

7-Day Beach Vacation Packing List

Your Complete Printable Checklist



Packing Rules at a Glance

1-2-3-4-5-6 Rule

- 1 Hat
- 2 Pairs of shoes
- 3 Bottoms
- 4 Tops
- 5 Pairs of socks
- 6 Pairs of underwear

3-3-3 Rule (7-day trip)

- 3 Swimsuits
- 3 Bottoms
- 3 Tops

Multi-Duty Items

- Sarong:** towel, picnic blanket, skirt, sun shade
- Quick-dry towel:** beach, yoga mat, workout shammy
- Bandana:** neck warmer, sun protection, sleep mask

Clothing & Swimwear Checklist

 Swimwear

Item	Qty	Notes
☐ Bikinis/swim trunks	2-3	Daily rotation
☐ One-piece/tankini	1	Active water sports
☐ Rash guard	1	Snorkeling/surfing
☐ Cover-ups/sarongs	1-2	Multi-use
☐ Swim cap (optional)	1	Long hair

 Footwear

Item	Purpose
☐ Flip-flops	Beach & Pool
☐ Walking sandals	Exploring town
☐ Water shoes	Rocky shores
☐ Dressier sandals	Evening/Dinner

 Towels

Item	Notes
☐ Sand-free quick-dry towel	Recommended
☐ Cotton terrycloth towel	Resort lounging

 Daytime Clothing

Item	Qty	Notes
☐ Tank tops	3-4	Breathable cotton/linen
☐ T-shirts	2-3	Quick-dry fabrics
☐ Shorts	3-4	Mid-to-high rise
☐ Sundresses	2-3	Day-to-dinner versatility
☐ Matching set	1-2	Separates work independently
☐ Lightweight pants	1	Evening coverage
☐ Light sweater/jacket	1	Airports & breezy nights
☐ Pajamas	1-2	Lightweight
☐ Underwear	6+ pairs	
☐ Socks	5 pairs	

Sun Protection & Beach Gear

Sun Protection (Critical!)

Item	Notes
☐ Broad-spectrum sunscreen SPF 30-50	Water-resistant
☐ Reef-safe sunscreen	Hawaii/Caribbean required
☐ Face sunscreen	Non-greasy
☐ SPF lip balm	
☐ Polarized sunglasses	UV protection
☐ Sun hat	Wide brim
☐ Aloe vera gel	After-sun care

 **Warning:** Fines exceed \$1,000 for chemical sunscreen in Hawaii, Key West, Palau.

Medications

Item
☐ Prescription meds
☐ Pain relievers
☐ Vitamins
☐ Motion sickness remedies

Beach Gear

Item	Notes
☐ Beach bag	Mesh or nylon (shake clean)
☐ Beach umbrella	Wind-resistant
☐ Beach blanket	Sand-resistant
☐ Beach chairs (optional)	Folding
☐ Towel clips	Keep towel in place
☐ Snorkel gear	Mask + snorkel
☐ Goggles	
☐ Inflatable floats	Fun
☐ Waterproof phone case	Essential

Toiletries

Daily Essentials

- ☐ Toothbrush & paste
- ☐ Shampoo/conditioner
- ☐ Body wash
- ☐ Deodorant
- ☐ Hair brush
- ☐ Facial cleanser

Beach-Specific

- ☐ Anti-chafe glide
- ☐ Bandages
- ☐ Hand sanitizer
- ☐ Insect repellent
- ☐ Baby powder
- ☐ First-aid kit

Documents, Tech & Beach Bag

Travel Documents & Essentials

Required Documents

☐ Passport/visa/ID

☐ Boarding passes & itinerary

☐ Insurance cards

☐ Credit/ATM cards

☐ Cash (\$50-100/day)

☐ Emergency contacts

☐ Document copies (separate bag)

Health & Safety

☐ Face masks

☐ Vaccine card copy

☐ Medication list

☐ Insurance info

Tech & Entertainment

Item	Notes
☐ Phone + charger	Pack 2 chargers
☐ Portable charger	10,000mAh minimum
☐ Travel adapter	Check destination plug
☐ Waterproof pouch	For phone/valuables
☐ E-reader/Book	Beach reading
☐ Portable speaker	Waterproof
☐ Earbuds	

 **Beach Bag Essentials**

Your daily beach bag checklist:

Item	Why
☐ Beach towel	Sand-free dries fast
☐ Water bottle	Insulated keeps cold
☐ Sunscreen	Reapply every 2 hours
☐ Hat + sunglasses	UV protection
☐ Waterproof pouch	Phone protection
☐ Book/e-reader	Reading
☐ Portable charger	Battery backup
☐ Cash	\$20-40 for vendors
☐ SPF lip balm	

Day-by-Day Planning & Tips

7-Day Outfit Planning

Day	Activity	Outfit
Day 1	Arrival, beach walk	Swimsuit + cover-up + flip-flops
Day 2	Full beach day	Swimsuit #2 + sun hat + water shoes
Day 3	Snorkeling/water sports	One-piece + rash guard + sandals
Day 4	Town exploration	Sundress + walking sandals
Day 5	Resort relaxation	Swimsuit #3 + sundress for dinner
Day 6	Adventure activity	Shorts + tank + athletic shoes
Day 7	Departure	Travel outfit (light layers)

Total items used: 3 swimsuits, 2 cover-ups/dresses, 2 shorts + tanks, 1 adventure outfit, 3 footwear options

Destination-Specific Tips

Destination	Special Items
Hawaii & Pacific	Reef-safe sunscreen (mandatory), rash guard, water shoes, rain jacket
Caribbean & Mexico	Insect repellent, motion sickness remedies
Florida & East Coast	UPF clothing, beach wagon, cooler
Mediterranean	Water shoes (rocky beaches), research beach policies

✗ What to Leave Behind

✗ Don't Pack	Reason
Heavy makeup bags	Beach = minimal
Full-sized toiletries	Travel-size only
Hair dryer	Hotels provide
Formal wear	Unless specific dinner
Excessive outfits	7 days ≠ 14 outfits
Valuable jewelry	Risk at beach
Bulky cooler	Rent or buy locally
Laptop	Smartphone suffices

Luggage Tips

Carry-On Only *(possible for 7 days)*

- 3-4 versatile outfits
- Wear bulkiest items travel day
- Use packing cubes
- Plan one laundry cycle

Packing Cubes Benefits

- Compress clothing up to 80%
- Keep items organized by category
- Transfer directly to hotel drawers
- Separate clean from dirty items