



BEACH HOLIDAY PACKING LIST

The essentials

- ☐ Tickets/reservation letters
- ☐ Car hire letters/info
- ☐ Driving licence
- ☐ Car insurance cards/info
- ☐ Health insurance documents
- ☐ Maps/itinerary
- ☐ Money/credit cards
- ☐ Phone (and charger)

And, if you're leaving the country...

- ☐ Passports
- ☐ Foreign currency
- ☐ European Health Insurance Card (if applicable)

Medical stuff

- ☐ Small first-aid kit (thermometer, antiseptic cream/wipes, tweezers, plasters)
- ☐ Paracetamol-suspension sachets
- ☐ Rehydration sachets
- ☐ Regular medication (eg inhalers)
- ☐ Sun cream/aftersun
- ☐ Sunglasses for you and your children
- ☐ Insect repellent/bite cream
- ☐ Tissues

Bathroom stuff

- ☐ Hairbrush
- ☐ Shampoo
- ☐ Toothbrushes and toothpastes
- ☐ Flannels
- ☐ Contact lens paraphernalia

Beach stuff

- ☐ UV suits/wetsuits
- ☐ Sunhats
- ☐ UV tent/sunshade
- ☐ Towels
- ☐ Goggles
- ☐ Talc (for getting sand off small bodies)
- ☐ Lightweight anoraks, if sun not guaranteed

Extra clobber

- ☐ Favourite cuddle toys
- ☐ Reading/bedtime books
- ☐ Activity books/scrapbooks

Extra clobber for babies/young children

- ☐ Baby monitor (both parts)
- ☐ Plug-in night light
- ☐ Buggy
- ☐ Buggy sunshade (and raincover, if sun not guaranteed)
- ☐ Dummies (many)
- ☐ Bag of toys (10 small ones better than 2 big ones)
- ☐ Sippy cups
- ☐ Bibs
- ☐ Bottles/formula/baby food, if needed
- ☐ Changing mat
- ☐ Nappy cream/wipes/bags
- ☐ Nappies
- ☐ Dummies/comforter

Entertainment stuff

- ☐ Camera
- ☐ Adaptors
- ☐ Camcorder
- ☐ DVDs (if DVD player available where you're going)
- ☐ CDs (for car)
- ☐ iPODs/Nintendos

Useful optional extras

- ☐ Plastic sandwich bags (for 'liberating' food into at hotel breakfast to provide snacks for the rest of the day)
- ☐ Plastic carrier bags (for wet clothes)
- ☐ Picnic box/bag
- ☐ Water bottles
- ☐ Safety pins (for pinning blankets to unlined curtains to prevent early-morning wakings)

Your own 'mustn't forget' list

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