



Make a Bucket List



HOW TO PREVENT SEASICKNESS ON A CRUISE: EFFECTIVE REMEDIES TO BANISH THAT NAUSEA

1 Choose the Right Location for Your Cruise Cabin

Cabins in the middle of the ship and close to the waterline experience the least movement. Aft or mid-aft cabins are good alternatives if central cabins are unavailable. Balcony or inside? Both have pros—choose what feels best for you.



8 Try Ginger

Ginger calms upset stomachs and reduces nausea by blocking chemicals that trigger stomach contractions and vomiting. Try ginger tea, gummies, candies, biscuits or ginger beer.



2 Buy Travel Sickness Bands – Seabands or Acupressure Band

Press the stud on the inside of your wrist (P6 acupressure point) to help relieve nausea. Wear them before boarding and keep them on. They're natural, reusable, washable and suitable for both adults and children.



9 Try Acupuncture

Acupuncture may help relieve nausea by stimulating the P6 point on the wrist. Many cruise ships offer taster sessions in their spas. It's generally painless—always check with your doctor first.



3 Seasickness Medication

Over-the-counter pills, patches or prescribed medication can be very effective in rough seas. Popular options include Kwells, Stugeron, Scopoderm patches, Bonine and Dramamine. Always consult your doctor or pharmacist and keep meds in your hand luggage.



10 Take Vitamin C

Vitamin C naturally reduces histamine production, which plays a role in motion sickness. Eat citrus fruits, peppers, tomatoes, kiwi, broccoli, strawberries and more—or enjoy fresh fruit juices on board.



4 Choose a Cruise Itinerary with Calm Waters

The Caribbean, Gulf of Mexico and coastal European cruises are generally smoother. Avoid trans-Atlantic crossings if you're worried about seasickness. Research your itinerary, check the season, and learn from other cruisers' experiences.



11 The Earplug Trick

Insert one earplug into the ear on the opposite side of your dominant hand (right-handed = left ear, left-handed = right ear). This may help your brain focus on visual signals and reduce nausea.



5 Get Some Fresh Air

Step outside and look at the horizon—it helps your brain reconcile mixed signals. Stand with your feet apart for balance or sit in the shade and relax. Avoid strong odours and drink some water.



12 Stay Hydrated

Dehydration can trigger headaches and nausea. Drink plenty of fluids, carry a refillable water bottle and use filling stations on board. Add a splash of juice for flavour if you like.



6 Eat a Green Apple

Green apples are high in pectin, which helps settle your stomach by slowing digestion and neutralising stomach acid. Plus, natural sugars help maintain your energy. Grab a couple from the buffet and keep them handy!



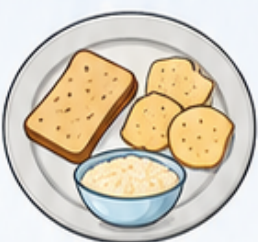
13 Limit Your Intake of Alcohol

Alcohol dehydrates your body and can worsen motion sickness. Enjoy in moderation and balance with plenty of water.



7 Sleep Through Your Seasickness

Lying down reduces the conflict between your ears and eyes. Use an eye mask and earplugs to minimise stimulation and let the gentle motion of the ship help you rest and recover.



WHAT TYPES OF FOOD SHOULD YOU EAT DURING YOUR CRUISE?

If you suffer from seasickness then your stomach will be disrupted and uneasy, so it's important that you feed it foods which won't be too much of a digestion challenge.



AVOID SPICY, GREASY AND FATTY MEALS.

Opt for plain, dry foods such as unbuttered toast or dry crackers.

