

# KNOW BEFORE YOU GO\*

## Holistic Holiday at Sea

### Caribbean Cruise ~ March 1 - 8, 2026

#### ***Do I need a passport and/or visa?***

**FOR U.S. CITIZENS:** It is necessary for all passengers to provide proof of citizenship and photo ID in one of the following forms:

- 1) A current passport that is valid for at least six months after your return date, or
- 2) An original or certified copy of your birth certificate and valid government issued photo ID (driver's license).

**FOR NON-U.S. CITIZENS:** You must have and carry a passport valid for six months beyond the duration of your travel. Please carefully verify the existing identification requirements for your particular travel situation. **For International passengers, please be sure you have the necessary Visas for travel to all countries listed on the itinerary if applicable.** One online resource to quickly find out about visa requirements is <http://www.visahq.com> or [msccruises.usa.com](http://msccruises.usa.com) or you may contact the individual embassy for more info.

#### ***How much time do I need to allow for embarking and disembarking?***

For air arrivals and departures into Houston International Airport, TX (IAH) or Houston/Hobby, TX (HOU) it is recommended that guests **allow adequate time for transfers** between the airport and pier, customs inspections, and airport security checks. If you would like to purchase a transfer from MSC Cruise Lines, on the day of arrival (March 1) flights should arrive no later than 12:00 noon into either Houston Airport (IAH or HOU). On the day the ship returns, March 8, you should depart either Houston Airport (IAH or HOU) after 1:00 pm. If you do not need a MSC transfer or prefer to use a taxi or Uber, please make sure you arrive at the port no later than 3:00 pm (3 hours before the ship's departure).

#### ***Can I purchase transfers from the airport to the ship?***

If you are arriving at Houston International (IAH) Airport on the day of sailing, we can arrange for a MSC Cruise Line transfer for \$31.00 per person each direction. If you arrive at Houston Hobby (HOU) Airport, the MSC Cruise Line transfer is available for \$25.00 per person each direction. These transfers must be added to your cruise booking by **February 13, 2026**. It is mandatory that you provide the flight details to us when you make your transfer reservation. **Please note that both Houston airports are over 1 hour from Galveston.**

#### ***Pre and Post Hotel Options in Houston or Galveston***

Holistic Holiday at Sea will recommend various hotel accommodations on the cruise website, however, will not offer any group rates. There are many good discount internet sites available, such as [www.hotels.com](http://www.hotels.com), [www.booking.com](http://www.booking.com) or [www.kayak.com](http://www.kayak.com), all offering a variety of different-priced hotel options and flight options.

#### ***When may I embark the ship?***

The MSC Seascape departs from the Port of Galveston at 6:00 pm on March 1<sup>st</sup>, 2026. **Embarkation begins at approximately 11:30 am.** Guests are required to be at the Pier no later than three hours prior to sailing. Please note that when you do your online cruise check-in, you will be assigned a time by MSC for Pier Check-in. Online check-in will be 75 days before sailing and will close 5 days before departure. The port address is **Port of Galveston, Terminal 16, 1401 Harborside Dr., Galveston, TX 77550**. More detailed information will be available approximately 1 month before the cruise and will be in the General Preparation document.

#### ***Dining room arrangements***

Our group will have an Early Dining time where you will be seated with other Holistic Holiday at Sea group members. For a buffet style restaurant, you can try the Marketplace Buffet on Deck 16 for Vegan breakfast or lunch, and the attire is casual. MSC has enhanced the cruising experience for its guests in the Yacht Suites by adding a dining room for Suite guests only - located on Deck 18 forward offering a Vegan menu for dinner only and Hor d'oeuvres throughout the day. The Main Dining Room will also serve breakfast and lunch. Please note that dinner will only be served in the Main Dining room.

#### ***May I bring my own liquor On-Board?***

Food or alcohol is not allowed to be brought onboard the ship.

#### ***Stateroom Amenities***

All staterooms include safe, direct dial telephone, thermostat-controlled air-conditioning, mini-bar, bathroom accessories, hairdryers, and remote-controlled color TV. Staterooms are equipped with both North American standard 110 volt and European standard 220-volt outlets.

#### ***We're bringing the kids; any special activities for them?***

Absolutely! Youth activities are organized by a special staff of youth counselors. The MSC Kids Club program is robust with activities for ages 3 to 17. Partnerships with **Lego** and **Chicco** are a big part of the activities. A fully equipped game room is also available with a vast selection of toys according to the needs of each age group. Located on deck 18, the Baby Club Chicco, Mini Club, Juniors Club, Young Club, Teen Club and Pirate's Cove Aquapark are sure to interest young people. There's a separate room for **baby care**, which offers both babysitting at an additional cost and hours where parents can play with their little ones. Please check onboard for babysitting arrangements and Kids Club hours as all services are subject to change.

### **What's included in the cruise price?**

- All meals, except in the specialty restaurants.
- All lodging per your pre-paid cabin of choice.
- Most entertainment, onboard activities, supervised kids' programs, and fitness center
- Holistic Holiday at Sea overall activities, and events. (Except those requiring an extra fee i.e. One-on-One Consultations, Cooking Bootcamp, All Shore Excursions)

### **What is not included in the cruise price?**

- Air Transportation or transfers to the ship
- Shore excursions in the various ports, including the HHAS Group Excursions
- Full-service spa, beauty salon, fitness classes/personal trainer, telephone service, wi-fi, laundry/dry cleaning, photographs, casino gambling, gratuities/tips, and room service is based on the amenities featured in your cabin selection.

### **Dry Cleaning and Laundry**

Dry cleaning and laundry services are available for a fee. Dry Cleaning is based on your garments and quantities. Laundry packages are available for purchase onboard.

### **Ship Staff Gratuities/Tips**

Gratuities are not prepaid and will be automatically added to your passenger onboard account during the sailing:

Ages 2+ \$112.00 (\$16.00 per day) per person for Inside, Oceanview, Balcony & Suite cabins. For Yacht Club cabins, \$140.00 (\$20.00 per day) per person for ages 2+. Children under the age of 2 pay no gratuities.

### **Dining Attire:**

Casual wear will be appropriate for days onboard. For evening wear, count on two basic types of attire.

- Smart Casual – 5 nights: Women: Dress, skirt, pants, or jeans with a casual top for women.  
Men: Pants or jeans with a sport shirt that has sleeves for men – no shorts or flips flops.
- Formal Night – 2 nights: Women: Cocktail dress, skirt, pants, or designer jeans with elegant top for women.  
Men: Pants or designer jeans with a dress shirt, button-down shirt or sweater, optional sport coat, suit, or blazer

### **Onboard Internet Access**

There are special packages that you can purchase to give you internet access onboard. You may use your laptop in your stateroom or take advantage of the various locations throughout the ship that have internet stations for your usage.

### **When can I reserve my shore excursions?**

MSC Cruises will be offering a variety of shore excursions at each of the Ports of Call. MSC Excursions will join HHAS to offer a few select tours that will be HHAS group specific, offering a wholesome Vegan lunch or snack. These will include relaxing, natural, and cultural tours suitable for guests of all ages as well as more active and sports-oriented excursions for those who prefer a little more excitement in their tour adventures. Once these are available you will be notified and may check the cruise website for a complete list and pricing. Space is limited so we encourage you to sign up once they become available.

### **Parking Information**

Parking is available at the Pier. Please refer to: [Port of Galveston Parking](#). Rates start at \$23 per day and include shuttle service to and from the ship. Call 409-776-6163 for more information. Reservations are highly suggested.

### **MSC Cruises App Information**

You can download the MSC Cruises app "MSC for Me" at no charge from the App Store or Google Play. Launch it and sign in using your MSC Cruises' guest account credentials. If you don't have an account, you can create one in the app. This app is loaded with information about your cruise. You can use the app to access your boarding pass, purchase shore excursions when available, view deck plans, and even chat with other guests while onboard. You will also receive updates from MSC Cruises closer to sailing time.



### **Ship Contact Information**

Once you complete your online check-in, your final preparation email (E-docs) will contain detailed information including the phone number for your ship. We recommend that you always leave your travel schedule with a trusted source.

### **Weather**

Expected temperatures range from a low of 60° F (night) to a high of 85° F (day). It is advisable to check the internet for up-to-date weather conditions prior to sailing. A good site for reference is [www.weather.com](http://www.weather.com)



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\*Some items may be subject to change.