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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!**

**Steps For A Safe Cruise**

**By Kirsten Hawkins**

Keep your dream vacation from turning into anything but. When you're going on a cruise, whether it's a family vacation, a honeymoon, or just some time away, use a little common sense to keep yourself and your valuables safe.

Victims of theft aboard cruise ships can run into yards and yards of red tape attempting to prosecute the responsible parties. First of all, most cruise ships require attendees to sign a waiver, keeping the cruise line from being held liable for crimes that occur on board. Secondly, many cruise ships are registered in foreign countries, while passengers (including the criminals) are from various locales. Meanwhile, the ship is sailing in water owned by still another jurisdiction. This often puts the area of responsibility into, well, murky waters. Finally, once passengers leave the cruise ship, it is virtually impossible to trace your stolen belongings. Where they end up is anyone's guess.

So, be smart. Stay safe, and follow some simple rules to keep theft from occurring in the first place. Keep good records. Before you leave home, make an inventoried list (photographs are helpful) of everything you have with you, and keep it someplace safe. Record credit card and bank account numbers, and leave the list at home. Do bring along a list of phone numbers to all of your financial institutions (and a phone card if necessary) in case a credit card disappears; that way you'll be able to report the loss while still on board and avoid any fraudulent use. Most importantly, if you don't need something, then don't take it with you. The less you have to worry about, the easier it is to keep track of everything you're carrying.

Simply putting a suitcase under the bed in your cabin is no defense against a determined thief. On many cruise ships, the door locks are changed less often than those at a hotel, and your room may not be as secure of a place as you think. If you can't leave your valuables at home, make use of the ship's safe. Do not carry wallets in back pockets—pickpockets and purse-snatchers are possible anywhere, even on a cruise ship. Consider investing in an under-the-clothing money belt, which keeps your cash safe and provides the added benefit of not allowing you to forget your wallet lying on the table somewhere! Avoid displaying any valuables or cash you have with you, and invest in plain but sturdy luggage that does not draw attention to itself.

## Steps For A Safe Cruise

It may sound scary, but consider the fact that you take all of these precautions and many more when you venture to a new city and stay at a hotel. A cruise ship is a lot like a floating city, full of people from all walks of life, and a little precaution can help save your valuables. Not to mention your vacation!

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 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.

## Steps For A Safe Cruise

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

and

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

and

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



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