

Toddler Beach Vacation Packing List

Complete Printable Checklist for Parents



Key Parent Tips

Sun Protection Rules

- SPF 50+ mineral sunscreen
- Reapply every 80 minutes
- UPF 50+ rash guard essential
- Wide-brim hat with chin strap
- Shade tent for nap time

Beach Gear Must-Haves

- Pop-up beach tent
- Collapsible beach wagon
- Sand-free mat/blanket
- Insulated cooler
- Mesh beach bag

Safety Essentials

- Coast Guard-approved life jacket
- Bright swimwear** (neon colors)
- Touch supervision at all times
- Ankle-deep water only
- First aid kit with tweezers

Clothing Rule

- 3 swimsuits** per child
- Always have dry one ready
- Rash guard UPF suits ideal
- 2 sun hats (1 backup)
- Light layers for evenings

Critical: Dress toddler in obnoxiously bright swimwear (neon pink/yellow/orange). Avoid blue/dark colors. A bright child is easier to spot in water.

Sun Protection & Clothing

Sunscreen

Item	Notes
<input type="checkbox"/> Broad-spectrum SPF 50+	Mineral-based (zinc oxide)
<input type="checkbox"/> Sunscreen stick (face)	Mess-free application
<input type="checkbox"/> SPF lip balm	
<input type="checkbox"/> Aloe vera gel	After-sun care

Sun-Protective Clothing

Item	Qty	Notes
<input type="checkbox"/> Long-sleeved rash guard	2	UPF 50+
<input type="checkbox"/> Swim hat (wide brim + flap)	2	Chin strap, neck coverage
<input type="checkbox"/> UV sunglasses	1	Shatterproof + strap

Shade Solutions

Item	Purpose
<input type="checkbox"/> Pop-up beach tent	Shade + nap space + changing
<input type="checkbox"/> Beach umbrella + anchor	Wind-resistant
<input type="checkbox"/> Stroller shade clip	Midday sun protection

Beach Clothing

Item	Qty	Notes
<input type="checkbox"/> Swimsuits (UPF rated)	3+	Always have dry one
<input type="checkbox"/> Cover-ups / cotton dresses	1-2	Easy over wet swimsuit
<input type="checkbox"/> Water shoes	1	Hot sand, shells, rocks
<input type="checkbox"/> Light hoodie/sweater	1	Cool mornings/evenings

Everyday Clothing

Item	Qty	Notes
<input type="checkbox"/> Underwear	Days+3	Extra for accidents
<input type="checkbox"/> Lightweight pants/shorts	3-4	Elastic waistbands
<input type="checkbox"/> Pajamas (light)	2	Breathable fabrics
<input type="checkbox"/> Light jacket	1	A/C and car rides

Footwear

Item	Purpose
<input type="checkbox"/> Sandals (back strap)	Safer than flip-flops
<input type="checkbox"/> Everyday sneakers	Non-beach excursions
<input type="checkbox"/> Water shoes	Essential for beach

Beach Gear, Feeding & Toys

Beach Gear

Item	Notes
<input type="checkbox"/> Pop-up beach tent	Shade, nap, changing area
<input type="checkbox"/> Beach umbrella + sand anchor	Wind-rated
<input type="checkbox"/> Sand-free mat/blanket	Sand falls through weave
<input type="checkbox"/> Collapsible beach wagon	Transport + airport cart
<input type="checkbox"/> Mesh beach bag (large)	Shake sand out easily
<input type="checkbox"/> Insulated cooler	Snacks + drinks cold
<input type="checkbox"/> Portable handheld fan	Prevent overheating
<input type="checkbox"/> Inflatable kiddie pool	Clean splash + rinse station

Pro Tip: A fitted sheet over beach tent legs creates a sand-free surface!

Beach Toys

Item	Notes
<input type="checkbox"/> Bucket + shovel	Absolute essentials
<input type="checkbox"/> Sand molds	Castle, animals, shapes
<input type="checkbox"/> Small rake	Raking patterns
<input type="checkbox"/> Watering can	Pouring play
<input type="checkbox"/> Beach ball	Soft, lightweight
<input type="checkbox"/> Cheap kite	Toddlers mesmerized
<input type="checkbox"/> Mesh shell bag	Treasure hunt walks

Drinks & Hydration

Item	Notes
<input type="checkbox"/> Insulated water bottles (2)	Keep cold hours
<input type="checkbox"/> CamelBak-style bottle	Bite valve keeps sand out
<input type="checkbox"/> Electrolyte drinks	Replenish sweat loss
<input type="checkbox"/> Sippy/straw cups	Use what toddler knows

Snacks (Mess-Free)

Item	Notes
<input type="checkbox"/> Goldfish crackers	Easy with sandy hands
<input type="checkbox"/> Fruit pouches	No mess
<input type="checkbox"/> Granola bars	
<input type="checkbox"/> Dry cereal	
<input type="checkbox"/> Pre-cut watermelon	Hydrating
<input type="checkbox"/> Grapes (halved)	Safety first

Avoid: Chocolate, melty items - bigger messes + attract insects

Extra Entertainment

Item	For
<input type="checkbox"/> Cars/stacking toys	Downtime in tent
<input type="checkbox"/> Board books	Sand/waterproof
<input type="checkbox"/> Tablet + downloaded shows	Travel/rain backup

Safety, Diapering & Sleep

Number One Rule: Touch supervision - always within reach of toddler in/near water. No exceptions.

Water Safety

Item	Notes
<input type="checkbox"/> Life jacket / puddle jumper	Coast Guard-approved
<input type="checkbox"/> Bright swimwear (neon)	Easy to spot in water
<input type="checkbox"/> Inflatable arm floaties	Backup only, not replacement
<input type="checkbox"/> Whistle	Attach to life jacket

First Aid Kit

Item	Purpose
<input type="checkbox"/> Band-aids (character)	Fun designs help
<input type="checkbox"/> Antiseptic wipes	Clean cuts
<input type="checkbox"/> Antibiotic ointment	Prevent infection
<input type="checkbox"/> Tweezers	Splinters/shells

Medications

Item	Notes
<input type="checkbox"/> Children's ibuprofen/acetaminophen	
<input type="checkbox"/> Sunburn relief gel / aloe spray	
<input type="checkbox"/> Bug spray (age-appropriate)	
<input type="checkbox"/> Antihistamine cream	
<input type="checkbox"/> Motion sickness medication	

Diapering

Item	Notes
<input type="checkbox"/> Swim diapers	Reusable hold up better; 2+/day
<input type="checkbox"/> Regular diapers	Non-swim + overnight
<input type="checkbox"/> Portable changing pad	Clean surface on beach
<input type="checkbox"/> Diaper cream (travel-size)	Salt + sunscreen = rash risk
<input type="checkbox"/> Wet bags (2)	Soiled diapers, wet suits

Hack: Baby powder sprinkled on sandy skin makes sand brush right off!

Sleep Gear

Item	Notes
<input type="checkbox"/> Travel crib	Lightweight if not provided
<input type="checkbox"/> Favorite lovey/comfort object	Don't leave home without
<input type="checkbox"/> White noise machine/app	Block waves/wind noise
<input type="checkbox"/> Portable blackout blinds	Suction-cup style
<input type="checkbox"/> Lightweight sleep sack	Familiarity = sleep

Additional Safety

Item	Use
<input type="checkbox"/> Child harness/backpack leash	Busy areas
<input type="checkbox"/> Waterproof phone pouch	Sand + water protection

Travel Day & What NOT to Pack

Travel Day Essentials

Item	Why
<input type="checkbox"/> Backpack with entertainment	Crayons, stickers, small toys
<input type="checkbox"/> Tablet + downloaded content	Don't rely on Wi-Fi
<input type="checkbox"/> Snack stash (extra)	Transit delays happen
<input type="checkbox"/> Change of clothes (everyone)	Spills, blowouts, sickness
<input type="checkbox"/> Car seat / travel car seat	Lightweight, gate-checkable
<input type="checkbox"/> Wipes (travel pack)	Always handy

Packing Strategy

Pack by Category

- **Day 1 bag:** Immediate beach essentials
- **Resort bag:** Non-beach items, sleep gear
- **Carry-on:** Snacks, entertainment, meds
- **Emergency kit:** Extra clothes for all

What NOT to Pack

X	Item	Reason
X	Stroller	Useless on sand. Use wagon/carrier
X	Beach chair for toddler	They won't sit in it
X	Too many outfits	3 swimsuits + few casual = enough
X	Full-size bath toys	Bucket + shovel suffice
X	Paper books	Won't survive beach bag
X	Valuable jewelry	Risk at beach

The Rule: If not absolutely sure you'll need it, don't take it.

Ocean Safety Reminders

Hazard	Action
Rip currents	Swim parallel to shore, not against
Wave size	Stay ankle-deep for toddler
Tides	Learn tide schedule; watch depth changes

Sun Schedule: Avoid 10am-4pm peak UV. Morning/evening beach time best for toddlers.