

ULTIMATE BEACH DAY PACKING LIST



ESSENTIALS

- Sunscreen (SPF 30 or higher, water-resistant)
- Beach towels
- Swimsuits (plus extras)
- Sunglasses
- Hat (wide-brim or baseball cap)
- Flip-flops or water shoes
- Cover-up or extra clothes
- Reusable water bottle (pre-filled and cold)
- Snacks or picnic lunch
- Beach bag or backpack
- Trash bags (leave no trace!)

COMFORT & PROTECTION

- Beach umbrella or sunshade
- Beach chairs or foldable mats
- Cooler with drinks and ice packs
- Aloe vera gel or after-sun lotion
- Lip balm with SPF
- Bug spray or wipes
- Portable fan or cooling towel



FUN & ACTIVITIES

- Swim goggles or snorkel gear
- Boogie board, skimboard, or paddleball
- Beach games (Frisbee, volleyball, Spikeball)
- Sand toys (buckets, shovels, molds)
- Bluetooth speaker
- Books, magazines, or e-reader
- Deck of cards or travel games
- Inflatables or floaties



ELECTRONICS & EXTRAS

- Phone + waterproof pouch
- Power bank/portable charger
- Camera or GoPro
- Beach-friendly Bluetooth speaker
- Cash or card for beach vendors
- ID/permit if needed



IF BRINGING KIDS

- Swim diapers
- Baby wipes
- Snacks & juice boxes
- Extra towels/clothes
- Shade tent or pop-up cabana
- Favorite toys or plushies
- First-aid kit (bandages, antiseptic)

IF BRINGING A DOG

- Leash and collar
- Water bowl + water
- Doggie poop bags
- Towel just for your pup
- Treats or toys
- Dog-safe sunscreen (for nose & ears)

