

# Beach Trip Checklist Template

*Your Complete Printable Checklist*

## Quick Packing Rules

### 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)*

- 3 Swimsuits
- 3 Bottoms
- 3 Tops

### Multi-Duty Items

- Sarong:** towel/skirt/shade
- Quick-dry towel:**  
beach/yoga
- Bandana:** sun/sleep mask

# Clothing & Swimwear

## Swimwear

Item	Qty
<input type="checkbox"/> Bikinis/swim trunks	2-3
<input type="checkbox"/> One-piece/tankini	1
<input type="checkbox"/> Rash guard	1
<input type="checkbox"/> Cover-ups/sarongs	1-2

## Footwear

Item	Purpose
<input type="checkbox"/> Flip-flops	Beach & Pool
<input type="checkbox"/> Walking sandals	Town
<input type="checkbox"/> Water shoes	Rocky shores
<input type="checkbox"/> Dressier sandals	Evening

## Clothing

Item	Qty
<input type="checkbox"/> Tank tops/T-shirts	4-5
<input type="checkbox"/> Shorts	3-4
<input type="checkbox"/> Sundresses	2-3
<input type="checkbox"/> Matching set	1-2
<input type="checkbox"/> Lightweight pants	1
<input type="checkbox"/> Light sweater/jacket	1
<input type="checkbox"/> Pajamas	1-2
<input type="checkbox"/> Underwear	6+
<input type="checkbox"/> Socks	5

# Sun Protection & Beach Gear

## Sun Protection

### Item

- Broad-spectrum sunscreen SPF 30-50
- Reef-safe sunscreen
- Face sunscreen
- SPF lip balm
- Polarized sunglasses
- Sun hat
- Aloe vera gel

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

## Health

### Item

- Prescription meds
- Pain relievers
- Motion sickness remedies
- First-aid kit

## Beach Gear

### Item

- Beach bag (mesh/nylon)
- Beach umbrella
- Beach blanket
- Beach chairs
- Towel clips
- Snorkel gear
- Goggles
- Inflatable floats
- Waterproof phone case

## Toiletries

### Item

- Toothbrush & paste
- Shampoo/conditioner
- Body wash
- Deodorant
- Hair brush
- Insect repellent

## Documents & Tech

### Travel Documents

#### Item

- Passport/visa/ID
- Boarding passes & itinerary
- Insurance cards
- Credit/ATM cards
- Cash (\$50-100/day)
- Emergency contacts
- Document copies

### Tech & Entertainment

#### Item

- Phone + charger
- Portable charger
- Travel adapter
- Waterproof pouch
- E-reader/Book
- Portable speaker
- Earbuds

### Beach Bag Essentials

*Daily beach bag checklist:*

#### Item

- Beach towel
- Water bottle
- Sunscreen
- Hat + sunglasses
- Waterproof pouch
- Book/e-reader
- Portable charger
- Cash (\$20-40)
- SPF lip balm

## Tips & Destination Guide

### 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
Day 3	Snorkeling/water sports	One-piece + rash guard
Day 4	Town exploration	Sundress + walking sandals
Day 5	Resort relaxation	Swimsuit #3 + sundress
Day 6	Adventure activity	Shorts + tank + athletic shoes
Day 7	Departure	Travel outfit (light layers)

### Destination-Specific Items

Destination	Special Items
Hawaii & Pacific	Reef-safe sunscreen, rash guard, water shoes
Caribbean & Mexico	Insect repellent, motion sickness remedies
Florida & East Coast	UPF clothing, beach wagon, cooler
Mediterranean	Water shoes, 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

### Luggage Tips

#### Carry-On Only (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
- Separate clean from dirty
- Transfer to hotel drawers