



# Beach Day Packing List

## NECESSITIES

BEACH TOWELS

SUNSCREEN

LIP BALM WITH SUNSCREEN

INSECT REPELLENT

HATS

BATHING SUITS

COVER UP OR RASH GUARDS

SUNGLASSES

FLIP FLOPS

LOTS OF WATER

BEACH UMBRELLA

BEACH BLANKET

GARBAGE BAG (TO HAUL  
YOUR TRASH HOME)

DRY CLOTHES

BABY POWDER (FOR SAND  
REMOVAL)

SNACKS

ICE CHEST OR COOLER BAG

## FUN EXTRAS

BEACH BALL

SAND BUCKETS AND  
SHOVELS

BOOGIE BOARDS

FRISBEE

MP3/MUSIC PLAYER

READING MATERIAL  
KITE

## BEACH FRIENDLY SNACKS

APPLES

FROZEN GRAPES

POPCORN

TRAIL MIX

PRETZELS

DRIED FRUIT

VEGGIES & HUMMUS

GRANOLA BARS

STRING CHEESE