

THE ULTIMATE BEACH TRIP PACKING LIST

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Make a copy to use as your own checklist (File → Make a copy)

Sun Protection

- Sunscreen (SPF 30 or higher)
- Lip balm with SPF
- Sunglasses
- Wide-brim hat or baseball cap
- Rash guard or sun shirt
- UV-protective swim shirts for kids
- After-sun lotion or aloe vera gel

Hauling & Carrying

- Beach wagon or cart
- Large beach tote or mesh bag
- Backpack cooler or soft cooler
- Waterproof dry bag
- Reusable bags (for wet/sandy items)

Seating & Shade

- Beach chairs (one per adult)
- Beach umbrella
- Beach blanket or mat
- Pop-up beach tent or sun shelter
- Portable hammock (optional)

Food & Drinks

- Cooler with ice or ice packs
- Water bottles (insulated)
- Sports drinks or electrolyte packets
- Snacks (fruit, sandwiches, chips, bars)
- Plates, cups, napkins, utensils
- Trash bags & gallon zip bags
- Bottle opener

What to Wear

- Swimsuit
- Cover-up or beach dress
- Flip flops or water shoes
- Change of clothes for drive home
- Underwear (in a separate zip bag)

Beach Bag Essentials

- Waterproof phone pouch
- Waterproof bluetooth speaker
- Portable phone charger / power bank
- Cash (parking, food trucks, etc.)
- Keys (with floating keychain)
- Small first aid kit
- Insect repellent
- Hand sanitizer & wet wipes
- Hair ties and clips

Water & Beach Activities

- Boogie boards
- Snorkeling set
- Pool floats or inflatables
- Water shoes (for rocky beaches)
- Swim goggles
- Life jackets (for young kids)

Games & Entertainment

- Beach frisbee & paddleball set
- Spikeball or Kan Jam
- Bocce ball or cornhole set
- Volleyball & portable net
- Nerf football or beach kite
- Waterproof playing cards
- Kindle or book
- Sand toys & sandcastle mold set

Clean-Up & Comfort

- Extra towels (one per person)
- Sand-free beach towel or mat
- Portable shower or water jug
- Baby powder (brushes sand off skin)
- Pop-up changing tent
- Dry bags for wet swimsuits
- Extra zip bags for sandy shoes

Little Kids

- Baby sunscreen (SPF 50+)
- Swim diapers
- Baby tent or pop-up shade
- Kids' water shoes & swim vests
- Snacks they'll actually eat
- Change of clothes (bring two)
- Portable sound machine (naps)
- Stroller or wagon

Before You Leave

- Check weather and tide charts
- Research parking (pay ahead)
- Pack the night before
- Charge all electronics
- Fill & freeze water bottles overnight
- Confirm beach rules (dogs, fires, etc.)
- Tell someone where you're going