CHECKLIST

Your River Cruise Comfort Checklist

- [ ] Request a mid-ship cabin on a lower deck with a window or balcony when you book
- [ ] Eat a light, plain meal before embarkation
- [ ] Bring a small snack such as crackers or breadsticks for the first afternoon
- [ ] Spend your first hour onboard on deck with fresh air and a view of the shore
- [ ] Stay hydrated and avoid alcohol until you've adjusted to the boat's rhythm
- [ ] Mention any concerns to crew at check-in so they can suggest the calmest spots
- [ ] Keep comfortable, layered clothing and grip-soled shoes within reach