

BIG DADDY CHECKLISTS **BEACH TRIP**

Basics

- Sun protection
- Towels
- Hydration
- Nutrition
- Cash/Credit/Debit cards
- Cell phone
- Insect repellent
- Hand sanitizer and/or wipes
- Lotion
- Toilet paper
- Rash cream
- Water mister
- Ear drops for swimmer's ear

Gear

- Tote bag
- Picnic blanket
- Umbrella and/or shade shelter
- Beach chairs and loungers
- Folding table
- Reading material
- Binoculars
- Earbuds/Headphones
- Portable speaker
- Waterproof camera
- Waterproof cases
- Cooler
- Trash/Recycling bags
- Boogieboard
- Kayak and paddle
- Surfboard
- Stand-up paddle board and paddle
- PFD
- Beach toys
- Bottle opener
- Hand-fan
- Dog gear and toys (if dogs are permitted)

Wearables

- Swimsuit
- Life jacket/Floaties
- Rashguard top
- Swim goggles
- Hair clips and elastic bands
- Flip-flops
- Water shoes or water sandals
- Sunglasses with case
- Wrap/Cover-up
- Sun hat/Visor
- UPF-rated clothing
- Wetsuit
- Earplugs
- Snorkeling gear

Personal Care & Hygiene

- Sunscreen for face
- Sunscreen for body
- SPF-rated lip balm
- First aid kit