

Cruise 301:

Last Looks & Cruising Craziness!

WSA

Adventure Seekers

2025



williamssyndrome
ASSOCIATION



June 21 – 28, 2025

*Sailing from Orlando/
Port Canaveral*

NCL



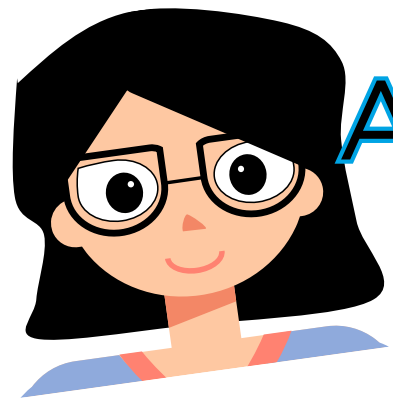
NORWEGIAN
CRUISE LINE®

willamssyndrome
ASSOCIATION



BE READY FOR ANYTHING

Adventure Is Just Around The Corner.



Amber Tip:

COUNTDOWN TO YOUR CRUISE

SCAN



BEFORE THE CRUISE


- Code of conduct and responsibilities
- Photo Release
- Contact Sheet (for Cruise only) Opt in
- Information about the WSA Events




All members of your party must complete and sign the form.

Anyone without a completed form will not be allowed to participate at the WSA hosted events.

Cruise Packing List



Cruise Packing List



CLOTHES/ACCESSORIES

✓ QTY.


☐ Underwear
☐ Socks/stockings
☐ Undershirts/bras
☐ Sleepwear
☐ T-shirts
☐ Dress shirts
☐ Casual shirts
☐ Jeans/pants
☐ Waterproof day bag
☐ Shorts
☐ Dresses

✓ QTY.

☐ Skirts
☐ Sweaters/sweatshirts
☐ "Smart Casual" wear
☐ Swimsuits/cover-ups
☐ Coats/jackets/rainwear
☐ Hats
☐ Umbrella/poncho
☐ Laundry bag & kit (soap/stain remover)
☐ Sunglasses
☐ Spare Glasses
☐

✓ QTY.

☐ Leisure shoes
☐ Hiking/athletic shoes
☐ Walking shoes
☐ Dress shoes (suitable for dancing)
☐ Sandals/flip-flops/water shoes
☐ Belt
☐ Jewelry (leave valuables at home)
☐ Purse
☐ Collapsible tote/beach bag
☐ Under-clothing document holders
☐




TOILETRIES

☐ Toothbrush
☐ Toothpaste
☐ Dental floss
☐ Soap
☐ Deodorant
☐ Shampoo/conditioner
☐ Brush/comb
☐ Hairstyling tools
☐ Face cleanser

☐ Styling gel/hair products
☐ Sunscreen/aloe vera
☐ Moisturizer
☐ Contact lenses/solution
☐ Shaving supplies
☐ Makeup/makeup remover
☐ Clothespins/towel clips
☐ Feminine-hygiene products
☐ Birth control

☐ Nail file/clippers
☐ Tweezers
☐ Hand sanitizer
☐ Seasickness remedy
☐ Travel first aid kit
☐ Insect repellent
☐ Medications/vitamins
☐ Pain relievers
☐ Hanging toiletry bag




MISC.

☐ Cell phone
☐ Laptop/tablet
☐ Snorkel gear

☐ Plug adapter (for pre-/post-cruise stay)
☐ Binoculars
☐ Microfiber towel

☐ Waterproof phone case
☐ Small flashlight w/batteries
☐ Copies of passport/credit card/etc.



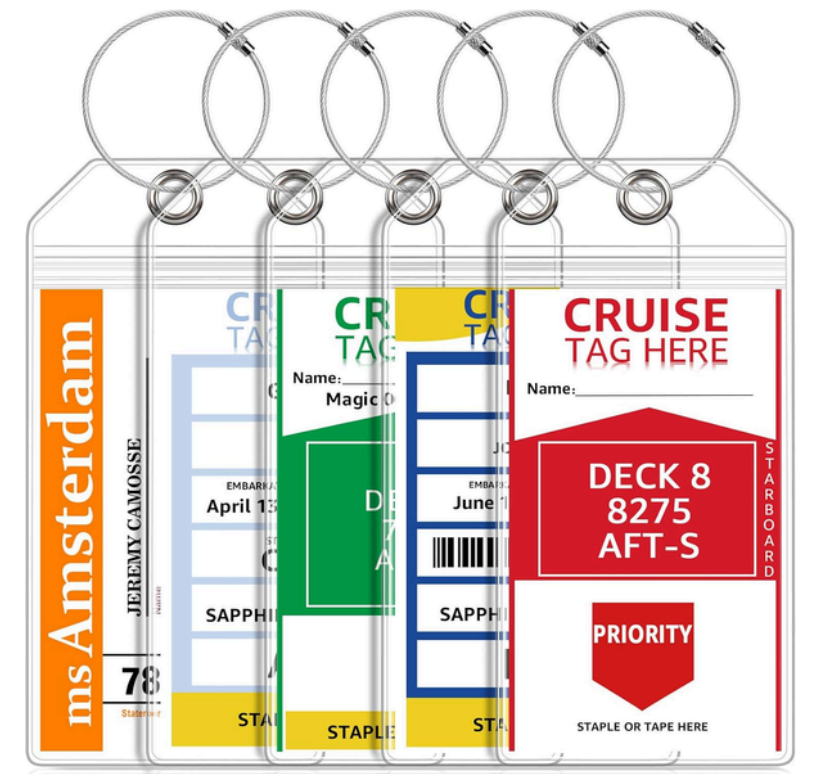
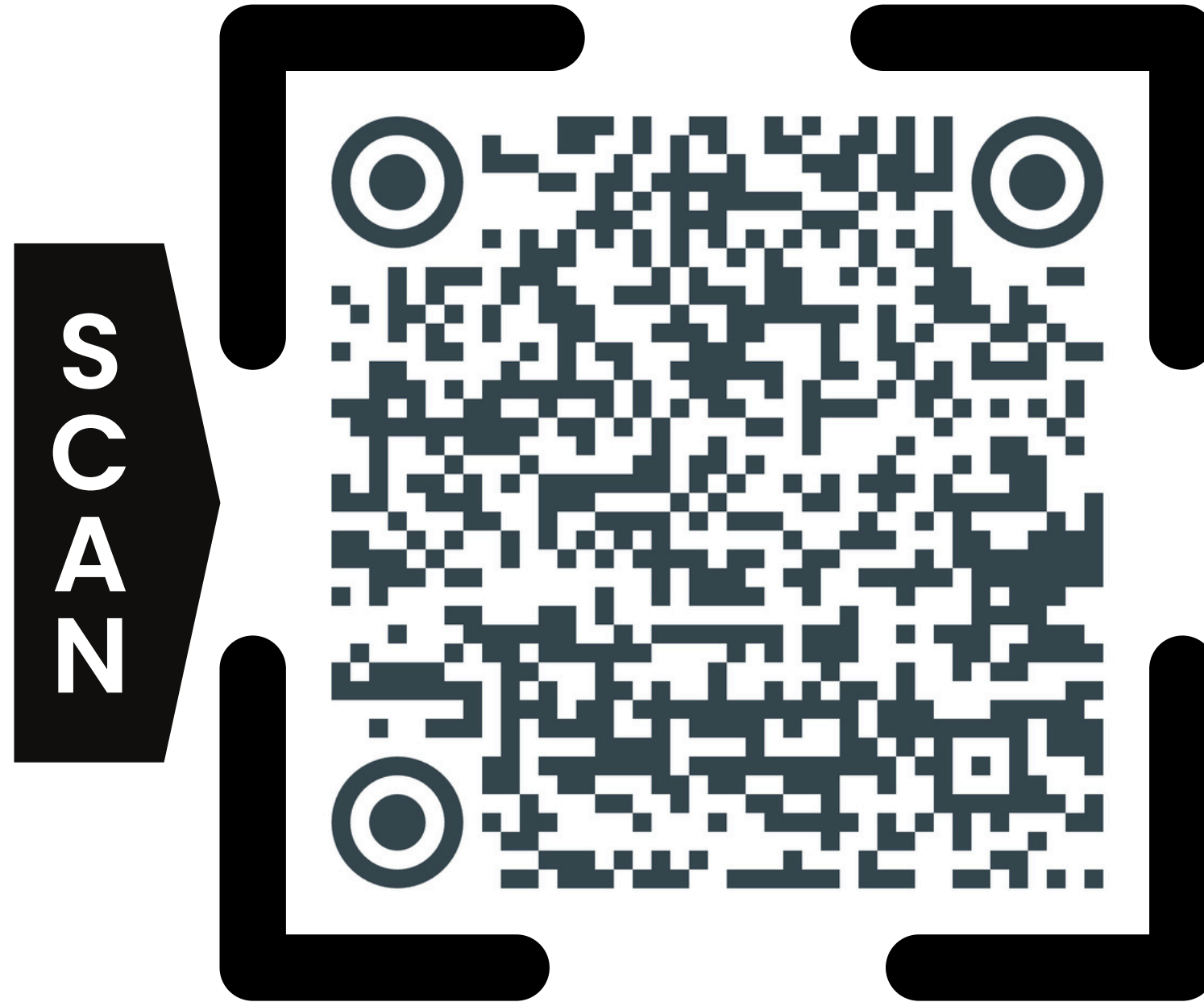
CARRY-ON

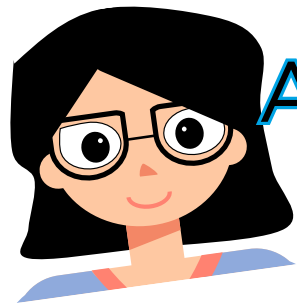
☐ Books or e-books
☐ Electronics chargers
☐ Earbuds/headphones
☐ Suitcase locks
☐ Travel pillow & blanket
☐ Ear plugs/eye mask
☐ Tissues
☐ Lip balm (with SPF)
☐ Glasses
☐ RFID Wallet
☐ Poo-Pourri
☐ Duct Tape

☐ Change of clothes
☐ Food/snacks/gum
☐ Empty water bottle (fill post-security)
☐ Important medications
☐ Important toiletries
☐ Camera w/memory card
☐ Passport/visa/ID
☐ Paper/pen
☐ Lanyards (provided by the WSA)
☐ Sea-Bands
☐ List of emergency contacts
☐ House/car keys

☐ Cash (in small bills for tipping)
☐ Credit/ATM cards
☐ Insurance cards (medical/travel)
☐ Itinerary/maps/directions
☐ List of medications
☐ Guidebooks
☐
☐
☐

The current on board is 110 volts & 220V AC. However, some high-voltage hair dryers, electric rollers and electric razors may require a converter





Amber Tip:

ONLINE CHECK-IN PROCESS:

New **health and safety steps** added to Online Check-In will **significantly cut down processing time** at the pier. Experience a much faster, more seamless boarding process when you **complete all required steps listed below**. Online Check-In for all guests is required to download your eDocs (boarding pass). Port security requires each guest to present their eDocs to enter the pier.

PLEASE NOTE: You will lose the opportunity to Check-in online 3 days prior to sailing.



Complete these steps in Online Check-In:

- **Travel Documentation:** Provide passport number or travel documentation information
- **Flight Information:** Provide airline details and purchase transfers to the pier and back to the airport.
- **Onboard Payment Preferences:** Select either credit card, debit card or cash
- **Take a Selfie Photo:** Use your computer webcam or mobile phone camera to capture your pre-cruise security photo.

You can come back to this step on the Mobile app if you don't have a web cam.

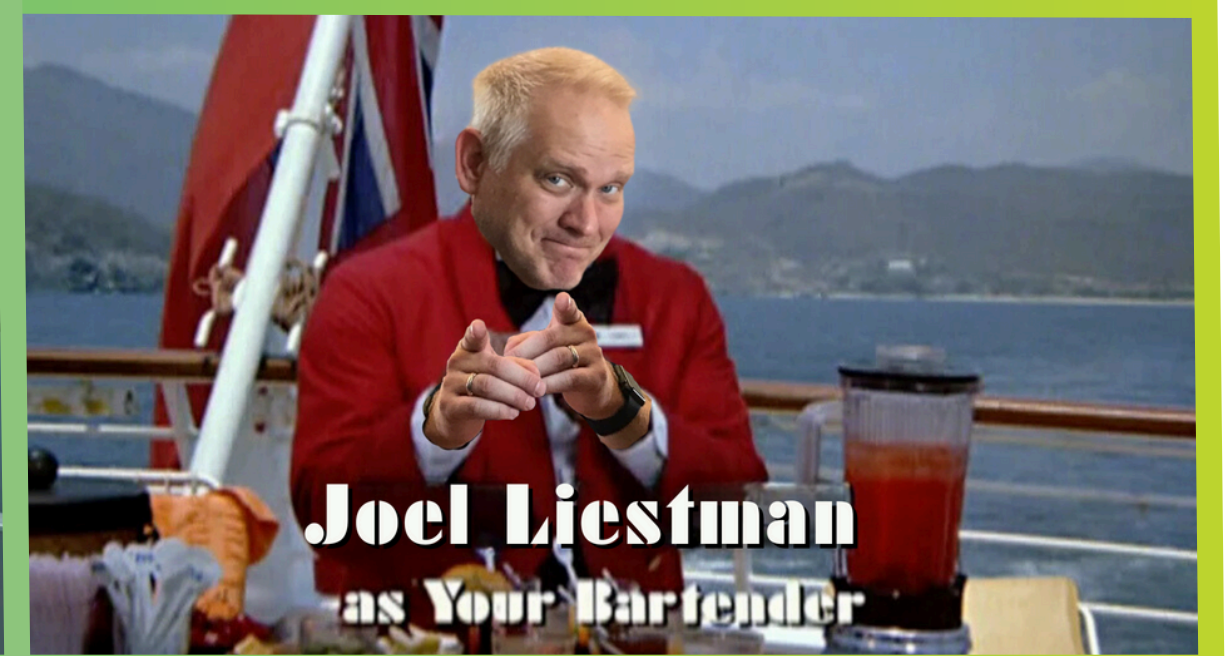
These steps will be available 21 days prior to your sail date:

- **Reserve an arrival time** to check-in at the pier. You will only be allowed to enter the terminal during this time.
- **Watch the Required Safety Video** in advance to avoid large crowd gathering onboard. Learn important muster drill, life jacket and onboard safety procedures.

Get your eDocs

After completing Online Check-In for each guest, select "**Download eDocs.**" Either **print a copy or save a screenshot on your phone** that includes the **guest's name, terminal arrival time, ship, stateroom, and barcode**. Port security will verify eDocs along with your passport/identification for port entry. You can download eDocs 21 days before your sailing once Online Check-In is done. Not presenting eDocs during embarkation will lead to extended waiting times at the port.

WELCOME ABOARD!



Saturday, June 21st

5pm - 7pm

Atrium on Deck 8.

People can meet us to get lanyards and other special items.

The Sunday DeParty!

THURS-YAY AT SEA!

Stay Tuned for Time
and Location!

Excursion with Sarah, Jon, & Joel



Tuesday, June 24
St. Thomas



Dine with Sarah, Jon, & Joel



Breakfast

Sunday, June 22
Thursday, June 26 > 9am @ Hudson's (Deck 7)

Dinner

Wednesday, June 25 — 6PM @ Hudson's (Deck 7)



More Dining info

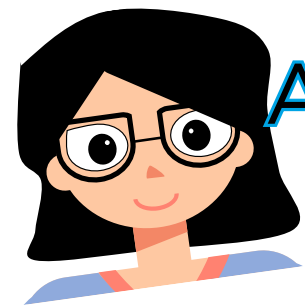
If I don't have More At Sea™ or if I would like to eat at more specialty restaurants than what is included in my package, what is the cost?

All specialty restaurants will have a cover charge. Cover charges are as follows:
Steak, Teppanyaki / Hasuki, French, and Seafood have a \$60 cover charge.
Brazil, Asian, Food Republic, and Sushi have a \$50 cover charge.
Italian, BBQ, Pincho, and Mexican have a \$40 cover charge.

SCAN



Norwegian's More At Sea Cruise
Deals: Unlimited Open Bar & More

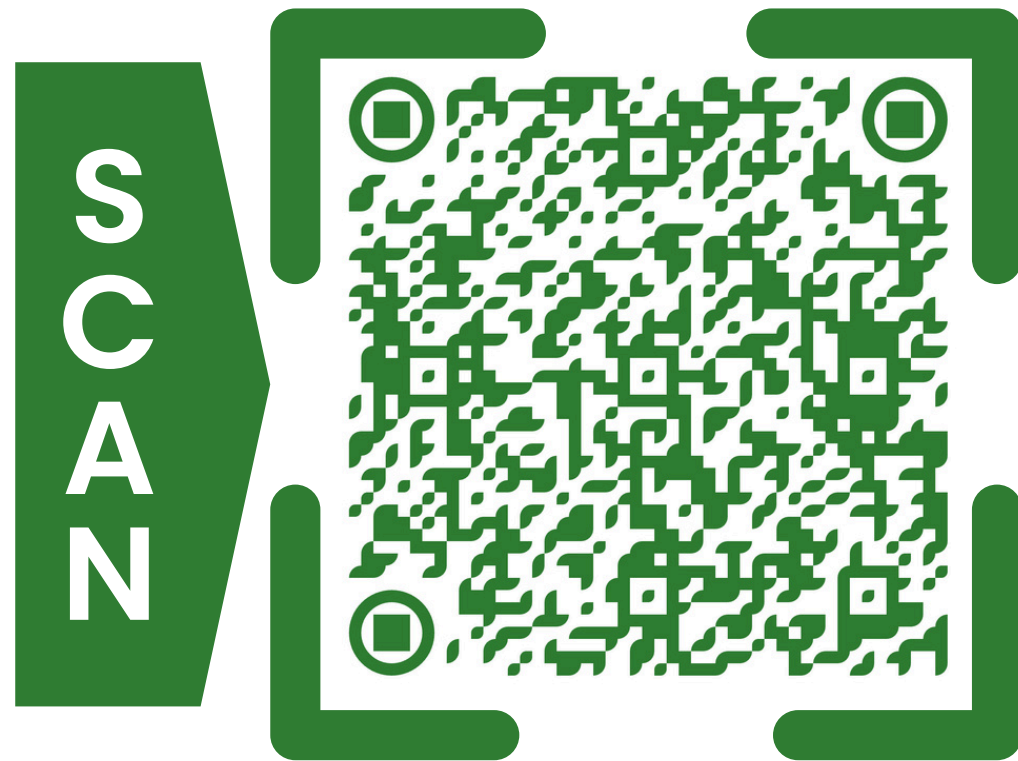


Amber Tip:

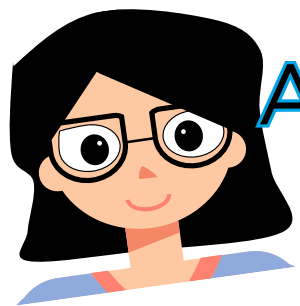
Have 1 person book dinner for the whole dining party.

Tipping

Cruise lines, like Norwegian, include automatic tips either at time of booking or on your onboard account when disembarking for your stateroom steward. When ordering drinks at a bar or food at a specialty restaurant, gratuity will already be added to the bill. A few cruisers bring cash to tip for service that goes above and beyond high quality, but that is not expected by the staff.



Norwegian Cruise Line Gratuities (Tips): Full Guide to Cost & How They Work



Amber Tip: Cash?
Why Yes!

Excursions off ship - driver and guide

Baggage porters when boarding the ship: ~\$1-\$2 per bag

Room attendant: can tip extra at beginning and/or end of week

Excellent service at a specialty restaurant

Dress Code

Layering

You could have **scorching hot temperatures during the day**, but it's **chilly at night on board** as your ship is cruising between islands. You'll likely want to bring a **lightweight sweater or cardigan** for the evening time and the **onboard air conditioning**.

Cruise Casual

For Buffet and Regular Specialty Restaurants

- Sundresses.
- Casual dresses.
- Shorts or skirts.
- Capri pants or long pants.
- Khakis.
- Jeans (Not too faded or with holes)
- Casual shirts, such as a polo.



If you are dining at one of the outdoor restaurants or the buffet, you can opt for swimwear, but you'll need a pool coverup or shirt and footwear.

Smart Casual

For Dinner on The Waterfront & Upscale Specialty Restaurants

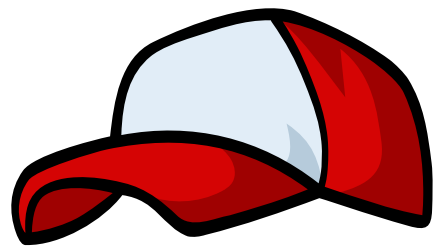
- Dresses.
- Pants or nice capris.
- Dress slacks.
- Polo shirts.
- Button-down shirts.
- Non-faded jeans.
- Heels or dress sandals.
- Closed-toe shoes.
- Skirts with blouses.



Do you have children traveling with you? If so, kids who are 12 and younger can wear nice shorts to any of Norwegian's onboard restaurants.

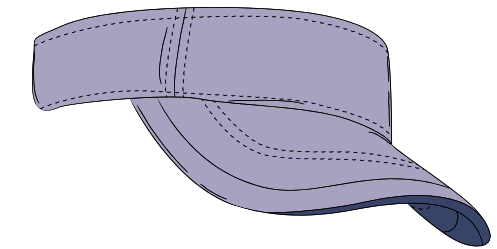
Dress Code

Not Allowed in Main Dining Rooms and Specialty Restaurants



- Baseball caps

- Visors



- Tank tops for men



- Swimwear



- Flip-flops



Overly faded jeans or ones with tears and holes are also not permitted in the dining rooms. If you prefer to stay very casual throughout your evening meals, you'll need to stick to the buffet and outdoor casual dining spots.



Get the Drip!

WSA Adventure Seekers Merchandise!



SCAN ME







The cover photo features a large cruise ship, 'The WSA Boat', with colorful murals on its side. The text 'ADVENTURE SEEKERS' is in a stylized font with a sun and mountains icon, and 'willamssyndrome ASSOCIATION' is in a simpler font with a heart and hands icon. 'The WSA BOAT' is written in a decorative, bubbly font.

Group by Williams Syndrome Association

OFFICIAL 2025 WSA Adventure Seekers Cruise

Private group · 67 members



+ Invite

Share

Discussion

Members

Events

Media

Files



Write something...

About

We're setting sail on the high seas! G'yaaaar!
Okay not really. But we are going to be some of the first

SCAN HERE

A black arrow pointing downwards and slightly to the left.

A square QR code with a blue and white pixelated pattern, used for linking to the Facebook group.



Cruise To Do's

- Online Check-in opens
- Book your excursions
- Ensure you have your passport
- Please make sure you've filled out the WSA Release Form
- Download and print your eDocs
- Confirm your lodging (night before) and transportation to the Port
- Download the NCL app



williams-syndrome.org/cruise2025

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Questions?

williamssyndrome 
ASSOCIATION