



CruiseTipsTV Alaska Cruise Packing Checklist

For Women Over 40

Before You Pack

Layers beat bulky coats.

A fleece or light puffer jacket plus a rain shell works better than one heavy winter jacket.

Waterproof shoes matter more than hiking boots.

Comfortable walking shoes with grip usually do more for a happy port day than stiff boots ever will.

You need fewer outfits than you think.

Most women wear the same favorite pants, jacket, and shoes on repeat during an Alaska cruise.

Quick Comfort Notes

Supportive bras and foot-friendly socks are worth packing.

Bring skincare, makeup, and hair products that help you feel like yourself.

Plan for changing weather, not nonstop cold.



Printable Master Packing Checklist

Part 1

Clothing

- ☐ 5 casual tops
- ☐ 2 pairs of comfortable pants
- ☐ 1 pair of leggings
- ☐ 1 pair of shorts
- ☐ 1 light cardigan
- ☐ 1 fleece or light puffer jacket
- ☐ 1 waterproof rain jacket with hood
- ☐ 1 simple dress or dinner outfit
- ☐ 1 swimsuit
- ☐ Pajamas
- ☐ Undergarments
- ☐ Supportive bra
- ☐ Foot-friendly socks

Shoes

- ☐ Waterproof walking shoes
- ☐ Backup comfortable shoes
- ☐ Dressier flats or sandals
- ☐ Flip-flops for the pool or hot tub

Accessories

- ☐ Warm hat
- ☐ Lightweight gloves
- ☐ Sunglasses
- ☐ Light scarf or wrap
- ☐ Crossbody bag
- ☐ Lip balm

Excursion Gear

- ☐ Binoculars
- ☐ Camera or phone storage backup
- ☐ Portable charger
- ☐ Compact daypack
- ☐ Reusable water bottle
- ☐ Bug spray
- ☐ Sunscreen
- ☐ Microfiber lens cloth



Printable Master Packing Checklist

Part 2

Cabin Essentials

- ☐ Magnetic hooks
- ☐ Packing cubes
- ☐ Charging cables
- ☐ Travel medications
- ☐ Motion sickness remedies
- ☐ Laundry bag
- ☐ Wrinkle-release spray or travel steamer alternative

Comfort and Beauty Favorites

- ☐ Preferred moisturizer
- ☐ Hair product or leave-in conditioner
- ☐ Travel-size makeup basics
- ☐ Hand cream
- ☐ Mini first-aid kit
- ☐ Compression socks for travel day



Last-Minute Essentials

Use this as your final check before you leave home or head to the ship.

Last-Minute Essentials

- ☐ Confirm online check-in is complete
- ☐ Download the cruise line app
- ☐ Set aside your rain jacket for easy access
- ☐ Charge camera, phone, and power bank
- ☐ Double-check excursion tickets or confirmations
- ☐ Pack glasses, contacts, and readers if needed
- ☐ Tuck a pen into your carry-on
- ☐ Add a stain-remover wipe or stick



Specialty Checklists

These focused lists are especially helpful on glacier-viewing mornings and travel days.

Glacier Day Checklist

- ☐ Moisture-wicking base layer
- ☐ Fleece or packable puffer jacket
- ☐ Waterproof outer layer
- ☐ Warm hat
- ☐ Lightweight gloves
- ☐ Comfortable pants
- ☐ Camera or phone
- ☐ Binoculars
- ☐ Swimsuit for the hot tub

Carry-On Essentials

- ☐ Passport or government ID
- ☐ Boarding documents
- ☐ Prescription medications
- ☐ Phone and charger
- ☐ One lightweight layer
- ☐ Toothbrush and travel basics
- ☐ Valuables
- ☐ Change of clothes
- ☐ Sunglasses



What I Actually Wear

These outfit formulas are realistic, comfortable, and easy to adapt.

Embarkation Day

Comfortable travel pants, a soft top, a cardigan, and slip-on walking shoes.

Glacier Viewing

Base layer, fleece or puffer jacket, waterproof shell, hat, gloves, and warm comfortable pants.

Port Exploration

Stretch pants or leggings, a moisture-wicking top, a lightweight jacket, and reliable walking shoes.

Rainy Alaska Day

Waterproof jacket, quick-dry pants, waterproof shoes, and a hands-free crossbody bag.

Dinner or Dressier Night

A simple dress or nice pants with a blouse, plus a light layer for the cool walk back to your cabin.

My 7-Day Outfit Planner

Day	Activity or Port	Planned Outfit
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		



7-Day Alaska Capsule Wardrobe

A capsule wardrobe keeps your suitcase lighter and your mornings easier.

Item	Suggested Quantity	Why It Earns a Spot
Comfortable pants	2	These usually become your most-worn bottoms.
Leggings	1	Great for travel, layering, or lounging.
Shorts	1	Alaska can absolutely surprise you with warm weather.
Casual tops	4 to 5	Choose pieces that layer well and feel flattering.
Cardigan	1	A polished layer that works onboard and ashore.
Fleece or puffer jacket	1	Warmth without a lot of bulk.
Rain jacket	1	Your weather hero piece.
Dinner outfit	1	Simple, comfortable, and ready for a dressier evening.
Walking shoes	1 primary + 1 backup	One reliable pair, plus one backup option.

Easy Outfit Logic

Start with one or two neutral bottoms.

Add tops that layer under both your cardigan and jacket.

Choose a dinner outfit you already know is comfortable.

Best Fabric Choices

Merino wool

Performance fabrics

Fleece

Stretch blends

Limit: heavy cotton, bulky sweaters, and slow-drying denim.



Cruise Line-Specific Notes

Your cruise line can influence how casual or polished you feel onboard.

Princess Cruises

A classic Alaska choice. Smart-casual layers work well, and many guests appreciate having a slightly polished look for dinner.

Holland America Line

Especially popular in Alaska. Expect a relaxed but refined vibe. A nice cardigan, dark pants, and comfortable shoes go a long way.

Royal Caribbean

Ships can feel lively and active, so many travelers appreciate one extra casual outfit or athleisure option.

Norwegian or Celebrity

Flexible evenings are common, and smart-casual pieces usually do the job. Pack one top or outfit that feels a little more elevated.

Universal Alaska Reminder

Check the weather a few days before departure, read every excursion description, and keep one warm layer easy to grab on scenic cruising days.



Notes and Personal Reminders

Use this page for shopping reminders, outfit ideas, Alaska-specific needs, and last-minute notes.

To Buy Before I Go

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Do Not Forget

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Personal Packing Notes



CruiseTipsTV Alaska Resources

Keep planning with CruiseTipsTV. Scan the QR code to shop our Alaska Essentials Store on Amazon.

Helpful Links

CruiseTipsTV.com

YouTube: @CruiseTipsTV

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Alaska Essentials Store on Amazon

Scan to Shop



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CruiseTipsTV Tip

The best Alaska packing strategy is simple: bring versatile layers, comfortable shoes, and a waterproof jacket. Alaska rewards smart packing, not heavy packing.

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