

Beach Vacation Packing List

A real, checkable list by category, with age-specific items called out where they only apply to some kids.

Sun Protection

- ☐ Mineral sunscreen, SPF 30+, reef-safe where required (*reapply every 2 hrs, more after swimming*)
- ☐ UPF 50+ rash guards, one per kid (*all ages, especially under 2*)
- ☐ Wide-brim sun hats with a chin strap for younger kids
- ☐ Kid-sized sunglasses with UV protection
- ☐ A pop-up beach shade or umbrella

Water Gear

- ☐ Swimsuits, at least two per kid
- ☐ Reusable swim diapers (*infant/toddler*)
- ☐ Quick-dry water shoes for rocky or hot sand
- ☐ US Coast Guard-approved life jacket, correctly sized (*non-swimmers*)
- ☐ Snorkel gear if the destination has reef access

Clothing

- ☐ Lightweight, breathable layers for evening temperature drops
- ☐ One long-sleeve layer per kid, even in warm climates
- ☐ Sandals plus one pair of closed-toe shoes

Safety

- ☐ A written meeting point plan if you get separated on a crowded beach
- ☐ Waterproof ID card or wristband with a contact number (*young kids*)
- ☐ A basic first-aid kit including jellyfish-sting and sunburn relief
- ☐ Insect repellent, separate from sunscreen application

Logistics

- ☐ A wagon or beach cart if your destination's parking is far from the sand
- ☐ Insulated water bottles, one per person
- ☐ A cooler bag for snacks and drinks
- ☐ Cash for boardwalk vendors that don't take cards
- ☐ A dry bag for phones and wallets near the water

Entertainment & Comfort

- ☐ Sand toys that pack flat (collapsible buckets, not rigid ones)
- ☐ A travel highchair or portable seat for meals out (*toddler*)
- ☐ A favorite comfort item for naps away from home (*toddler*)
- ☐ A waterproof phone case or pouch

Before You Go

- ☐ Check your specific destination's real rip current and jellyfish season before you pack around it
- ☐ Confirm whether your rental provides beach chairs/umbrellas before packing your own