Beach Vacation Packing Checklist

Use this cheat sheet to remind yourself of what you need to pack (beyond clothes, of course!).

Accessories

- [ ] Beach bag
- [ ] Glasses and/or contact lenses, if necessary (bring an extra pair, too)
- [ ] Flip-flops
- [ ] Sunglasses
- [ ] Sun hat

Clothing

- [ ] Swimsuit
- [ ] Swimsuit cover-up

Equipment

- [ ] Alarm clock
- [ ] Beach blanket
- [ ] Beach towels
- [ ] Beach umbrella
- [ ] Cell Phone
- [ ] Cooler
- [ ] Flotation devices
- [ ] Hair dryer
- [ ] Snorkel and fins
- [ ] Batteries for small electronics and cameras
- [ ] Beach chairs
- [ ] Beach toys
- [ ] Camera (and film, if needed)
- [ ] Chargers for your cell phone, camera, video camera, and laptop
- [ ] Fishing poles
- [ ] Goggles
- [ ] iPod and iPod dock

Health and Beauty Items

- [ ] Aloe vera gel
- [ ] Body lotion
- [ ] Contact lens solution, if needed
- [ ] Face cleanser
- [ ] Floss
- [ ] Lip balm (choose one with SPF 15)
- [ ] Antibacterial wipes
- [ ] Comb and brush
- [ ] Deodorant
- [ ] First aid kit, including gas relief tablets, antacid, antidiarrheal medicine, antihistamine for allergies, bandages, candied ginger for motion sickness, mild laxative, non-aspirin pain reliever, thermometer in a hard case
- [ ] Insect repellent
- [ ] Personal-hygiene items

- [ ] Prescriptions
- [ ] Razors
- [ ] Shampoo and conditioner
- [ ] Shaving gel
- [ ] Soap
- [ ] Sunscreen (pack at least one all-purpose sunscreen with SPF 15)
- [ ] Toothbrush
- [ ] Toothpaste

Miscellaneous

- [ ] Addresses of friends and family for postcards
- [ ] Books
- [ ] Healthy snacks, such as chewy granola bars, dried fruit, mini bagels, nuts, and pretzels
- [ ] Maps and directions (try randmcnally.com for maps, directions, and traffic information)
- [ ] Money (cash, ATM cards, traveler's checks)
- [ ] Printouts of reservations, if applicable
- [ ] Travel journal
- [ ] Travel pillow and blanket
- [ ] Travel-sized detergent

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