



Beach Day Packing Checklist

Everything you actually need, on one page

THE BIG STUFF

- ☒ Beach towel that doubles as a blanket
(sand-resistant, packs small)
- ☐ Beach bag or tote you can rinse out
- ☐ Umbrella or pop-up shade
- ☐ Refillable water bottle
- ☐ Cooler or insulated bag

IN THE WATER

- ☐ Swimsuit (worn or spare)
- ☐ Water shoes or flip-flops
- ☐ Goggles
- ☐ Dry bag for your phone
- ☐ Floats or pool toys

FOR THE RIDE HOME

- ☒ Second towel or the blanket side to sit on
- ☐ Change of clothes
- ☐ Plastic bag for wet things
- ☐ Trash bag (leave no trace)

SUN AND SKIN

- ☒ Sunscreen (reapply every 2 hours)
- ☐ Sunglasses
- ☐ Hat or visor
- ☐ Lip balm with SPF
- ☐ Aloe for after

SNACKS AND COMFORT

- ☐ Easy snacks that survive heat
- ☐ Extra water or electrolytes
- ☐ A book or something to read
- ☐ Small first-aid kit
- ☐ Baby powder (gets sand off skin fast)

DO NOT FORGET

- ☐ Phone charger or power bank
- ☐ Cash for parking
- ☐ Keys in a safe spot
- ☐ Hand sanitizer or wipes

Starred items are the ones people forget most. The right towel does double duty as a blanket and a place to sit for the ride home. See the one I tried at [Jen Tried It.](#)

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