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 repellant/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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