

Beach Day Packing Checklist

BEACH ESSENTIALS

- ☐ SWIMSUIT
- ☐ COVERUP
- ☐ BEACH TOWEL
- ☐ BEACH BAG
- ☐ SUNGLASSES
- ☐ SUNHAT
- ☐ SANDALS
- ☐ WATER SHOES

SUN PROTECTION

- ☐ SUNSCREEN (REEF SAFE)
- ☐ SPF LIP BALM
- ☐ AFTER SUN LOTION
- ☐ ALOE VERA
- ☐ UV PROTECTIVE CLOTHING
- ☐ RASH GUARD

HYDRATION

- ☐ REFILLABLE WATER BOTTLE
- ☐ ELECTROLYTE PACKETS
- ☐ SPORTS DRINKS
- ☐ JUICE BOXES

ELECTRONICS

- ☐ CELL PHONE
- ☐ WATERPROOF PHONE POUCH
- ☐ PORTABLE POWER BANK
- ☐ BLUETOOTH SPEAKER
- ☐ CAMERA OR GOPRO

ENTERTAINMENT

- ☐ BOOK OR E-READER
- ☐ MAGAZINE
- ☐ PLAYING CARDS
- ☐ BEACH GAMES
- ☐ SNORKEL GEAR
- ☐ FLOAT
- ☐ SAND TOYS

FOOD

- ☐ COOLER
- ☐ SNACKS
- ☐ SANDWICHES
- ☐ FRUIT
- ☐ REUSABLE UTENSILS

PERSONAL CARE

- ☐ HAND SANITIZER
- ☐ WET WIPES
- ☐ TISSUES
- ☐ HAIRBRUSH
- ☐ HAIR TIES
- ☐ SMALL FIRST AID KIT
- ☐ BUG SPRAY

FAMILY & KIDS

- ☐ SWIM DIAPER
- ☐ EXTRA CLOTHES
- ☐ EXTRA TOWELS
- ☐ BEACH UMBRELLA
- ☐ POP-UP SUN SHELTER

COMFORT ITEMS

- ☐ BEACH CHAIR
- ☐ UMBRELLA
- ☐ BLANKET OR BEACH MAT
- ☐ DRY BAG
- ☐ WATERPROOF BAG
- ☐ ZIP-TOP BAGS

BEFORE YOU HEAD OUT

- ☐ CHECK THE WEATHER FORECAST
- ☐ CHECK BEACH FLAGS AND WATER CONDITIONS
- ☐ APPLY SUNSCREEN 15–30 MINUTES BEFORE SUN EXPOSURE
- ☐ CHARGE ELECTRONICS
- ☐ PACK A CHANGE OF CLOTHES

BEACH TIPS

- REAPPLY SUNSCREEN EVERY TWO HOURS, AND AFTER SWIMMING OR SWEATING.
- STAY HYDRATED THROUGHOUT THE DAY, EVEN IF YOU DON'T FEEL THIRSTY.
- BRING A DRY BAG TO PROTECT ELECTRONICS AND VALUABLES FROM SAND AND WATER.
- WEAR WATER SHOES IF YOU'RE VISITING BEACHES WITH ROCKS, CORAL, OR SHELLS.
- IF YOU'RE TRAVELING INTERNATIONALLY, CHECK WHETHER YOUR DESTINATION RECOMMENDS OR REQUIRES REEF-SAFE SUNSCREEN TO HELP PROTECT MARINE ECOSYSTEMS.