

Beach Packing Checklist

Checklist · 27 items · 7 sections

Never show up at the beach without sunscreen again. This beach packing checklist covers every essential for a perfect beach day: sun protection, food and drinks, entertainment, comfort items, and beach safety basics.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/beach-packing-checklist>

SUN PROTECTION

- Sunscreen SPF 30+ (water-resistant): enough for the whole group

HIGH

Apply 15–30 min before going outside. Reapply every 2 hours or after swimming.

- Lip balm with SPF

HIGH

- Sunglasses with UV protection

HIGH

- Wide-brim hat or baseball cap

HIGH

- UV-protective rashguard or cover-up

COMFORT & SETUP

- Beach towels: one per person minimum

HIGH

- Beach umbrella or shade canopy

HIGH

- Beach chairs or portable chairs with cup holders

HIGH

- Beach blanket or mat

- Sand anchors or weights for umbrella

FOOD & DRINKS

- Water: at least 1–2 liters per person (more in heat)

HIGH

- Cooler with ice packs for drinks and food

HIGH

- Snacks and sandwiches: easy, non-perishable options

HIGH

- Reusable cups with lids and straws

CLOTHING

- Swimsuit (and a spare in case one stays wet)

HIGH

- Water shoes or flip flops (sand gets extremely hot in summer)

HIGH

- Change of dry clothes for after the beach

HIGH

BAGS & ORGANIZATION

- Beach bag or waterproof tote to carry everything

HIGH

- Waterproof phone case or dry bag for valuables

HIGH

- Ziploc bags for sand-free storage of keys, wallet, phone

ENTERTAINMENT

- Beach toys: buckets, shovels, paddle ball, frisbee, volleyball

- Books, magazines, or tablet for relaxing

- Portable Bluetooth speaker (waterproof)

SAFETY & HYGIENE

- First aid kit: bandages, antiseptic, antihistamine for jellyfish stings

HIGH

- Insect repellent (especially near estuaries or mangroves)

- Wet wipes and hand sanitizer for sandy hands before eating

HIGH

- Trash bag: pack out everything you bring in

HIGH