PRINTABLE CHECKLIST

Beach day checklist

BEARZ Outdoor

One day on the sand. Tick each box as it goes into the bag, and skip what does not suit your beach.

What to wear

- [ ] Swimsuit and dry underwear
- [ ] Change of clothes
- [ ] Sweater for the evening
- [ ] Water shoes, for rocky or shelly shallows
- [ ] Sandals or flip-flops
- [ ] Long-sleeved swim shirt or cover-up

Food and water

- [ ] Drinking water, more than you think you need
- [ ] Reusable water bottle
- [ ] Snacks or a packed lunch
- [ ] Cooler bag with ice or gel packs
- [ ] Napkins
- [ ] Bag for wrappers

Sun and shade

- [ ] Sunscreen
- [ ] Lip balm
- [ ] Hat with a broad brim
- [ ] Sunglasses with UV protection
- [ ] Beach umbrella or beach tent
- [ ] Tent spikes or stakes, for wind
- [ ] Shade plan for a baby or small child, if one is coming

Bags and valuables

- [ ] Beach bag
- [ ] Dry bag for phone and keys
- [ ] Spare bags for wet things and trash
- [ ] Small first aid kit
- [ ] Cash and one card
- [ ] Phone and keys
- [ ] Case for your sunglasses

Sit and dry

- [ ] Beach blanket
- [ ] Beach chair
- [ ] Quick-drying towel, kept for drying off
- [ ] Travel pillow, if a nap is the plan
- [ ] Bag for the wet swimsuit and towel

Fun and kids

- [ ] Book or e-reader
- [ ] Frisbee, bat and ball, or a kite
- [ ] Bucket, shovel and beach toys, for kids
- [ ] Full change of clothes for each child
- [ ] Portable speaker, kept low
- [ ] Portable charger
- [ ] Camera

Before you leave

- [ ] Check the local beach forecast.
- [ ] Choose a beach with lifeguards where you can, and note the warning flags.
- [ ] Put sunscreen on at home.
- [ ] Fill the water bottles and freeze the ice packs.
- [ ] Say who is carrying the shade and the first aid kit.

Your own items

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Free to use. Please link to bearzoutdoor.com

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