

DAY AT THE BEACH CHECKLIST



MUST-HAVES

- Beach Towels
- Beach Umbrella (or Beach Tent)
- Plastic Bag (for wet togs!)
- Baby Powder
- High SPF Sun Cream
- Hats (which cover the neck)
- Sunglasses
- Beach Bag

FOOD & DRINK

- Dried Fruit & Nuts
- Breakfast Bars
- Veggie Sticks
- Drink Cartons
- Bananas
- Food Cooler

TIDY UP

- Bag for Rubbish
- Wet Wipes
- Spare Clothes

FOR FUN

- Bucket & Spade
- Beach Blanket
- Sand Toys
- Goggles
- Ball
- Frisbee

NOTES/OTHER

.....

.....

.....

.....

.....

