

# beach days

Your checklist for a day at the beach by yourself,  
with friends or with kiddies in tow.

## Everyone

- Beach Blanket
- Beach Tote / Bag
- Towel (to dry yourself or roll up as a pillow of course)
- Beach chair
- Sunscreen
- Hat
- Sunglasses
- Swimwear
- Wet bag
- Dry bag (money & phone)
- Water
- Cooler Bag
- Bluetooth speaker
- Book / Journal
- Lip Balm & Hair tie
- Tissues

## Kiddies

- Beach Cart (the best!)
- Sunshade / Umbrella
- Bucket & Spade
- Assorted sand toys
- Change of clothes
- Wet wipes
- Nappies
- Dummy / Bottle
- Rubbish bags
- Drink bottles
- Footwear (sand can get hot on little feet)
- Goggles
- Frisbee / Ball
- Acceptance shells are coming home

## Food Ideas

- Fresh seasonal fruit (pre-cut in containers)
- Muesli bars / Bliss balls / Dried fruit
- Selection of Sandwiches / Wraps
- Rice paper rolls
- Pretzels / Chips / Popcorn
- Yoghurt pouches
- Vegetable sticks / Edamame
- Biscuits / Lollies