

Beach Packing Checklist

What to Pack in the Suitcase

- **2 bathing suits per person, along with a rash guard & cover ups**
- **Water-resistant sandals and/or flip-flops**
- **Aloe or sunburn relief spray**
- **Usual travel essentials including clothing & toiletries**

Beach Day Bag

- **Sun protection including SPF 50 sunscreen & protective lip balm**
- **Wide brimmed sun hats**
- **Sunglasses for each family member**
- **First aid kit and pain relief medication**
- **Toiletries for washing in the showers, including soap & hairbrush**
- **Beach towels, one per person**
- **Reading material**
- **Cell phone external charger**
- **Cooling towel**
- **Waterproof case for cell phone**
- **Lock box for wallet and keys**
- **Wet/dry bag to carry swimsuits if you change at the beach**
- **Baby powder, to remove sand from skin**

Beach Essentials

- **Rolling utility cart to carry everything to the sand**
- **Pop-up shade cover or sun umbrella**
- **Beach chairs and/or beach blanket**
- **Toys, including shovels, buckets, balls, Frisbee & boogie boards**
- **Flotation devices, like a life jacket**
- **Swim goggles or snorkeling gear**
- **Battery operated radio or Bluetooth speaker for music**

Beach Picnic & Snacks

- **Rolling cooler with ice blocks**
- **Bottled water and drinks**
- **Disposable tablewear including plates, paper towels, utensils and table coverings**
- **Trash bags**
- **Wet wipes for cleaning hands before eating**
- **Food and snacks (bring bag clips to close open bags)**