



## **The Essential Beach Packing List** by Chris Gray Faust

Headed on a beach vacation? Use this essential beach packing list to help you pack everything you will need for a relaxing beach getaway (see below for checklist). Best of all, it can save you money, since packing the right things now will keep you from having to repurchase items once you arrive.

Let other people sweat the small stuff and streamline our list of hot weather must-haves so you look cool, even when the temperature isn't. Here's what to pack for the beach – without overpacking:

**Overall Plan:** Light and breezy items should dominate your wardrobe choices. While you want to be comfortable, skip the faded and raggedy T-shirts and instead aim for a summery look that is casual but polished. And while you are packing, you may be tempted to focus just on getting there...make sure you also spend some time thinking about how you will transport wet and sandy items back home. There's nothing worse than a suitcase full of sand. **CGear** has a line of products including lounge chairs, blankets and bags that are 'sand free' and are must-have additions to your beach packing list.

**What is essential?** No beach vacation is complete without a swimsuit. Buy more than one so there is always something dry to wear and bring them along in your carry-on. For footwear, pack flip flops, sandals, water shoes or canvas tennis shoes, depending on the type of beach you are on.

**Choose a mesh nylon beach bag** with a distinctive pattern so its easy to spot in a crowd and make sure it has inside pockets, preferably waterproof, to store valuable and small electronics such as your cell phone. Speaking of gadgets, make sure that they are waterproof or have protective covers. A soft-sided insulated tote for drinks and snacks is easier to carry than a bulky cooler. Pack some disposable wipes for quick clean up. Reusable plastic bags can be your best friend; use them to bring food to the beach and then carry wet swimsuits and towels on the way home. And you will probably want a portable speaker too.

**Secret Weapon** - If you wear corrective lenses and your beach sessions involve exploring reefs for colorful fish, you may want to invest in a prescription snorkel mask. Having your own mask can also prevent communicable diseases.

**Safety first** - No matter how good it feels, the sun is not your friend. Load up on sun protection with a strong sunscreen that you can re-apply often. If you are traveling to your destination by plane, look into sunscreen towelettes that won't explode or leak like bottled sunscreen. When you are lathering up don't forget your face. Add SPF lip balm, and wear sunglasses and a sun hat. Make sure to check the environmental regulations at your beach destination as some places are banning harmful and coral damaging chemical sunscreens. Instead shop for reef-safe sunscreens.

**Leave at home** - Being on the beach is an excuse to cut loose; avoid bringing clothing that is too stuffy or structured. If you are staying at a hotel, find out ahead of time if towels and other beach amenities are included. Many vacation rentals also have 'house' items such as camp chairs and barbecue grills so there is no need to bring your own.

## **15 Beach Bag Essentials you need for Summer:**

**Hyperon Body Wipes** – After a long day at the beach you will have sand, salt and sweat on your body. Quickly refresh before heading back to your car – or the closest bar – with these wipes.

**Alvababy Waterproof Wet Bag** – these water-resistant pouches are amazingly multi-functional. Marketed as a convenient diaper bag for cloth diapers, you can also use them for wet swimsuits, to separate dirty items from the rest of your beach bag or to protect your phone or any other valuables from water and sand.

**Sun Bum Texturizing Sea salt spray** – throw this sea salt spray into your beach bag to maintain those windswept waves before and after you hit the beach. It will compliment your artfully tousled hair and protect your locks from damaging UV rays so your hair won't dry out. I recommend using it on damp hair and reapplying it after swimming.

**Icy Cool TSA approved Neoprene Caddy** – keep those beach bag essentials that you don't want to be exposed to the sun shaded and cool with these bags. Whether it's your phone, a snack, medications, or toiletry items, these pouches are a great alternative to a cooler. Simply freeze the inserts and place them in the lining of the bag.

**Vitrix Kitchenware Bottle Caps** – throw this bottle stopper in your beach bag so you can close and save your drink on the beach. Each bottle stopper comes in a different color, so you know whose bottle is whose. The stopper fits on bottles like beer, wine, water, juice or sports drinks and is a must have for serious beach days.

**Takeya Actives Water Bottle** – Stay hydrated. These babies will stay cold for 24 hours and come in sizes as large as 40 ounces. Whether it's water or something stronger that you want to keep discretely chilled, this bottle will be one less thing to pack in the cooler.

**Beach Sandy Sand remover** – This miraculous brush set removes sand from our body and belongings after a long day at the beach. It wicks away any excess moisture and sand so you won't track anything back to your car or house. The lightweight beechwood brushes come in a portable microfiber towel bag.

**Dock and Bay towel microfiber towel** – These towels are easy to transport and perfect for the beach. The extra-large size is great for more than one person to use and the lightweight material makes it easy to shake any excess sand off.

**Blue Lizard sport sunscreen** – obviously sunscreen and sun protection are beach bag essentials, but we especially love this for its environmentally friendly formula. The formula is also mineral based and paraben free. This dermatologist recommended sunscreen also packs up to 80 minutes of water resistance.

**INSMY portable blue tooth speakers** – this is perfect for the beach; it can float and has a long-lasting battery of up to twenty-four hours for days spent relaxing on the sand. Amazon reviewers love the sound quality, and the speaker doesn't take up too much room in your bag.

**Beach Reads** – bring our favorite classic, magazine etc. Always an essential.





**GoPro HERO11 Waterproof underwater camera** – If you don't trust a waterproof case to fully protect your smartphone against the waves, this camera is the perfect solution. This powerhouse camera can capture 5.3k video high resolution images and offers slo-mo playback. At almost \$500 this camera is certainly an investment. If you would rather leave the high-tech gear for photography enthusiasts, YISENCE has a waterproof digital camera that can capture your beach memories perfectly in up to 10 feet of water and at a price point below \$100.

**Wallaroo Hat company crushable hats** – for more beach bag essentials that will protect you from the sun, you will want a stylish hat for the beach. These crushable hats for men and women and kids have fabric with UPF 50+ protection.

**REKS Unbreakable sunglasses** – Sunglasses are a must-have item at the beach, and these are one of the ultimate beach bag essentials because they won't break or scratch and still have UV 400 protective lenses. Available in a variety of styles for both men and women just add on floating croakies and you will never lose or damage your sunglasses at the beach again.

**Zesica Beach Cover up** – A cover up is a classic but often one of the more neglected beach bag essentials. I love this light and airy dress because it's more like a blanket and you can adjust it to cover only the areas you don't want to be exposed to the sun.

# ESSENTIAL BEACH PACKING LIST

 <b>CLOTHES/ACCESSORIES</b>	✓ QTY.	✓ QTY.	✓ QTY.	
	<input type="checkbox"/> <input type="checkbox"/> Underwear	<input type="checkbox"/> <input type="checkbox"/> Skirts	<input type="checkbox"/> <input type="checkbox"/> Small purse/clutch	
	<input type="checkbox"/> <input type="checkbox"/> Socks	<input type="checkbox"/> <input type="checkbox"/> Water shoes	<input type="checkbox"/> <input type="checkbox"/> Athletic shoes	
	<input type="checkbox"/> <input type="checkbox"/> Undershirts/bras	<input type="checkbox"/> <input type="checkbox"/> Light jacket/sweater	<input type="checkbox"/> <input type="checkbox"/> Workout gear	
	<input type="checkbox"/> <input type="checkbox"/> Sleepwear	<input type="checkbox"/> <input type="checkbox"/> Swimsuits/cover-ups	<input type="checkbox"/> <input type="checkbox"/> Face Masks	
	<input type="checkbox"/> <input type="checkbox"/> T-shirts	<input type="checkbox"/> <input type="checkbox"/> Sandals/flip-flops	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/> Dress shirts (if needed)	<input type="checkbox"/> <input type="checkbox"/> Hats	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/> Casual shirts	<input type="checkbox"/> <input type="checkbox"/> Leisure shoes	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/> Jeans/pants	<input type="checkbox"/> <input type="checkbox"/> Belt	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/> Shawl	<input type="checkbox"/> <input type="checkbox"/> Jewelry	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/> Shorts	<input type="checkbox"/> <input type="checkbox"/> Beach bag	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/> Dresses	<input type="checkbox"/> <input type="checkbox"/> Sunglasses	<input type="checkbox"/> <input type="checkbox"/>	
	 <b>TOILETRIES</b>	<input type="checkbox"/> <input type="checkbox"/> Toothbrush	<input type="checkbox"/> <input type="checkbox"/> Styling gel/hair products	<input type="checkbox"/> <input type="checkbox"/> Nail file/clippers
		<input type="checkbox"/> <input type="checkbox"/> Toothpaste	<input type="checkbox"/> <input type="checkbox"/> Sunscreen	<input type="checkbox"/> <input type="checkbox"/> Disposable wipes
<input type="checkbox"/> <input type="checkbox"/> Dental floss		<input type="checkbox"/> <input type="checkbox"/> Moisturizer	<input type="checkbox"/> <input type="checkbox"/> Hand sanitizer	
<input type="checkbox"/> <input type="checkbox"/> Soap		<input type="checkbox"/> <input type="checkbox"/> Contact lenses/solution	<input type="checkbox"/> <input type="checkbox"/> Lip balm with SPF	
<input type="checkbox"/> <input type="checkbox"/> Deodorant		<input type="checkbox"/> <input type="checkbox"/> Shaving supplies	<input type="checkbox"/> <input type="checkbox"/> Travel first aid kit	
<input type="checkbox"/> <input type="checkbox"/> Shampoo/conditioner		<input type="checkbox"/> <input type="checkbox"/> Makeup/makeup remover	<input type="checkbox"/> <input type="checkbox"/> Insect repellent	
<input type="checkbox"/> <input type="checkbox"/> Brush/comb		<input type="checkbox"/> <input type="checkbox"/> Clothespins	<input type="checkbox"/> <input type="checkbox"/> Medications/vitamins	
<input type="checkbox"/> <input type="checkbox"/> Hairstyling tools		<input type="checkbox"/> <input type="checkbox"/> Menstrual care products	<input type="checkbox"/> <input type="checkbox"/> Pain relievers	
<input type="checkbox"/> <input type="checkbox"/> Face cleanser		<input type="checkbox"/> <input type="checkbox"/> Birth control	<input type="checkbox"/> <input type="checkbox"/> Aloe vera/after sun cream	
 <b>BEACH GEAR</b>		<input type="checkbox"/> <input type="checkbox"/> Portable speaker	<input type="checkbox"/> <input type="checkbox"/> Beach blanket/towel & chairs	<input type="checkbox"/> <input type="checkbox"/> Safety/flotation devices Cooler
	<input type="checkbox"/> <input type="checkbox"/> Beach umbrella	<input type="checkbox"/> <input type="checkbox"/> Beach safe	<input type="checkbox"/> <input type="checkbox"/> or insulated bag Waterproof	
	<input type="checkbox"/> <input type="checkbox"/> Snorkel gear	<input type="checkbox"/> <input type="checkbox"/> Beach sports and water toys	<input type="checkbox"/> <input type="checkbox"/> phone case	
 <b>TRAVEL ESSENTIALS</b>	<input type="checkbox"/> <input type="checkbox"/> Books or e-books	<input type="checkbox"/> <input type="checkbox"/> Tablet/laptop	<input type="checkbox"/> <input type="checkbox"/> Cash/Credit cards/ATM cards	
	<input type="checkbox"/> <input type="checkbox"/> Electronics chargers	<input type="checkbox"/> <input type="checkbox"/> Food/snacks	<input type="checkbox"/> <input type="checkbox"/> Insurance cards (medical/travel)	
	<input type="checkbox"/> <input type="checkbox"/> Earbuds/headphones	<input type="checkbox"/> <input type="checkbox"/> Empty water bottle	<input type="checkbox"/> <input type="checkbox"/> Itinerary/maps/directions	
	<input type="checkbox"/> <input type="checkbox"/> Suitcase locks	<input type="checkbox"/> <input type="checkbox"/> Portable phone charger	<input type="checkbox"/> <input type="checkbox"/> List of medications	
	<input type="checkbox"/> <input type="checkbox"/> Travel pillow & blanket	<input type="checkbox"/> <input type="checkbox"/> Cell phone	<input type="checkbox"/> <input type="checkbox"/> Guidebook	
	<input type="checkbox"/> <input type="checkbox"/> Water bottle	<input type="checkbox"/> <input type="checkbox"/> Camera w/ memory card	<input type="checkbox"/> <input type="checkbox"/> List of emergency contacts	
	<input type="checkbox"/> <input type="checkbox"/> Tissues	<input type="checkbox"/> <input type="checkbox"/> Passport/visa/ID (with copies)	<input type="checkbox"/> <input type="checkbox"/> Reusable baggies/small dry bag	
	<input type="checkbox"/> <input type="checkbox"/> House/car keys	<input type="checkbox"/> <input type="checkbox"/> Adapter	<input type="checkbox"/> <input type="checkbox"/> Copy of Vaccine Card	