak havoc on the skin and dry it out.

In addition to the sunscreen, protect your skin by wearing hats and sunglasses. When you are on the ship's deck gazing at the waves, the sun's reflection off the water can be pretty bright. The sunglasses will protect you from harmful UV rays from the sun. Of course, the hats will shield you from the sun's rays and possible sunburn on your ears and face, two places that people sometimes forget to apply sunscreen lotion.

With the right preparation and precautions, you are well on your way to a healthy and happy first cruise. And when in doubt about something, ask your cruise line. They want to make sure your cruising experience is trouble-free. After all, they want you to sail with them again.

Kirsten Hawkins is a cruise and travel expert specializing in discount cruises and travel. Visit

<http://www.luxury-cruise-deals.com/>

for more information on how to cruise the world for little or no money.

Plan Your Cruise For Convenience And Fun

By Barney Garcia

In order to ensure that you have fun and relax on your cruise, it is essential that you plan your cruise meticulously. You go on a cruise to have fun on water. The cool sea breeze and the spectacular view of the vast expanse of water in front of you can really intoxicate you with pleasure. Since you spend so much on a cruise, you should ensure that you enjoy every minute of it. Planning is the first thing you should focus on if you are going on a cruise.

Pick the Best Cruise Liner The first step in planning a cruise is to choose the best cruise line and the destination. Study the offerings of the various cruise lines and base your decision on what you really want from the cruise. It is also important to decide the duration of your cruise.

You can choose from any of the world famous cruises such as the panama cruise, Mediterranean cruise, carnival cruise, Caribbean cruise, Europe cruise, Alaska cruise, and Norwegian cruise.

Check with People Who Have Gone On Cruise Check out with other people who have experience in such cruises and then decide on the cruise line. You should also check the facilities being offered by them and whether these are in consonance with your aspirations. The next step is to check if the cruise that you select operates to the destination that you want to visit.

Booking the Cruise Having selected the cruise line and the cruise, you should make the booking for

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the cruise either through a travel agent, or through online sources. You should also select the type of room that you would like to have and book the same with the cruise booking. If you want to avail of shore excursions or other off-ship activities you should also book these early.

A good planning will really stand you in good stead and you can have all the fun in the world on your cruise. A good planning will ensure that you come rejuvenated from the cruise and ready to face the realities of life once again.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.cruises-for-you.info>

and

<http://www.cruises-galore.info>

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<http://www.perfect-resorts.info/sitemap.php>



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