



Cruising can be a whole new and exciting life experience

If you've never been on a cruise before, and have been asked or talked into sailing on your first one, many thoughts will go through your mind. For the first-time sailor, there are the typical fears based on myths we've all heard before. Most are mere rumors, old wives' (and old husbands') tales. To put your mind at ease, you should examine each one.

1. You'll suffer from seasickness: This is an old myth that may have been true for passengers on the Mayflower. On modern cruise ships, even in high seas, there are stabilizers that tightly regulate the ships' movements. You'll feel about as much shaking as you'd experience in a luxury car on a smooth highway. Actually, you'll probably find the gentle motions of the ship will lull you to peaceful sleep in your cabin at night.
2. Cruise ships are unclean: This myth is not true. They're as clean as any luxury hotel, and when on a cruise, you'll see crew members constantly cleaning all areas of the ship. The news about colds and flu spreading on some cruises are because passengers bring them aboard with them, as happens on airplanes, buses and trains. If you take normal health precautions, your chances of having a healthy cruise are excellent.
3. Too many kids: Some cruise lines, such as Disney, are primarily for kids. However, on Disney and all other cruises, there are many areas and activities for adults where no kids are present. Some of these include dining, theater entertainment, late night activities, casinos, as well as certain adult-only pool and spa areas.
4. Cruises are all dress up and formal: This was true several generations ago, when only wealthy people could afford cruises, and dinners required tux and evening gown. Everything has changed since then, and casual clothes are welcome anywhere and for any occasion aboard. However, there are some dress codes for certain sit-down, semi-formal evening dinners that discourage shorts, sandals and t-shirts.

5. Cruises are expensive: That's a totally incorrect myth. Actually they're vacation bargains, because they're all inclusive. The typical cruise costs \$100 a day per person. If you had to book a comparable resort hotel and pay for similar high-quality meals and Broadway-style entertainment, the daily cost would be at least \$300 per person. And hotels don't offer the changing ocean and port scenery.

6. I'd feel trapped on a cruise: If you believe the myths that there's nothing to do on a cruise except stare at the ocean day after day, you're totally wrong. You can do fun things from early morning until after midnight. On most major cruise ships, besides great food available just about all the time, there's the music theater and dancing each night, great spas and gyms, pools, wall climbing, miniature golf and midnight food specials.

There's also bingo, Vegas-style casino and a dozen other ways to enjoy the cruise. If you bring your kids with you, there are baby-sitting services, as well as many special play areas and a score of activities just for them.

Of course, there are common myths about cruising that have been around for years. Some may have a basis of historic legend, because you've heard many times that your great grandmother migrated from Europe more than a century ago. Old family tales tell that because the ship was dirty and crowded, and the food was terrible, everyone was sick.

If you haven't been on a cruise yet, talk to friends and family who have sailed lately. You'll hear a much different tale about their ocean adventures.