

Beach packing list

	Category	Item	Packed
☐	Sun	Broad-spectrum sunscreen, SPF 15 or higher	
☐	Sun	Wide-brim hat and wraparound sunglasses	
☐	Sun	Beach umbrella or shade tent	
☐	Swim	Swimwear, and life jackets for children	
☐	Swim	Towels and a change of dry clothes	
☐	Food	Cooler with ice packs for anything perishable	
☐	Food	Drinking water for everyone	
☐	Comfort	Beach blanket or chairs	
☐	Clean-up	Bags for wet clothes and rubbish	
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