

Cruise 201:

Advanced Cruising

WSA

Adventure Seekers

2025



June 21 – 28, 2025

Sailing from Orlando /

Port Canaveral

NCL



NORWEGIAN
CRUISE LINE®

williamssyndrome
ASSOCIATION




Get the App!

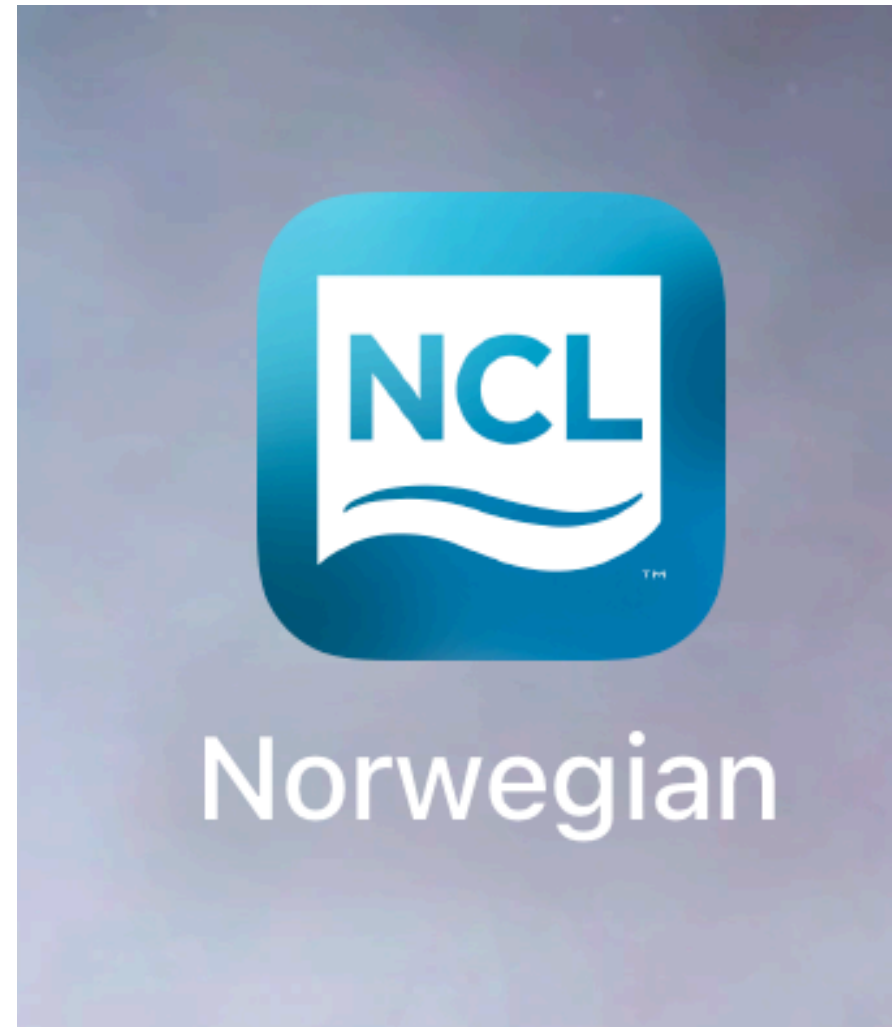
4:55
App Store

Download the New Norwegian App Now

This app is no longer supported. The new Norwegian Cruise Line app is now available. Download it and get even more out of your vacation.

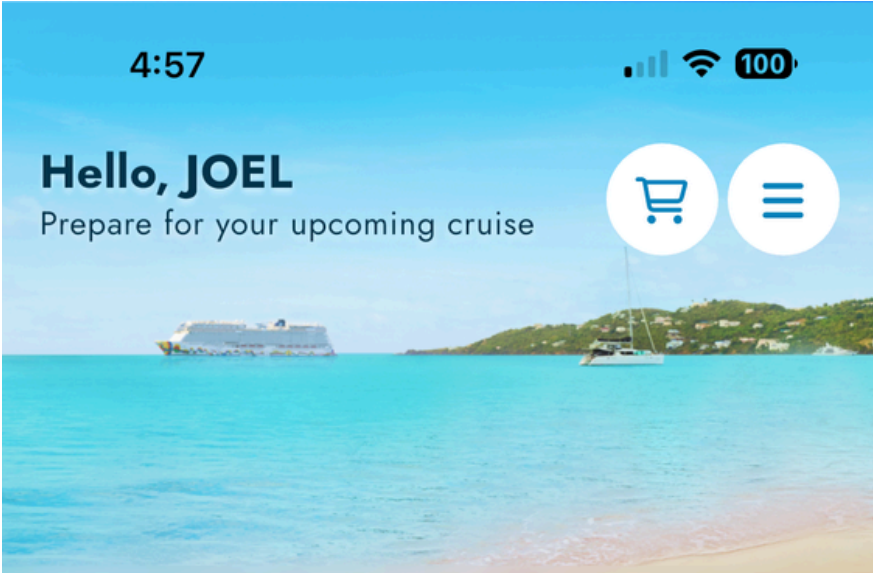




DOWNLOAD NOW



4:57

Hello, JOEL
Prepare for your upcoming cruise




164 Days ^{TO} GO Departing: Orlando (Po...)

Departing 6/21
7-Day Caribbean...
Cruise Itinerary >


RSVN #58238392
Stateroom #10770
Cruise Details >

Excursions Dining My Purchases FAQs

Pre-Cruise Checklist



Shore Excursions
Review >



Travel Documents
View >

Home On Ship On Shore Plans

Accessibility & Medical Questionnaire

Tender Policy



February 21, 2025

Dear Valued Guest,

Thank you for choosing Norwegian Cruise Line. We are excited to welcome you aboard!

Please note, the itinerary for your upcoming cruise vacation has tender ports which are subject to change without notice.

Certain vessel transfers, such as tendering and gangways, may not be fully accessible to wheelchairs or scooters which may result in your inability to go ashore. When a ship is unable to dock, guests are taken ashore on smaller boats called tenders. Some guests with limited mobility may find it difficult to embark or disembark the ship at certain times while at dock or while tendering. Please note, the itinerary for your upcoming cruise vacation has tender ports which are subject to change without notice.

- We are unable to provide assistance from the ship to tender and/or from tender to shore for guests with scooters and/or wheelchairs that weigh a combined 100 lbs. Guests tendering to Great Stirrup Cay may be exempt from this. The Staff Captain will determine if the transfer is able to take place. Factors such as weather and sea conditions are taken into consideration.
- Mobility devices must be able to fold in order to be accommodated onboard the tender.
- Guests may have to utilize steps or a staircase to access the tender and re-board the vessel.

To assure we have all your requirements, we ask that you fill out and submit the Accessibility & Medical Questionnaire, found [here](#). The detailed information provided on the form will help us understand your specific needs. This form should be submitted as soon as possible. If we do not receive your completed form, we may not be able to provide you with the assistance you need. Once you have submitted the form, our Access Desk will respond within 30 days.

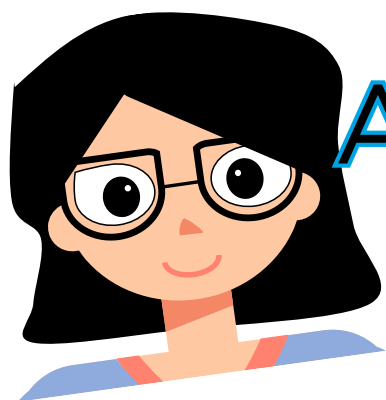
Please note, if you have already submitted your Accessibility & Medical Questionnaire for this reservation, an additional form is not required.

To learn more about Accessible Cruising and the amenities and services we offer, please visit [here](#).

Kind Regards,
Norwegian Cruise Line

BE READY FOR ANYTHING

Adventure Is Just Around The Corner.



Amber Tip:

COUNTDOWN TO YOUR CRUISE

SCAN



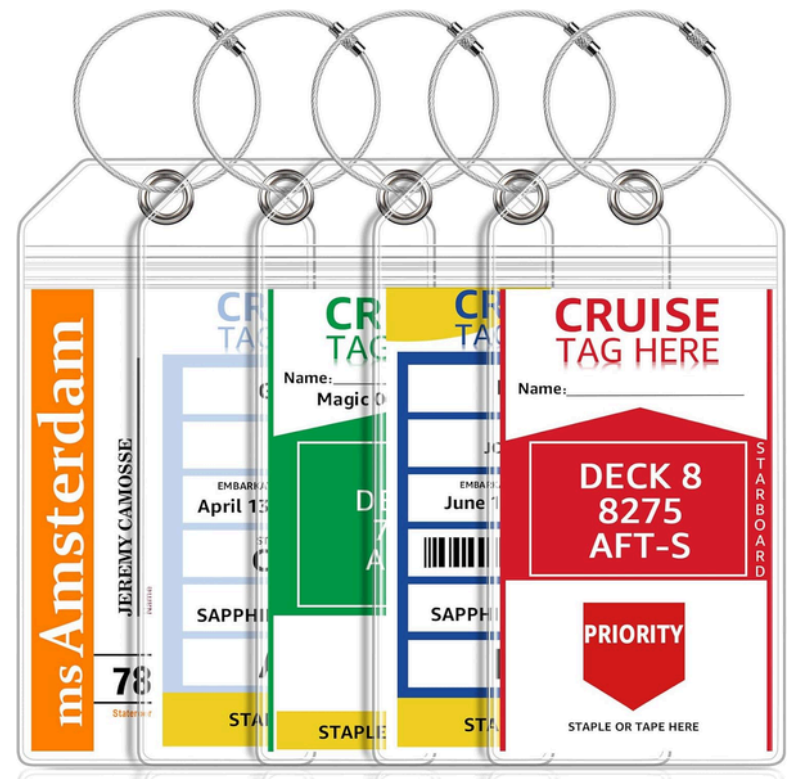
Cruise Packing List

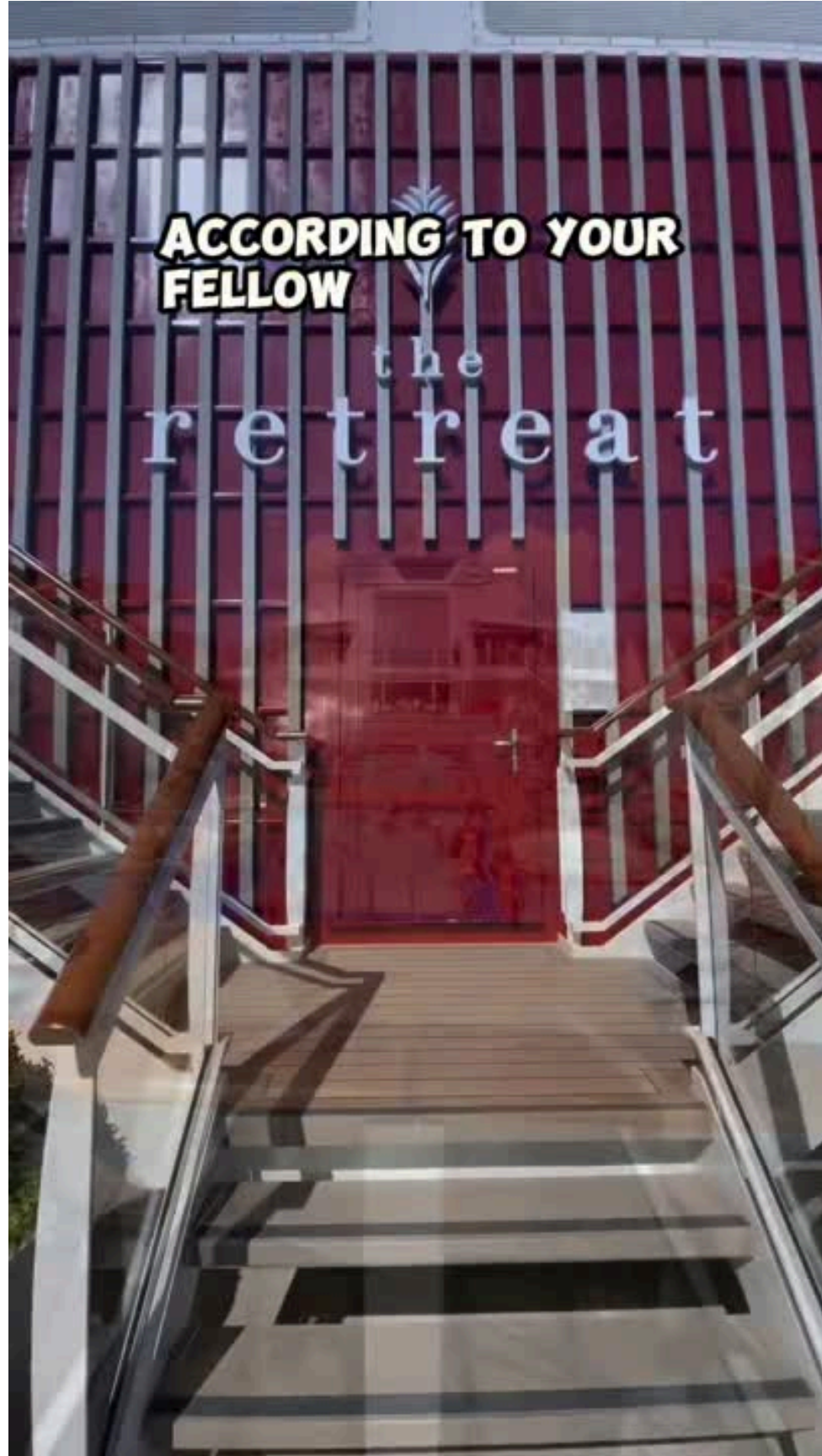
Cruise Packing List

	✓ QTY.	✓ QTY.	✓ QTY.
CLOTHES/ACCESSORIES	<input type="checkbox"/> Underwear	<input type="checkbox"/> Skirts	<input type="checkbox"/> Leisure shoes
	<input type="checkbox"/> Socks/stockings	<input type="checkbox"/> Sweaters/sweatshirts	<input type="checkbox"/> Hiking/athletic shoes
	<input type="checkbox"/> Undershirts/bras	<input type="checkbox"/> "Smart Casual" wear	<input type="checkbox"/> Walking shoes
	<input type="checkbox"/> Sleepwear	<input type="checkbox"/> Swimsuits/cover-ups	<input type="checkbox"/> Dress shoes (suitable for dancing)
	<input type="checkbox"/> T-shirts	<input type="checkbox"/> Coats/jackets/rainwear	<input type="checkbox"/> Sandals/flip-flops/water shoes
	<input type="checkbox"/> Dress shirts	<input type="checkbox"/> Hats	<input type="checkbox"/> Belt
	<input type="checkbox"/> Casual shirts	<input type="checkbox"/> Umbrella/poncho	<input type="checkbox"/> Jewelry (leave valuables at home)
	<input type="checkbox"/> Jeans/pants	<input type="checkbox"/> Laundry bag & kit (soap/stain remover)	<input type="checkbox"/> Purse
	<input type="checkbox"/> Waterproof day bag	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Collapsible tote/beach bag
	<input type="checkbox"/> Shorts	<input type="checkbox"/> Spare Glasses	<input type="checkbox"/> Under-clothing document holders
<input type="checkbox"/> Dresses	<input type="checkbox"/>	<input type="checkbox"/>	
TOILETRIES	<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Styling gel/hair products	<input type="checkbox"/> Nail file/clippers
	<input type="checkbox"/> Toothpaste	<input type="checkbox"/> Sunscreen/alo vera	<input type="checkbox"/> Tweezers
	<input type="checkbox"/> Dental floss	<input type="checkbox"/> Moisturizer	<input type="checkbox"/> Hand sanitizer
	<input type="checkbox"/> Soap	<input type="checkbox"/> Contact lenses/solution	<input type="checkbox"/> Seasickness remedy
	<input type="checkbox"/> Deodorant	<input type="checkbox"/> Shaving supplies	<input type="checkbox"/> Travel first aid kit
	<input type="checkbox"/> Shampoo/conditioner	<input type="checkbox"/> Makeup/makeup remover	<input type="checkbox"/> Insect repellent
	<input type="checkbox"/> Brush/comb	<input type="checkbox"/> Clothespins/towel clips	<input type="checkbox"/> Medications/vitamins
	<input type="checkbox"/> Hairstyling tools	<input type="checkbox"/> Feminine-hygiene products	<input type="checkbox"/> Pain relievers
	<input type="checkbox"/> Face cleanser	<input type="checkbox"/> Birth control	<input type="checkbox"/> Hanging toiletry bag
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MISC.	<input type="checkbox"/> Cell phone	<input type="checkbox"/> Plug adapter (for pre-/post-cruise stay)	<input type="checkbox"/> Waterproof phone case
	<input type="checkbox"/> Laptop/tablet	<input type="checkbox"/> Binoculars	<input type="checkbox"/> Small flashlight w/batteries
	<input type="checkbox"/> Snorkel gear	<input type="checkbox"/> Microfiber towel	<input type="checkbox"/> Copies of passport/credit card/etc.
CARRY-ON	<input type="checkbox"/> Books or e-books	<input type="checkbox"/> Change of clothes	<input type="checkbox"/> Cash (in small bills for tipping)
	<input type="checkbox"/> Electronics chargers	<input type="checkbox"/> Food/snacks/gum	<input type="checkbox"/> Credit/ATM cards
	<input type="checkbox"/> Earbuds/headphones	<input type="checkbox"/> Empty water bottle (fill post-security)	<input type="checkbox"/> Insurance cards (medical/travel)
	<input type="checkbox"/> Suitcase locks	<input type="checkbox"/> Important medications	<input type="checkbox"/> Itinerary/maps/directions
	<input type="checkbox"/> Travel pillow & blanket	<input type="checkbox"/> Important toiletries	<input type="checkbox"/> List of medications
	<input type="checkbox"/> Ear plugs/eye mask	<input type="checkbox"/> Camera w/memory card	<input type="checkbox"/> Guidebooks
	<input type="checkbox"/> Tissues	<input type="checkbox"/> Passport/visa/ID	<input type="checkbox"/>
	<input type="checkbox"/> Lip balm (with SPF)	<input type="checkbox"/> Paper/pen	<input type="checkbox"/>
	<input type="checkbox"/> Glasses	<input type="checkbox"/> Lanyards (provided by the WSA)	<input type="checkbox"/>
	<input type="checkbox"/> RFID Wallet	<input type="checkbox"/> Sea-Bands	<input type="checkbox"/>
	<input type="checkbox"/> Poo-Pourri	<input type="checkbox"/> List of emergency contacts	<input type="checkbox"/>
	<input type="checkbox"/> Duct Tape	<input type="checkbox"/> House/car keys	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

SCAN





**ACCORDING TO YOUR
FELLOW**

the
retreat

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

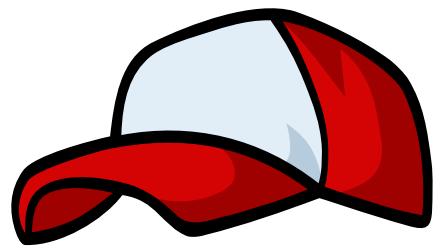
- Dresses.
- Pants or nice capris.
- Dress slacks.
- Polo shirts.
- Button-down shirts.
- Non-faded jeans.
- Heels or dress sandals.
- Closed-toe shoes.
- Skirts with blouses.



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.

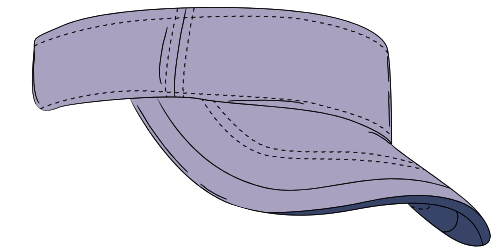
Dress Code

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!

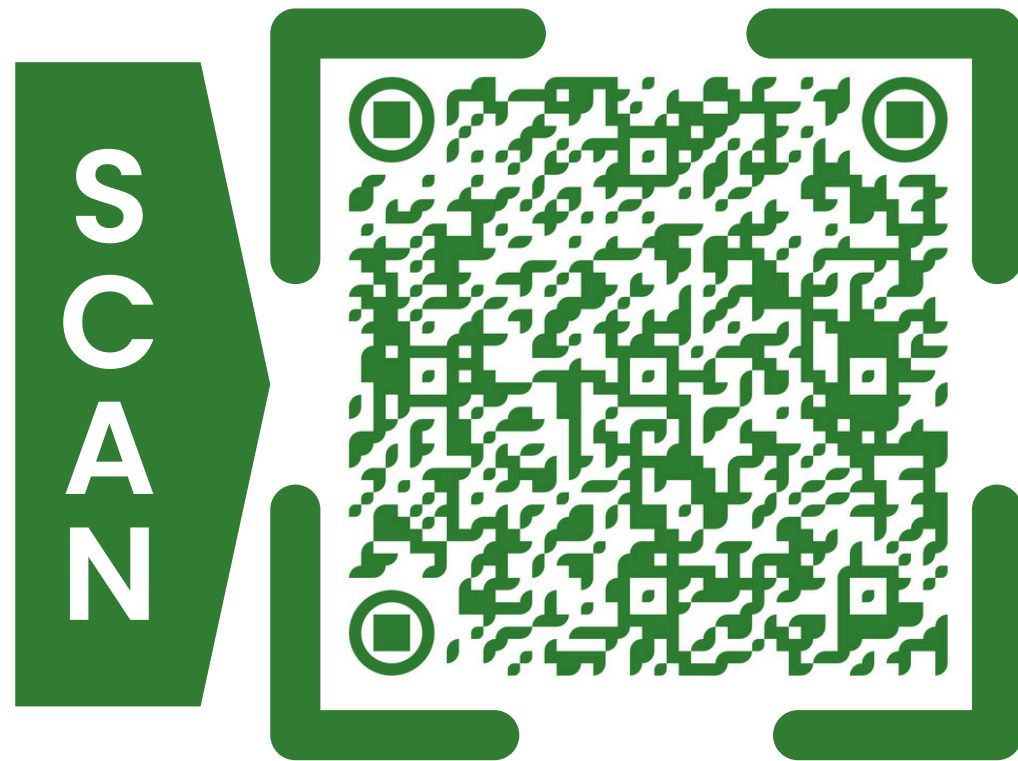


SCAN ME

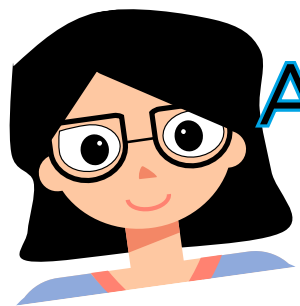


Tipping

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

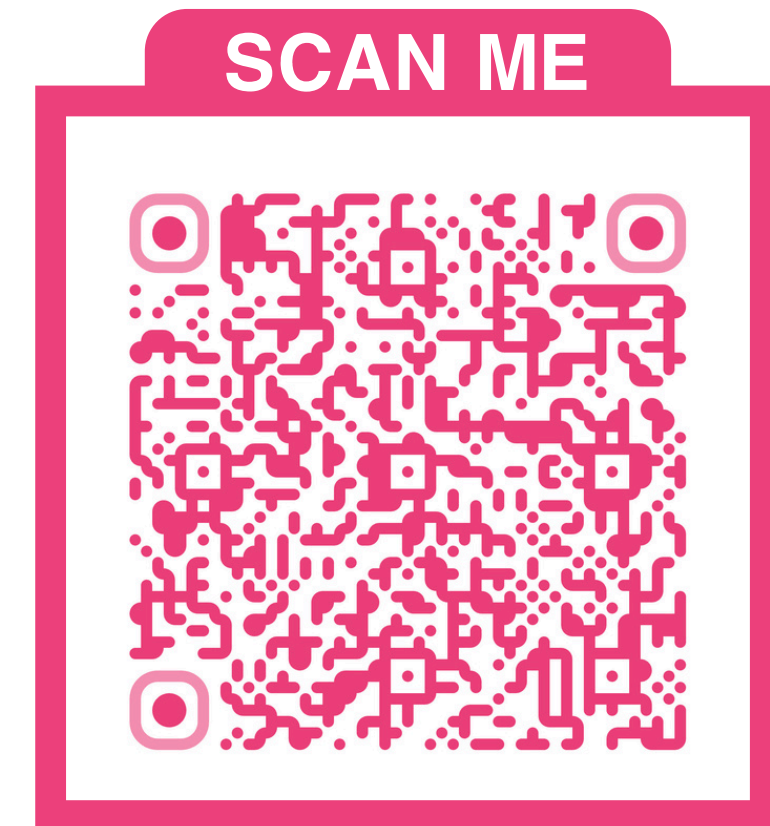
Excellent service at a specialty restaurant

Hotel Cutoff Date

April 19th for reserving at our group rate



Courtyard by Marriott
Cocoa Beach Cape
Canaveral



Hampton Inn By Hilton Cocoa Beach,
FL

Hang with Sarah & Joel



After the May meeting, we'll make sign ups available.

More Dining info

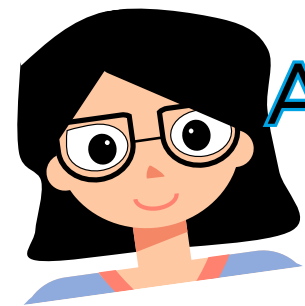
If I don't have More At Sea™ or if I would like to eat at more specialty restaurants than what is included in my package, what is the cost? 

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.

The Sunday DeParty!

Sunday afternoon after we leave

THURS-YAY AT SEA!

Info coming in May!

BEFORE THE CRUISE

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

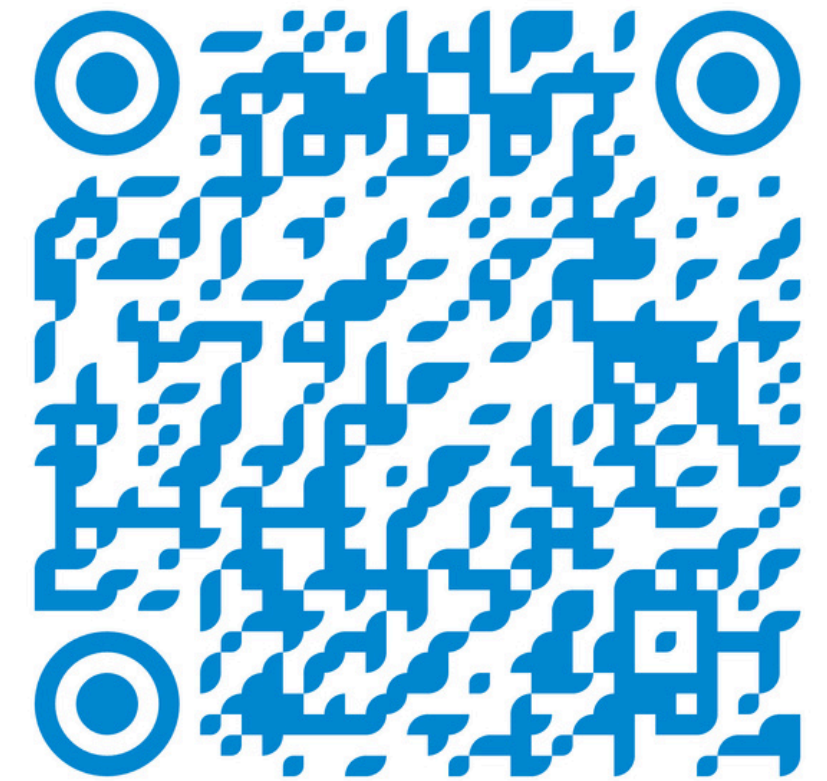
All members of your party must complete and sign the form.

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



facebook

SCAN HERE



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'yaaaaar!

Okay not really. But we are going to be some of the first



Last Zoom!



[CLICK TO REGISTER](#)

Cruise 301: Last Looks and Cruising Craziness

Wednesday, May 28, 2025 @ 8PM ET

williams-syndrome.org/cruise2025

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join | events | shop | español | forums | logout

about us | education | medical | life with ws | get involved

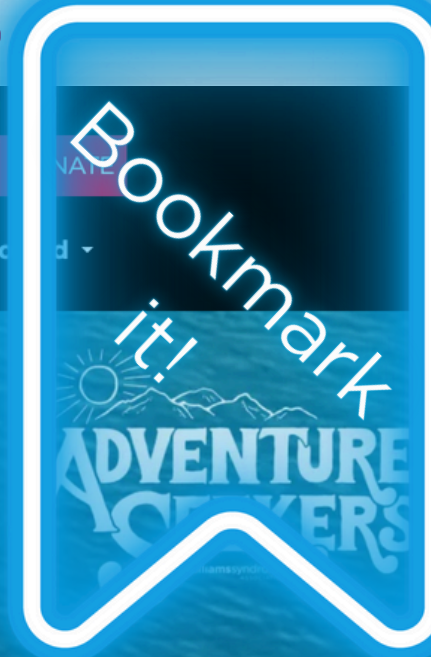


The
WSA
BOAT

2025

williamssyndrome
ASSOCIATION

Adventure Seekers Cruise 2025



Home

Mark your calendars for June 21 - 28, 2025!

Join us for 7 days as we sail the Caribbean on the brand new Norwegian Aqua! Departing from Orlando/Port Canaveral, we will be visiting **4 beautiful ports-of-call**: Puerto Plata, Dominican Republic; St. Thomas, US Virgin Islands; Tortola, British Virgin Islands; and Great Stirrup Cay, Bahamas.

A few important notes:

- This trip is a **Plus One trip - each individual must be accompanied by at least one adult chaperone (parent/caretaker, adult sibling, staff, etc)**. Your chaperone (and you) will be responsible for organizing travel, transportation, hotel booking, most activities while on the trip, oversight, etc. This trip will look more like a joint vacation with your WS family. **There will be no exceptions for unaccompanied travelers.**

So block your calendars because we can't wait to make this happen with you! Remember to check this page regularly for the most updated information!

Want more information about the trip? Here is the 1/23/24

What is a Plus One Trip?

All individuals with WS **18 years and older** are invited

Each individual with WS **MUST** be accompanied by at least one adult chaperone

You and your chaperone plan the majority of your trip.

One caretaker can chaperone no more than two individuals with WS. They are responsible at **all times**.



williams-syndrome.org/cruise2025

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amberstravelconnection@yahoo.com

WSA specific: Joel: jliestman@williams-syndrome.org
Sarah: sarah@williams-syndrome.org

Questions?

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