Beach Vacation Checklist

A complete beach vacation checklist covering sun protection, swimwear, beach gear, the day bag and travel essentials.

Sun Protection

- [ ] Broad-spectrum sunscreen, SPF 30 or higher
  Check the expiry date and replace anything older than a year.
- [ ] Water-resistant sunscreen for swimming
- [ ] Lip balm with SPF
- [ ] Wide-brimmed hat or cap
- [ ] Sunglasses with UV protection
- [ ] Aloe vera or after-sun lotion
- [ ] Lightweight cover-up or rash guard

Swimwear and Beachwear

- [ ] Two swimsuits so one can dry
  Rinse saltwater out daily and alternate suits so you always have a fully dry option ready.
- [ ] Quick-dry shorts and tops
- [ ] Sundresses or light, breathable clothing
- [ ] Flip-flops or water sandals
- [ ] An outfit for evenings out
- [ ] Sleepwear and underwear for the trip length

Beach Gear

- [ ] Beach towels for each person
- [ ] Beach umbrella or pop-up sun shade
  Anchor deep in the sand and angle into the wind to prevent gusts from blowing it away.
- [ ] Beach chairs or a mat
- [ ] Cooler or insulated bag for drinks
- [ ] Snorkel set, goggles, or floats
- [ ] Beach toys for kids: bucket, shovel, ball
- [ ] Waterproof phone pouch and a small dry bag
  Test the seal with a paper towel at home before trusting it with your electronics.

Day Bag for the Shore

- [ ] Reusable water bottles
- [ ] Snacks and fresh fruit
- [ ] Sunscreen for reapplying
- [ ] Wet wipes and hand sanitizer
- [ ] Plastic bag for wet swimsuits
  Keep wet gear separate from electronics and clothing to prevent damp smells on the way back.
- [ ] Cash and ID in a waterproof pouch

- [ ] A book, magazine, or downloaded entertainment

Toiletries and Health

- [ ] Travel-sized shampoo, conditioner, and body wash
- [ ] Toothbrush and toothpaste
- [ ] Daily medications and a basic first-aid kit
- [ ] Insect repellent
- [ ] Motion-sickness remedy if you plan boat trips
- [ ] Hairbrush and detangler for salt water
  Rinse hair with fresh water first, then work detangler through from ends to roots.

Travel Essentials

- [ ] ID, passport, and booking confirmations
- [ ] Debit or credit card and cash
- [ ] Phone, charger, and power bank
- [ ] Travel insurance details
- [ ] Reusable shopping bag
- [ ] Check the local weather and tide times before each beach day
  High tides reduce sandy seating area, and rip current flags indicate water safety.