

# Ultimate Beach Packing Checklist

---

## Essentials

- ☐ Government-issued ID or passport
- ☐ Travel insurance info
- ☐ Hotel/resort key or access pass
- ☐ Credit/debit card + some cash
- ☐ Phone with waterproof case
- ☐ Emergency contact list

## Clothing & Accessories

- ☐ Swimsuits (2 – 3)
- ☐ Cover-up or sarong
- ☐ Rash guard or swim shirt
- ☐ Lightweight change of clothes
- ☐ Flip-flops or slides
- ☐ Water shoes or sandals
- ☐ Dressier shoes for beach bars or dinners
- ☐ Wide-brimmed hat or cap
- ☐ Polarized sunglasses
- ☐ Light scarf or shawl
- ☐ Waterproof tote or beach bag

## Sun Protection & Personal Care

- ☐ Reef-safe sunscreen (SPF 30+)
- ☐ SPF lip balm
- ☐ After-sun lotion or aloe vera
- ☐ Facial mist or hydrating spray
- ☐ UV-protective clothing
- ☐ Hand sanitizer or antibacterial wipes
- ☐ Deodorant
- ☐ Insect repellent
- ☐ Hairbrush/comb & ties
- ☐ Travel-size fragrance or roller

## Beach Gear & Comfort

- ☐ Oversized or quick-dry towel
- ☐ Sand-free mat or beach blanket
- ☐ Compact beach chair
- ☐ Sun umbrella or pop-up shade
- ☐ Inflatable float or boogie board
- ☐ Cooling towel or portable fan
- ☐ Insulated water bottle
- ☐ Dry bag or waterproof pouch
- ☐ Travel pillow or neck support

## Snacks & Hydration

- ☐ Pre-packed snacks (fruit, bars, etc.)
- ☐ Insulated cooler bag or lunch tote
- ☐ Reusable utensils and straws
- ☐ Snack containers or zip bags
- ☐ Electrolyte packets or drink mix

## Tech & Entertainment

- ☐ Smartphone + charger or power bank
- ☐ Bluetooth speaker (beach-safe)
- ☐ Noise-canceling headphones
- ☐ E-reader or waterproof book sleeve
- ☐ Waterproof action camera or GoPro
- ☐ Offline content (books, playlists, podcasts)

## Extras for Activities & Families

- ☐ Snorkeling gear or goggles
- ☐ Beach toys for kids
- ☐ Noise-canceling headphones
- ☐ Binoculars
- ☐ Extra towels/swimsuits (for kids)
- ☐ Baby powder (sand remover)
- ☐ Pop-up tent or extra shade
- ☐ Child-friendly snacks & drinks

 **Health & Safety**

- ☐ Prescription medications
- ☐ Pain relievers
- ☐ Motion sickness tablets
- ☐ Antiseptic wipes & bandages
- ☐ Allergy medication
- ☐ Eye drops or nasal spray
- ☐ Vitamins or supplements
- ☐ Cooling gel packs