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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!**

**What You MUST Know If You're Taking a Cruise**

**By Susan Dunn**

**What You MUST Know If You're Taking a Cruise by Susan Dunn, Personal and Professional Development Coach**

"What You Must Know if You're Taking a Cruise,"  
by Susan Dunn, Personal & Professional Development Coach

Being a coach, I speak on cruises. I took my first cruise about 4 years ago. I asked a friend who'd cruised a lot what I needed to know and she said, "Nothing. Just have fun." I disagree. Having cruised many times since then, I'd like to pass on some tips to help you enjoy your cruise more.

**INTERNATIONAL TRAVEL INSURANCE**

Medicare doesn't cover expenses incurred outside the US. Many insurance plans provide little or no coverage for international or out-of-network travel medical expenses. Find out about yours before you go. Then fill in the gaps with travel insurance.

Also investigate:

1. Insurance to cover cancellations and interruptions, and cost of delayed or lost baggage
2. Financial Default Coverage for financial failure of airline, cruise line or tour operator
3. Terrorism Coverage for reimbursement if you cancel trip due to terrorist incident in departure city or itinerary city
4. Medical Evacuation Coverage, Medical Reunion and Return of Mortal Remains, all of which can be very costly.

**PACKING**

Pack the "little" things because they get "big" on a trip. Bandages or Neosporin will cost you 5 times as much and also waste hours of pleasure time while you search for them.

## What You MUST Know If You're Taking a Cruise

Take along a small basic first-aid kit and comfort kit. Yes, the ship has an infirmary, but it's a long trip down there, and an expensive one.

Think of things you use over a week's time - antihistimine, eyedrops, lotion, aloe Vera, anti-diarrhea medication, hair dryer, needle and thread.

If it's important to you, bring it. The last cruise I was on supplied numerous toiletries, but no hair dryer.

### WARDROBE

Formal night! It's the reason some cruise. It's the reason some won't.

Let me set your mind at ease. If you don't want to go to formal night, you can avoid it. Most cruises have a casual buffet option with delicious food every night, 24 hour hot dogs and pizza, and 24 hour

room service.

If you want to participate in formal night, tux rental is available – <http://www.cruiselineformal.com> . Most ships keep some inventory onboard, but it's best to order early. There are usually tailors on board.

What will others be wearing? The last cruise I went on, I saw very few tuxes. What do you see? Everything. Western formal, including the cowboy hat and boots, dark suits, nice slacks and coats. Cocktail dresses for women, pantsuits, prom dresses.

The Captain's Cocktail Party or Reception is another chance to dress, mix and mingle if you like. It is also completely optional. Dress is generally dark suits for men, and cocktail dresses for ladies.

It's slippery on deck, so bring some good gripping shoes. Don't try and break in a new pair of shoes on your vacation. Some excursions require a lot of walking, and so does getting around on the ship.

Day wear is resort casual. No need to spend a fortune on clothes unless you want to. Some cruise lines provide bathrobes, or bring your own for poolside and dining in buffet.

If you get a sunburn, or if you want protection, bring along a light shirt with long sleeves.

Hot tubs often contain enough bromide to bleach out your bathing suit and also relax the elastic. Bring an old suit, or an inexpensive one if you plan to sit in the hot tub a lot.

### LUGGAGE

Between airline, dock and ship, it's unrealistic to assume nothing will happen to your luggage. Common sense would dictate buying the most sturdy and least expensive baggage you can find, i.e., don't give a crystal goblet to a toddler and then be "surprised" it gets broken.

### PHOTOGRAPHS - AN UNDERUSED OPPORTUNITY

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They want to sell photos! Photographers are operating nightly, with various backgrounds (including traditional), black and white as well as color. They are pleased to photograph you as many times, in as many ways, as you like. If you're in need of a new professional head shot, bring along your suit.

### HEALTH

You don't have to gain 20 lbs. unless you want to. Cruises offer tracks, workout rooms, exercise programs, dancing, lite menus, low-calorie menu options, low-fat desserts, salad bars, and plenty of active excursions ashore, including just plain vigorous walking.

You can also do the thing you do at home to effortlessly increase your activity level. Take the stairs instead of using the elevators. Get up and get your own drinks. Offer to get people seconds at the buffet. Volunteer to go back to the room for forgotten items.

©Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . Coaching, distance learning courses and ebooks around emotional intelligence for your personal and professional development. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for free ezine. Susan is the author of "How to Get to Present on a

Cruise," <http://www.webstrategies.cc/acruise.html> . Become a certified EQ coach. Start tomorrow, no residence requirement.

### **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.

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