

Beach Vacation Packing List for Women

Your Complete Printable Checklist



Packing Rules at a Glance

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

- 3 Swimsuits
- 3 Cover-ups
- 3 Dresses/Outfits

Clothing Capsule

- 4-5 Tops
- 3-4 Bottoms
- 2-3 Dresses
- 2-3 Pairs of shoes

Multi-Duty Items

- Sarong:** towel, skirt, sun shade
- Button-down:** cover-up, lunch outfit
- Maxi dress:** day to dinner

Swimwear & Clothing Checklist

Swimwear

Item	Qty	Notes
<input type="checkbox"/> Bikinis/two-piece	2	Pool lounging
<input type="checkbox"/> One-piece/tankini	1	Water sports
<input type="checkbox"/> High-waisted set	1	Photos, beach walks
<input type="checkbox"/> Rash guard	1	UPF protection
<input type="checkbox"/> Swim cap (optional)	1	Long hair

Cover-Ups

Item	Purpose
<input type="checkbox"/> Sarong/wrap skirt	Multi-use essential
<input type="checkbox"/> Oversized button-down	Beach-to-lunch
<input type="checkbox"/> Kaftan/tunic dress	Quick slip-on
<input type="checkbox"/> Lightweight sundress	Doubles as outfit
<input type="checkbox"/> Crochet/lace cover-up	Beach club style

Footwear

Item	Purpose
<input type="checkbox"/> Flip-flops	Beach & Pool
<input type="checkbox"/> Walking sandals	Exploring town
<input type="checkbox"/> Water shoes	Rocky shores
<input type="checkbox"/> Wedge/block-heel sandals	Evening dinner

Daytime Clothing

Item	Qty	Notes
<input type="checkbox"/> Tank tops	2-3	Cotton/linen
<input type="checkbox"/> T-shirts	1-2	Quick-dry
<input type="checkbox"/> Breezy blouse	1	Elevates outfit
<input type="checkbox"/> Denim shorts	1	Mid-to-high rise
<input type="checkbox"/> Linen/cotton shorts	1	Lighter option
<input type="checkbox"/> Lightweight pants	1	Palazzo/wide-leg
<input type="checkbox"/> Skirt	1	Flowy midi
<input type="checkbox"/> Casual sundress	1	Over swimwear
<input type="checkbox"/> Maxi dress	1	Day-to-dinner
<input type="checkbox"/> Shirt dress	1	Structured
<input type="checkbox"/> Light sweater/jacket	1	Airports & nights
<input type="checkbox"/> Pajamas	1-2	Lightweight
<input type="checkbox"/> Underwear	6+ pairs	
<input type="checkbox"/> Socks	5 pairs	

Sun Protection & Skincare

☀️ Sun Protection

Item	Notes
<input type="checkbox"/> Face sunscreen SPF 30-50	Non-comedogenic
<input type="checkbox"/> Body sunscreen SPF 30-50	Water-resistant
<input type="checkbox"/> Reef-safe sunscreen	Hawaii/Caribbean
<input type="checkbox"/> SPF lip balm	Reapply frequently
<input type="checkbox"/> Polarized sunglasses	UV protection
<input type="checkbox"/> Wide-brim sun hat	Face & neck coverage

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

🧴 After-Sun Care

Item
<input type="checkbox"/> Aloe vera gel
<input type="checkbox"/> After-sun lotion
<input type="checkbox"/> Hydrocortisone cream
<input type="checkbox"/> Facial mist

👩 Hair Care

Item
<input type="checkbox"/> Leave-in conditioner
<input type="checkbox"/> Hair oil/serum
<input type="checkbox"/> Dry shampoo
<input type="checkbox"/> Silk scrunchies
<input type="checkbox"/> Hair clips

🌟 Skincare Routine

Morning

1. Gentle cleanser
2. Hydrating serum
3. Moisturizer
4. Sunscreen SPF 30-50
5. SPF lip balm

After Beach

1. Rinse salt/sand/sunscreen
2. Gentle cleanser
3. Hydrating serum
4. Aloe vera/after-sun
5. Rich moisturizer

💄 Makeup (Minimal)

Item
<input type="checkbox"/> Tinted moisturizer with SPF
<input type="checkbox"/> Waterproof mascara
<input type="checkbox"/> Cream blush/multi-stick
<input type="checkbox"/> Tinted lip balm
<input type="checkbox"/> Brow gel
<input type="checkbox"/> Makeup remover wipes

🧴 Toiletries

Daily	Beach-Specific
<input type="checkbox"/> Toothbrush & paste	<input type="checkbox"/> Baby powder
<input type="checkbox"/> Shampoo/conditioner	<input type="checkbox"/> Band-aids
<input type="checkbox"/> Body wash	<input type="checkbox"/> Insect repellent
<input type="checkbox"/> Deodorant	<input type="checkbox"/> Motion sickness tabs
<input type="checkbox"/> Facial cleanser	<input type="checkbox"/> Pain relievers
<input type="checkbox"/> Moisturizer	<input type="checkbox"/> Anti-chafe stick

Beach Bag & Documents/Tech

Beach Bag Essentials

Pack these daily:

Item	Why
<input type="checkbox"/> Quick-dry towel	Sand-free, compact
<input type="checkbox"/> Sunscreen (face+body)	Reapply every 2 hrs
<input type="checkbox"/> Sunglasses	Polarized
<input type="checkbox"/> Sun hat	UV protection
<input type="checkbox"/> Water bottle	Insulated
<input type="checkbox"/> Waterproof pouch	Phone protection
<input type="checkbox"/> Wet bag	Separate damp items
<input type="checkbox"/> Book/e-reader	Beach reading
<input type="checkbox"/> Portable charger	10,000mAh+
<input type="checkbox"/> Snacks	Fruit, nuts
<input type="checkbox"/> Hand sanitizer	Clean-ups
<input type="checkbox"/> Cash (\$20-40)	Vendors, tips
<input type="checkbox"/> SPF lip balm	
<input type="checkbox"/> Hair ties/clips	Wind control

Travel Documents

Item
<input type="checkbox"/> Passport/ID
<input type="checkbox"/> Boarding passes & itinerary
<input type="checkbox"/> Travel insurance info
<input type="checkbox"/> Credit/ATM cards
<input type="checkbox"/> Cash (\$50-100/day)
<input type="checkbox"/> Emergency contacts (written)
<input type="checkbox"/> Document copies (separate bag)

Tech Essentials

Item	Notes
<input type="checkbox"/> Phone + charger	Pack 2 chargers
<input type="checkbox"/> Portable charger	10,000mAh min
<input type="checkbox"/> Travel adapter	International
<input type="checkbox"/> Waterproof phone case	Essential
<input type="checkbox"/> E-reader	Waterproof ideal
<input type="checkbox"/> Earbuds	
<input type="checkbox"/> Waterproof speaker	Optional

Medications

Item
<input type="checkbox"/> Prescription meds
<input type="checkbox"/> Pain relievers
<input type="checkbox"/> Vitamins
<input type="checkbox"/> Motion sickness remedies

Carry-On Essentials

- 1 swimsuit + cover-up
- 1 outfit for next day
- All medications
- Phone + charger
- Passport & documents

Packing Cubes Tips

- Compress up to 80%
- Separate clean/dirty
- Organize by category
- Direct to hotel drawers