

Planning Your Trip on the Norwegian Escape Diamond Cruise

11 - 18 March 2017



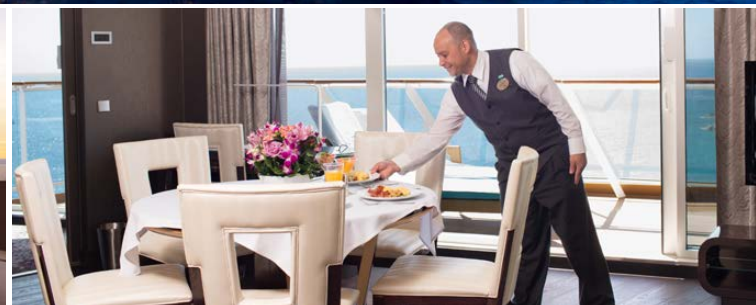
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The Norwegian Escape is unlike anything at sea.

Superior dining. Spectacular entertainment. A constant surge of energy from the connection to the ocean. Relax along The Waterfront, the industry-first oceanfront promenade lined with restaurants, bars and stunning island views. Or feel the energy at the heart of the ship at 678 Ocean Place; three connecting decks of bars, dining, shopping and entertainment. The Norwegian Escape has everything you're looking for in a vacation—and then some.



Packing for Your Cruise



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WHAT TO PACK

When it comes to what to wear, you can go resort casual or be decked-out and look your best—it's your call. That's the freedom of Freestyle Cruising. Norwegian even has a special "Dress-Up or Not Night." It's the perfect opportunity to get your portrait taken with your family, that special someone or even with the ship's Captain.

Dress cruise casual anytime during the day, in the buffet and in most specialty restaurants. For women, this includes summer and casual dresses, skirts, regular or capri pants, shorts, jeans and tops. Khakis, jeans, shorts and casual shirts are fine for men. Swimwear is acceptable at the buffet and the outdoor pool restaurant, but a shirt or a cover-up and footwear are required in all other locations.

DRESSING FOR SPECIALTY RESTAURANTS

Shorts are **NOT ALLOWED** in Le Bistro, Cagney's Steakhouse or Bayamo restaurants. Please be sure to dress appropriately for these specialty restaurants.

Cruise casual is also allowed day and night on Embarkation Day. Wear smart casual if you are eating dinner in the aft main dining room (Manhattan Room). For women, that includes slacks or jeans, dresses, skirts and tops. For men, it's jeans or slacks with a collared shirt and closed-toed shoes.



PERSONAL ITEMS

Be sure to pack your medications or any medical equipment you may need to use. Also, since your suitcases are collected the night before you disembark the ship to return home, remember to set aside any must-have items.



ELECTRONICS

Remember to bring all of your tech items:

- ✓ Tablets
- ✓ Cameras
- ✓ Batteries
- ✓ Chargers
- ✓ Spare memory cards
- ✓ Power converters



LAUNDRY/DRY CLEANING

For your convenience, Norwegian offers laundry and dry-cleaning services (fees do apply and will be your responsibility). Express, same-day service is also available. Just complete the order form located in your stateroom and your stateroom steward will pick up your laundry and return it to you at the set time for delivery.



FORGET SOMETHING?

Norwegian Cruise Line has you covered! Items including toiletries, books, clothes, baby needs and more are all available for purchase on board. You will be responsible for any extra charges for items that you need to purchase.

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WHAT NOT TO PACK - PROHIBITED ITEMS



DRONES (REMOTE-CONTROLLED FLYING DEVICES)

For the safety of other guests, as well as the welfare of the vessel.



FIREARMS AND WEAPONS OF ANY KIND

Including ammunition, explosive substances or any goods of a dangerous nature.



ALCOHOLIC OR NON-ALCOHOLIC BEVERAGES OF ANY KIND

Including water, soda and juices.*



UNSEALED FOOD ITEMS



ITEMS WITH A HEATING ELEMENT

Fire poses one of the greatest risks to safety at sea. This includes clothes irons, coffee makers, kettles and candles.



ANIMALS OF ANY KIND

Except for service or guide animals, provided the passenger notifies the Carrier prior to the cruise of the intention to bring such an animal on board and agrees to take sole responsibility for any expense, damage, injuries or losses associated with or caused by the animal.

*** As of July 15, 2016, guests are prohibited from bringing any beverages**—including liquor, beer and non-alcoholic drinks such as water, soda and juices—on board either as carry-on or checked luggage. Exceptions are purified or distilled water in factory-sealed containers for use in conjunction with medical devices or for the reconstitution of infant formula; and fully sealed and/or corked wine bottles for personal consumption onboard that are subject to screening and a corkage fee (for guests 21 years of age or older). Open beverages of any kind must be consumed or discarded at the security check-point, on Embarkation Day and at any port of call. This revised policy brings the company in line with other best practice travel security protocols and reduces the need for individual time-consuming screening and package inspection of large volumes of beverages.

In light of recent safety issues with the Samsung Galaxy Note 7, Norwegian is asking their guests who own this model to please avoid traveling with this mobile device. The Federal Aviation Administration has banned the Samsung Galaxy Note 7 from all air travel, and until further notice, this device will be restricted from all Norwegian Cruise Line ships.

Fire is one of the greatest threats at sea and due to the safety concerns these devices present, if one is found in a guest's possession or unattended in a stateroom onboard, Norwegian's policy instructs the crew to confiscate the device for safekeeping. The device will remain in the Ship's possession, in a safe, monitored location, for the duration of the cruise. Guests can reclaim their device from the reception desk at the conclusion of the cruise.



Arriving at the Port



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When you arrive at the hotel in Miami, you will be given your specific time for the Lifeplus Shuttle to the port on Saturday, March 11th. **Please pay specific attention to those times, as we want to make sure you arrive safely on the ship!** If you want to make your own arrangements for travel to the port, please make sure you are there by 2:00 p.m. **You MUST check in at the Port two hours prior to sailing.**

Here are a few things to keep in mind for checking in at the Norwegian Terminal

Checking in at the NCL terminal is just like checking in for a flight. There is nothing more important to Norwegian Cruise Line than your safety and the safety of all its passengers. You will need to follow the same guidelines when checking in at the port for your Norwegian Cruise as you did going through the airport security checkpoint.

1. Please make sure you have your Cruise Documents (given to you by Lifeplus at the Miami hotel during check-in), passport and credit card.



2. Paying for Expenses Aboard the Escape: You will be asked to sign up for the Onboard Credit Program as explained in the December newsletter.

3. Lifeplus is responsible for paying for your cabin on the Norwegian Escape. However, your cabin incidentals (alcoholic beverages, bottles of water, shore excursions, spa treatments, gift purchases on the ship, etc.), will be your responsibility. The Onboard Credit Program allows you to pay for your incidentals while you are on the ship. If you have any questions about how the Onboard Credit Program works, please do not hesitate to contact a member of the Lifeplus cruise team.



Be sure to check in at the correct terminal

Because of the size of the Norwegian Escape, Norwegian will be checking in people at two Terminals: Terminal B and C

The Lifeplus Shuttles will drop you off between Terminal B & C

Please check your Cruise Documents:

Terminal B – Odd Decks

If your Stateroom is on an Odd Deck (9, 11, 13, 15, 17), you will need to check in at **Terminal B**

Terminal C – Even Decks

If your Stateroom is on an Even Deck (10, 12, 14, 16, 18), you will need to check in at **Terminal C**

You MUST check in at the correct terminal or Norwegian will turn you away and make you walk back to the correct terminal.

Wear Your Lifeplus Lanyard to the Port

Norwegian Cruise Line is expecting Lifeplus and will have dedicated lanes for our group. Please make sure you wear your Lifeplus lanyard and name tag to the port (or something with Lifeplus on it) so that the terminal staff can recognize you and expedite your check-in process.



Top 10 Things to Do on Embarkation Day



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1. Do get to the terminal on time

Embarkation begins before the cruise line lets on, so getting to the pier on time is very important! You will breeze through the check-in areas, and you can ask all the questions you want of the cruise staff without holding up the line!

2. Don't bring any prohibited items

Please pay attention to the above items that are prohibited onboard. Please, don't try to slip something by security; they will find it, and it will hold up your boarding process.

3. Do have your camera ready

One of the best times to take pictures is Embarkation Day as many venues are empty. Get those professional looking photos completed early so you can relax and enjoy your vacation. If the weather is good, go straight to the top decks, this might be your only chance to get pictures with no one in the pool.

4. Do explore the ship

If you're as vigilant as we are, then you have probably read tons of reader reviews, studied the deck plans, and know everything about the Norwegian Escape and your itinerary. Still, there is much you can discover once you step foot on the ship. Embarkation Day is the perfect time to start the journey. Explore all of the nooks and crannies of the vessel throughout your voyage!

5. Do wait to head to your cabin

Most likely, your cabin will not be ready until 1:00 p.m. or 2:00 p.m. The staff is busy cleaning and preparing the room for you. Normally, this means those hallways and passages are closed off to travelers. Once onboard, enjoy all of the open venues while you wait for your cabin to be ready; you have the rest of your trip to see the inside of your stateroom.

6. Do bring a well-stocked carry on

A bathing suit, a change of clothes and a few vacation staples should be in your carry on so you can get your vacation started the moment you walk on the Norwegian Escape! Yes, you will see your luggage again, but it won't be for a while. Make sure you have the essentials you need for an afternoon of fun in the sun. Your luggage will be delivered to your stateroom in the late afternoon.

7. Do wait to eat at the buffet, or skip it completely

The Norwegian Escape offers a variety of dining options on Embarkation Day in addition to the buffet. If you arrive early, you can enjoy the Garden Café, or you can wait a little while before trying to grab a bite to eat. Margaritaville* will also be open for lunch on Embarkation Day.

* Charges apply at Margaritaville

What About Special Dietary Needs?

If you have any food allergies or dietary requirements or gluten-free food product requests, please advise your wait staff at any of the restaurants on the ship, and they will be happy to offer alternative options for you. For the protection of all guests, it is not permissible to bring on board any food items that would require preparation by the ship's staff, or food items that would require cold storage in the kitchen facilities.

8. Do make any outstanding reservations or appointments

If you have not already pre-booked things like specialty dining, shore excursions, or entertainment (if need be) then this is the day to get that done. Spots are sure to be limited, and you do not want to miss out on any of the amazing cruise events because you did not reserve them when you had the chance. Get to the appropriate service desk as soon as it opens to make those final arrangements.

9. Do meet your stateroom attendant

Your stateroom attendant will be taking care of you all week, so getting to know him or her will be helpful, particularly if you have any special requests. On the first day, your attendant will try to track you down, so take a few minutes to have a conversation. This can go a long way and might lead to some special treatment that will really enhance your vacation.

10. Do pace yourself and don't go overboard

The excitement of the first day can be overwhelming. Even after all our cruises, we still become pumped when embarking on a new ship. But, you have the entire vacation to do and see everything, so pace yourself. Don't try to get it all done on the first day because you will burn yourself out. Spread out the fun and excitement.

Staying Connected at Sea



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Staying connected at sea could be very important to some of us.

The Norwegian Escape has an Internet café located on Deck 6 Midship for those of you who need online access. If you have your own device, you can log in to the Wi-Fi system by creating an account once on the Norwegian Escape and choose the package that fits your needs. Cost of using the Wi-Fi will be billed to your stateroom.

Cellular Phone Service and Texting

Rates vary according to your cellular phone carrier and the pricing and roaming plan that you have established with them directly. The charges incurred will appear on your normal mobile carrier's bill at home. For more information on exact pricing, contact your carrier ahead of time or visit their webpage.

The CellAtSea® service will automatically shut down when the Norwegian Escape is entering a Port. When connected to CellAtSea®, GSM phones will either display "MCP" or "90112." CDMA phones will display "Roaming" or "Digital Roaming."



NOTE: To avoid extra charges, please turn off your phones while in port if you do not have an international plan.

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Norwegian Ship Telephone

When calling from the United States:

Dial **1.888.NC SHIPS (1.888. 627.4477)**, select the ship, and enter your credit card information.

When calling from outside the United States:

Dial **+1.732.335.3280**, select the ship, and enter your credit card information.

For more information on contacting the ship, please read the FAQ section on www.ncl.de or www.ncl.com.

*Please use American Express, MasterCard and Discover Card, only.

Cruise Information:

Ship Name: Norwegian Escape

Departs from: Miami

Date: March 11-18, 2017

Group Name: Lifeplus

Ports of Call: St. Thomas, USVI; Tortola, BVI and Nassau, Bahamas

Reminders



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US PRODUCT ORDER REMINDER

By now, you should have received an email from Lifeplus about your US product order for the cruise. This will allow you, as a qualified Diamond, to order products that are **ONLY** available in the United States. If you are interested in placing a product order, please follow the detailed instructions on the flyer and we will make sure your product order arrives on the ship safely. **Remember—the deadline for ordering products is Sunday, January 29, 2017!**

QUESTIONS ABOUT ORDERING PRODUCTS

If you have any questions about the guidelines or if you need any assistance in placing your order, please email 2017Cruise@lifeplus.com and a cruise team member will contact you immediately.

DISEMBARKATION INFORMATION FLYER

You should have also received information on the procedures for disembarkation. If you are interested in taking advantage of one of the two shore excursions in Miami, please make sure to email the 2017Cruise@lifeplus.com email before the **deadline of Sunday, January 29th.**

ADVANCE REGISTRATION FOR THE 2017 DIAMOND CRUISE

Toward the end of January or in early February, you will be receiving your advance registration information for the 2017 Lifeplus Diamond Cruise. Please pay attention to the instructions for registering for your cruise which will be included in the email. Once you complete your advance registration, you will be able to book dinner reservations, shore excursions and beverage and dining packages. Please be on the lookout for the advance registration email as it is very important to register all passengers in your stateroom.

Invitations to the special events will be sent with your advance registration and are also included in the welcome pack that you will receive in Miami.

The deadline for advance registration is Friday, February 24, 2017.

ON BOARD SERVICE CHARGES*

Each Stateroom is charged a service charge per person, per day. As a qualified Diamond, Lifeplus is paying for your stateroom for two and for the service charges for two passengers. If you have additional passengers in your staterooms (such as children), you will be responsible for the relevant service charges, and Lifeplus will discuss those charges with you once you arrive home after the cruise. If you have requested an extra stateroom for family, you will also be responsible for those service charges as well, and we will discuss those with you after the cruise.**

* The reason for the fixed service charge is an important one: The ship's crew members are encouraged to work together as a team (as are the crew from other lines). Staff members—including complimentary restaurant staff, stateroom stewards and behind-the-scenes support staff—are compensated by a combination of salary and incentive programs that your service charge supports.

** These services charges are non-refundable. Please do not request a refund of these services charges from the ship or Norwegian Cruise Line. Because this is a group booking, they will not refund these charges to you.

Next issue

- Advance Registration Reminder
- Ports of Call and Things to Do
- Travel Checklist
- Disembarkation Information
- Lifeplus Cruise Team Contact Information