
THE AQUATIC THERAPY HUB PRESENTS

The *Calm Cruise* Starter Kit

A gentle, step-by-step planner for burned-out first-time
cruisers who want a restorative escape — without the stress,
confusion, or overwhelm.

AQUATICTHERAPYHUB.COM



Planning a cruise should feel exciting, not exhausting. This checklist breaks everything into small, manageable steps — so nothing slips through and your mind stays calm.

6–8 WEEKS BEFORE

- ☐ Choose your cruise line & itinerary — *pick calm over busy; shorter is better for first trips*
- ☐ Book your cabin — *midship, lower decks feel least movement*
- ☐ Check passport expiration date — *needs 6 months validity beyond travel date*
- ☐ Arrange travel insurance
- ☐ Book flights (if needed) & arrange airport transfers

2–4 WEEKS BEFORE

- ☐ Complete online check-in on cruise line app/website
- ☐ Book any shore excursions you want — *choose gentle, nature-based ones*
- ☐ Reserve specialty dining (if desired)
- ☐ Pack motion sickness remedies — *patches, Sea-Bands, ginger chews*
- ☐ Download the cruise line's app & explore it calmly
- ☐ Notify your bank of travel dates

THE NIGHT BEFORE

- ☐ Lay out all travel documents in one folder — *passport, boarding pass, insurance*
- ☐ Pack a small carry-on with cruise day essentials — *luggage goes to cabin later*
- ☐ Get to bed early — *rested boarding = calmer boarding*
- ☐ Take three slow, deep breaths. You are ready. 🌊



Pack light. Pack intentionally. These items are chosen not just for practicality, but for how they support a calm, restorative state of mind at sea.

BLUE MIND ESSENTIALS

- ☐ Waterproof journal & nice pen
- ☐ Noise-canceling headphones
- ☐ Calming playlist downloaded offline
- ☐ A book you've been saving
- ☐ Lavender essential oil roller
- ☐ Lightweight hammock or beach blanket

DECK & SHORE

- ☐ SPF 50+ reef-safe sunscreen
- ☐ Wide-brim hat
- ☐ Comfortable walking sandals
- ☐ Light layers (evenings are cooler)
- ☐ Reusable water bottle
- ☐ Waterproof phone pouch

WELLNESS & CALM

- ☐ Sea-Bands or motion sickness patches
- ☐ Melatonin for sleep adjustment
- ☐ Magnesium spray (for restful sleep)
- ☐ Yoga/stretch band
- ☐ Small gratitude journal

DOCUMENTS & ADMIN

- ☐ Passport (+ photocopy stored separately)
- ☐ Cruise booking confirmation
- ☐ Travel insurance card
- ☐ Credit card (no foreign fees)
- ☐ Emergency contact list (printed)

"You don't need to pack for every possibility. You just need to pack for peace."



Research shows that writing about positive experiences deepens their restorative effect. Use these prompts each evening at sea to anchor the calm you're creating.

What did the water look like today?

One moment when I felt genuinely relaxed...

Something that surprised me (in a good way)...

What did I let go of today?

"The ocean doesn't ask you to have it all figured out. It just asks you to show up."



Shore days can feel overwhelming with options. Use this planner to decide in advance — so when you arrive, you're already calm and clear on what you want to do.

Port 1

PORT NAME

MY ENERGY LEVEL TODAY

ONE THING I WANT TO SEE OR DO

MY "IF I NEED A BREAK" PLAN

Port 2

PORT NAME

MY ENERGY LEVEL TODAY

ONE THING I WANT TO SEE OR DO

MY "IF I NEED A BREAK" PLAN

Port 3

PORT NAME

MY ENERGY LEVEL TODAY

ONE THING I WANT TO SEE OR DO

MY "IF I NEED A BREAK" PLAN

Sea Day

MORNING INTENTION

ONE DECK/SPA/QUIET ACTIVITY



YOU'VE GOT THIS

The ocean has been
waiting for you.

Come back to the Hub whenever you need a calm corner of
the internet dedicated to your restorative journey at sea.

aquatictherapyhub.com

