



# WELCOME ABOARD!

INAUGURAL SAILING  
NOVEMBER 3-7, 2022



## A CRUISE JUST FOR US!

The AIP Cruise is a beautiful partnership that combines chef curated meals with the AIP touch, as well as education and fellowship with our AIP Community.



### AIP CRUISE INFORMATION GUIDE

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## MEET OUR TRAVEL ADVISOR

RITA M. PEREZ, CTA,  
MCC

Rita started her travel agency, RitaVentures, LLC, three years after her Hashimoto's diagnosis in 2007.

She specializes in working with change making leaders to champion their missions on cruise ship retreats.



## MEET OUR AIP CONSULTANT

JAIME HARTMAN,  
M.ED, FNTF

Jaime started her blog "Gusty by Nature" in 2013 after considering the role food could play in her Chron's disease journey.

She now coaches others living with chronic diseases to live well. In that spirit, she created the AIP Summit in 2020 to help others in their AIP journey.

# THE AIP CRUISE STORY

Despite having been diagnosed with Hashimoto's Disease, Rita never experienced as such extreme disease symptoms as she did in the second half of 2020.

On her journey to get her health back on track, she discovered the AIP Protocol, and quickly wondered how her two worlds of health and travel would be able to coexist with such stringent requirements.

In January 2021, she was able to receive more clarity on the AIP Protocol after attending the Virtual AIP Summit. She reached out to her support at Royal Caribbean Cruise Lines and realized they were more than equipped to handle the challenge of bringing an AIP Cruise to life.

BUT, she knew she couldn't do it alone, and reached out to Jaime for her expertise in the AIP Protocol, being not only an AIP Certified Coach, but also the organizer behind the AIP Summit.

And that's where our story begins!



# CRUISE ITINERARY

Aboard The Mariner of  
the Seas

<u>DATE</u>	<u>PORT</u>	<u>ARRIVAL</u>	<u>DEPARTURE</u>
THURS, NOV 3	PORT CANAVERAL, FL	--	4:00PM
FRI, NOV 4	AT SEA	--	--
SAT, NOV 5	COZUMEL, MEXICO	7:00AM	5:00PM
SUN, NOV 6	AT SEA	--	--
MON, NOV 7	PORT CANAVERAL, FL	7:00AM	--

\*Port Canaveral is located approximately 1 hour from Orlando, FL, and MCO, Orlando International Airport

\*Itinerary is subject to change without notice



## SAILING EXPERIENCE

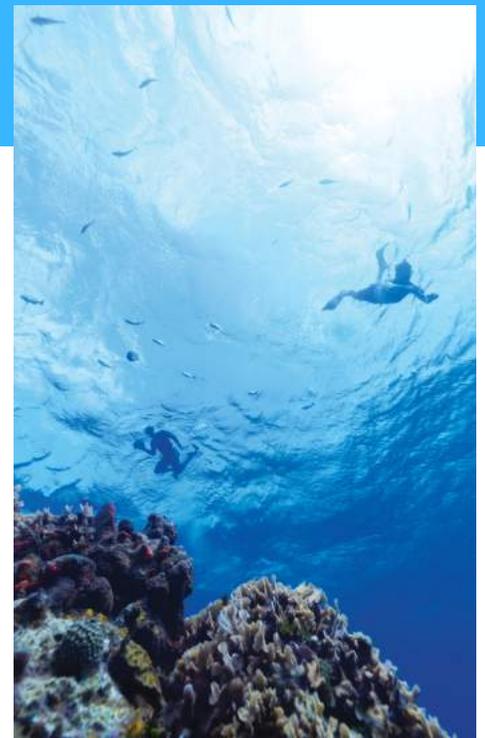


The AIP Cruise Team are committed to providing a spectacular experience on the AIP Cruise.

From curated menus, to a dedicated AIP Dining Room and exclusive activities for AIP Cruisers, we believe the AIP Cruise will be the perfect vacation experience for many autoimmune patients practicing the AIP Protocol.

Dinner will be Early Seating at 5:30pm.

# TENTATIVE SCHEDULE OF EVENTS



## DAY 1 EMBARKATION DAY

Embark the Mariner of the Seas

Lunch in our Dining Room

Welcome Session

Dinner in our Dining Room

## DAYS 2 & 4 SEA DAYS

Breakfast, Lunch, and Dinner in our Dining Room

AIP Educational Sessions

Free time to explore the ship

## DAY 3 COZUMEL, MEXICO

Breakfast and Dinner in our Dining Room

Free time and Lunch in Cozumel. (We will work to partner with locals for some great AIP options)

# BOOKING INFORMATION



To secure your spot onto the AIP Cruise and all related AIP Cruise events, you must book with Rita Ventures, LLC at [this booking link](#). Please give up to 3 business days to receive confirmation. Requests will be taken on a first come, first served basis.

Payment plans are available, if you'd like to pay in smaller payments throughout the year.

Please email [aipcruise@gmail.com](mailto:aipcruise@gmail.com) with any questions you may have.

## PRICING

Balcony Cabins start at \$666.94

Oceanview Cabins start at \$545.94

Promenade Interior Cabins start at \$535.94

Interior Cabins start at \$505.94

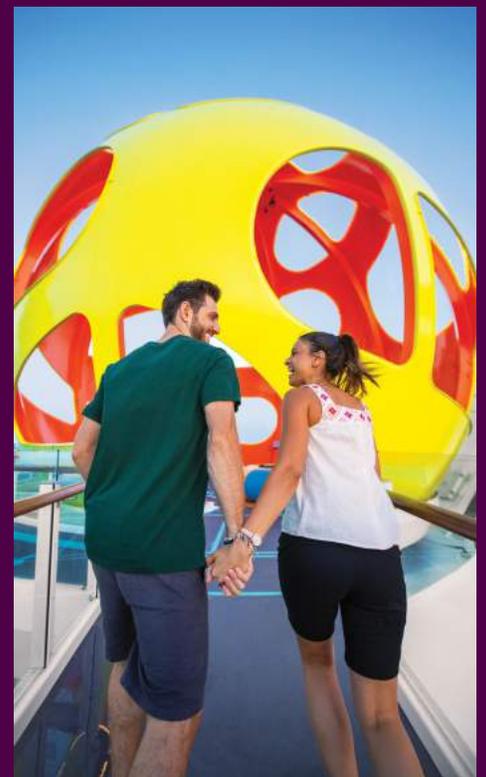
Rates include:

- Your cabin
- AIP curated meals and snacks
- AIP event sessions
- Included cruise entertainment and activities

Deposits are \$200 per cabin and due upon booking.

Final payment due no later than August 12, 2022.

\*Rates are subject to change. Rates are per person based on double occupancy. Please email [aipcruise@gmail.com](mailto:aipcruise@gmail.com) for rates on triples, quads, or suites. Rates includes taxes and fees, including registration into the AIP Cruise events. Rates do not include gratuities, travel insurance, miscellaneous onboard expenses or any pre-post cruise travel or activities.



# IMPORTANT INFORMATION

- Royal Caribbean takes the AIP Protocol very seriously. Crew members responsible for your food and beverage experience will be undergoing *specific* training preceding our sailing to ensure they understand the needs of those on the AIP Protocol as well as understand the precautions necessary to eliminate risks of cross-contact/contamination.
- Royal Caribbean will designate a dedicated food and beverage team for the main dining room who will be preparing and serving your food and beverage all cruise long.
- Dedicated AIP Cruise menus are created in partnership with Royal Caribbean's culinary team to offer guests multiple options that change daily - breakfast, lunch, dinner, and other AIP-compliant snacks! Menus are tailored to the AIP Elimination Phase, and no ingredients outside of elimination will be allowed in the dining room.
- Royal Caribbean is prepared to accommodate additional dietary restrictions in addition to AIP Protocol items. Low FODMAP diets can be accommodated. However, please make such dietary restrictions known to us when you book your cruise so that we can provide that information to Royal Caribbean in the weeks leading up to the cruise.



# IMPORTANT INFORMATION

- All AIP Protocol meals are prepared in a safe environment, including a completely gluten-free kitchen galley in our main dining room. Additionally, all fried foods are prepared in dedicated gluten-free fryers.
- We will have a dedicated dining room to use for Breakfast, Lunch, and Dinner. The dining room will be exclusive to AIP Cruise guests during our allotted meal times, and utilized for other cruise guests and operations outside of our times.
- Guests traveling with AIP Cruisers will dine from the AIP Cruise menus. No external food or beverage will be allowed in the AIP Cruise dining room.
- All AIP Cruisers and Guests will need to wear their AIP Cruise lanyard and badge to enter the dining room and all AIP Cruise events.



# IMPORTANT INFORMATION

- After boarding the ship, make your way to the Conference Center where the AIP Cruise staff will welcome you aboard, provide you with your credentials, and answer any questions you may have about your cruise. A representative from the food and beverage team will also be available at this time to discuss any specific dietary restrictions or concerns.
- Multiple events will be scheduled throughout the cruise to provide an opportunity to socialize, learn, and have fun! These are included in the cost of your cruise!
- AIP Cruise will also have numerous medical, food, and lifestyle specialists with extensive knowledge of the AIP Protocol onboard to present research and learning opportunities for those with autoimmune diseases and following and AIP Protocol lifestyle. Specific events, speakers, and programming will be released and posted as these events are finalized.

