

Beach PACKING CHECKLIST

TRIP DATES _____

ESSENTIALS	✓
Passport, visa, or any required travel documentation	
Reservation confirmations (hotel, car rental, activities)	
Wallet, cash, credit/debit cards, and travel insurance details	
Medications (with original prescription labels) and a basic first-aid kit	
Smartphone, charger & portable power bank	

CLOTHING	✓
Swimwear (swimsuits, trunks, cover-ups)	
Lightweight daytime attire (t-shirts, tank tops, shorts, sundresses)	
Nightwear and underwear	
Beach sandals or flip-flops	
Lightweight jacket or sweater (for cooler evenings)	
Hat or cap for sun protection	
Sunglasses	

TOILETRIES	✓
Toothbrush, toothpaste, and dental floss	
Shampoo, conditioner, and body wash (travel size)	
Deodorant and perfume/cologne	
Sunscreen (high SPF) and after-sun lotion or aloe vera gel	
Moisturizer and lip balm with SPF	
Hairbrush, comb, hair ties, and hair styling products	
Makeup and makeup remover (if necessary)	
Razor and shaving cream	
Contact lenses, solution, and eyeglasses	

BEACH GEAR	✓
Beach bag or tote	
Beach towel or beach blanket	
Beach umbrella or tent (or check if the beach offers rentals)	
Beach chair or mat (some may be provided on certain beaches)	
Insulated water bottle or thermos	

Beach PACKING CHECKLIST

TRIP DATES _____

BEACH GEAR	✓
Beach toys (frisbee, paddleball, beach volleyball)	<input type="checkbox"/>
Snorkeling gear (mask, snorkel, and fins) if you're not renting	<input type="checkbox"/>
Inflatable float or tube	<input type="checkbox"/>

ENTERTAINMENT	✓
Reading material (books, magazines, e-readers)	<input type="checkbox"/>
Portable speaker (waterproof or water-resistant)	<input type="checkbox"/>
Playing cards or travel board games	<input type="checkbox"/>
Notebook and pen (for journaling or sketching)	<input type="checkbox"/>
Camera, memory cards, and charger	<input type="checkbox"/>

FOOD & DRINKS	✓
Reusable water bottle	<input type="checkbox"/>
Snacks (nuts, dried fruits, granola bars)	<input type="checkbox"/>
Portable cooler with drinks	<input type="checkbox"/>
Portable grill (if permitted and you plan to BBQ)	<input type="checkbox"/>

SAFETY & HEALTH	✓
Hand sanitizer and disinfectant wipes	<input type="checkbox"/>
First-aid kit (band-aids, antiseptic wipes, pain relievers)	<input type="checkbox"/>
Bug spray	<input type="checkbox"/>
Waterproof pouch or bag (for storing electronics and valuables)	<input type="checkbox"/>
Reusable water bottle to stay hydrated	<input type="checkbox"/>

EXTRAS	✓
Biodegradable wet wipes	<input type="checkbox"/>
Ziplock bags (for storing snacks, collecting shells, or protecting electronics)	<input type="checkbox"/>
Cloth or mesh bag for collecting trash	<input type="checkbox"/>
Baby powder (helps to remove sand from the skin)	<input type="checkbox"/>
Local map or guidebook (if you're exploring the area)	<input type="checkbox"/>
Reusable shopping bag (for local shopping or groceries)	<input type="checkbox"/>