

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
- ☐ 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
- ☐ 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

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
- ☐ 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

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