

# Beach Essentials – Packing LIST

## Essentials:

- Sunscreen
- Towels
- Umbrella
- Beach mat
- Baby powder
- Baby wipes
- Water bottles
- Whistle
- Cash
- Soft-sided cooler

## For the Kids:

- Swimsuit
- Rash guard
- Sandals (no sneakers!!)
- Beach toys
- Frisbee
- Boogie board
- Hat
- Sunglasses
- Swim diaper
- Dry diapers
- Life jacket / puddle jumper

## For ADULTS:

- Swimsuit
- Cover-up
- Lotion
- Sunglasses
- Hat/scarf
- Beach chairs
- Radio / portable speaker
- Book
- Camera
- Portable charger

## Great Beach Foods:

Bring along a soft-sided cooler with an assortment of yummy foods to stay fueled while at the beach. Don't forget lots of drinks, too. Here are some of our favorites to bring to the beach:

- Cold steak, cooked and sliced
- Cold drumsticks
- Sandwiches
- Fruit: Grapes, oranges, diced melons, berries
- Veggies: Carrot sticks, bell peppers, mushrooms
- String cheese
- Hard boiled eggs
- Juice box, water, soda
- Chips or crackers
- Granola bars
- Applesauce
- Beef jerky / pepperoni sticks
- Nuts
- Raisins or dried fruits

## Important Extras for the Car:

- Change of clothes
- Extra towels
- First aid kit
- Lotion with Aloe
- Lip balm
- Brush or comb
- Extra water
- Plastic bags or tub for wet items
- Map/directions
- Extra batteries / chargers
- Window shade
- Medications / prescriptions

**More tips for a successful family beach trip:**

[www.amomstake.com/ultimate-family-beach-trip-checklist](http://www.amomstake.com/ultimate-family-beach-trip-checklist)