



Beach Holiday TRAVEL CHECKLIST

Essentials

- **Passport/Visa:** Ensure they're valid for your trip duration.
- **Travel Documents:** Booking confirmations, flight tickets, and itineraries.
- **Travel Insurance Information:** Policy details and emergency contacts, including coverage for water sports if you plan to participate.
- **Payment Methods:** Credit/debit cards and some local currency for smaller vendors or areas where cards might not be accepted.
- **Health Documents:** Vaccination records (if necessary), COVID-19 documentation, and prescriptions.

Clothing and Footwear

- **Swimwear:** Multiple swimsuits or trunks for rotating use.
- **Cover-Ups:** For transitioning from beach to casual settings.
- **Lightweight Clothing:** T-shirts, shorts, sundresses, and skirts.
- **Evening Wear:** A few outfits for dining out or nightlife.
- **Footwear:** Flip-flops for the beach, comfortable walking shoes, and dressier options for evenings.
- **Hats:** Wide-brimmed for sun protection.
- **Sunglasses:** UV-protection sunglasses.

Toiletries

- **Sunscreen:** High SPF, water-resistant.
- **After-Sun Care:** Aloe vera or other soothing skin care.
- **Insect Repellent:** Especially for tropical destinations.
- **Personal Hygiene Items:** Toothbrush, toothpaste, deodorant, shampoo, and conditioner.
- **Waterproof Makeup:** If desired, along with makeup remover.





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Technology

- Mobile Devices: Phone, tablet, or e-reader.
- Chargers and Power Banks: Keep devices powered up.
- Waterproof Phone Case: To protect against sand and water.
- Portable Speaker: For music by the beach (be mindful of local regulations and etiquette).
- Camera or Action Cam: Waterproof options are ideal for capturing memories for beach and water activities.

Travel Insurance

- Comprehensive Plan: Ensure it covers trip cancellations, medical emergencies, and lost luggage and specifically includes any water sports or activities you plan to do.

Other

- Beach Bag: To carry your beach essentials.
- Beach Towel or Blanket: Though some accommodations provide them, having your own is useful.
- Water Bottle: Stay hydrated in the sun.
- Beach Umbrella or Tent: For personal shade, if not provided at your destination.
- Snorkeling Gear: If you plan to explore underwater and prefer your own equipment.
- Waterproof Bags: For wet swimsuits and protecting valuables.
- Books or E-Books: For leisure reading by the beach.
- Travel Games: Compact games or a deck of cards for entertainment.

