



It doesn't happen often, but sometimes a sudden fire, collision or unexpected storm can happen on a cruise. Passengers are given safety preparations when they come aboard, usually just a few moments of learning how to tie life vests and to get to lifeboat stations.

Seniors, whether veteran cruisers or landlubbers on their first sea adventure, should take more time to prepare for a possible emergency. Here are some ideas from your travel4seniors.com editor, a veteran of many post-retirement cruises, as well as World War II and Korean War Navy service.

Explore The Ship: When first boarding and throughout your cruise, become as familiar as possible with all exits, stairways, as well as locations of fire and emergency equipment. There are signs throughout the ship with safety instructions, such as to avoid using the elevators when there's a power shortage. **Take Lifeboat Drill Seriously:** After settling in your cabin, put on the life jacket several times to be sure you know exactly how to wear and use it. During lifeboat drill, report promptly to your assigned station, as indicated by instructions posted on your cabin inside door. Once on deck, listen carefully to the crew member in charge, and ask questions to be sure you understand exactly what to do in an emergency.

Practice The Drill: When cruising with family and others, have them join in practicing safety measures. If there are small children with you, make sure they're thoroughly aware of what to do in a real emergency.

Emergency Supplies In Your Cabin: Keep several bottles of water, sealed packages of snacks, charged Smartphone, hats, jackets, sunscreen and prescription meds.