**Travel Packing List to the Beach**

**Clothing:**

**2-3 pairs of shorts** – you can wear it over your swimsuit when you [go to the beach](http://herpackinglist.com/2011/07/beach-travel-sun-protection/), or to stroll around the streets of the island, or if you go [hiking](http://herpackinglist.com/2013/10/what-to-wear-and-pack-for-a-day-hike/).

**3 tank tops or t-shirts** – you will match them with your [shorts](http://herpackinglist.com/2013/02/wearing-shorts-in-europe-world/).

**1 casual dress** – for your day activities if you don’t want to wear shorts. *(Try a*[*maxi dress*](http://herpackinglist.com/2013/10/black-maxi-dress/)*for airy versatility.)*

**1 formal/party dresses** – for your nights out. *(Your*[*LBD*](http://herpackinglist.com/2011/10/little-black-dress/)*should do the trick.)*

**1 pair of**[**trousers**](http://herpackinglist.com/2015/10/best-travel-pants-for-women/) – in case it gets really windy at night

**1 light jacket** – Although it can be really hot in Greece in the summer months, at night especially in the islands, there is a sea breeze and a [light jacket](http://herpackinglist.com/tag/outerwear/) is a must.

**2**[**bras**](http://herpackinglist.com/2015/11/tips-for-packing-bras/) – You don’t need many since you will be wearing your swimsuit all day

**7 pairs of**[**underwear**](http://herpackinglist.com/2013/03/womens-travel-underwear-guide/) – I usually take 1 for each day. If you need more you can [wash them in the sink](http://herpackinglist.com/2011/06/essential-items-hand-washing-clothes/).

**2 pair of**[**socks**](http://herpackinglist.com/2015/08/wrightsocks-review-perfect-travel-socks/) – To wear with your trainers if you go hiking

**1 pajamas** – or you can sleep with a T-shirt but it has to be light

**Shoes:**

**1 pair**[**flip flops**](http://herpackinglist.com/2014/11/mox-flats/) – I use them at the beach since the sand can be very hot

**1 pair leather sandals** – They are good for all day use and at night if you don’t won’t to wear heels

**1 pair non slippery**[**trainers**](http://herpackinglist.com/2012/04/athletic-shoes-to-pack/) – They are ideal for hiking

**1 pair platforms** (optional) – I don’t recommend wearing high heels in the Greek islands since many of the roads are cobbled. But if you want to take with you something that has heels I recommend platforms.

**For the beach:**

**1 bag for the beach** – it can be either a [shoulder bag or a backpack](http://herpackinglist.com/tag/daypacks-handbags/). If you are planning to go [hiking](http://herpackinglist.com/2015/07/how-to-pack-prepare-for-hiking-trips/) as well, a backpack is better.

**2 swimsuits** – Since you will be spending most of your days on the beach. You wear the one and let the other dry. I usually have 3 swimsuits with me but 2 will do.

**1**[**Sarong**](http://herpackinglist.com/2011/09/versatile-sarong/) – I usually use it over my swimsuit, to cover up my legs or shoulders when visiting a monastery, or as a shawl at night over your dress.

**1 Beach Towel** – to lay it out on the sand. *(Consider a*[*Turkish Travel Towel*](http://herpackinglist.com/2015/05/turkish-towels-for-travel/)*to save space.)*

**1**[**Sunscreen**](http://herpackinglist.com/2012/11/one-little-thing-sunscreen-stick/) – for your face and body. I think this is the most important thing to carry with you since the sun burns a lot.

**1 Hat** – not only for the beach but for your walks around the island since you don’t want to have a sunstroke or get burned. *(Check out these*[*packable sun hats*](http://herpackinglist.com/2015/04/packable-wide-brim-hats/)*.)*

**Toiletries:**

[**Shampoo & Conditioner**](http://herpackinglist.com/2015/10/best-toiletries-for-hand-luggage/) – Travel size is enough for a week

**Body Wash** – I prefer the 250ml bottles *(You’ll need to pack 100ml or less if you plan on*[*traveling carry-on only*](http://herpackinglist.com/2015/09/traveling-with-only-a-carry-on/)*.)*

**Body Lotion** – It is vital since your skin will get [dehydrated](http://herpackinglist.com/2015/09/how-to-avoid-dehydration-when-flying/) from the sea and sun.

**Razor** – 1 razor is enough

[**Deodorant**](http://herpackinglist.com/2015/08/rainwater-botanicals-natural-deodorant/) – it is very hot so you will need one to keep smelling nice

**Toothbrush** – select one with a case to keep it clean

[**Toothpaste**](http://herpackinglist.com/2013/11/toothpaste-packing-hacks/) – 1 travel tube is fine

[**Hair Brush**](http://herpackinglist.com/2014/05/tanglefix-brush-review/) – I use travel size

**Hair Ties** – to keep your hair up on the hot days

**Face and Eye Cream** – it’s good to hydrate after so much salt and sun.

**Make up** – If you want to use [make-up](http://herpackinglist.com/2012/04/the-low-key-travelers-beauty-kit/) on your nights out.

[**Mosquito repellent**](http://herpackinglist.com/2015/05/bug-repellent-gear/)**for your body** – I usually spray myself at night to avoid being bitten. They usually smell of citronella.

**Mosquito repellent for your room** – If you want to sleep at night you should use them. You can also find them in supermarkets across Greece.

**Prescriptions** – take whatever pills you use at home. I always take painkillers, something for the bites (mosquito etc), digestion pills (if you eat more one day) etc.

**Motion sickness pills** – for the ship if it is windy and for boat trips around the island. *(Read about*[*how to prevent motion sickness*](http://herpackinglist.com/2012/10/how-to-prevent-motion-sickness/)*.)*

**Birth Control & Condoms** – It’s good to be prepared.



**Chrysoula on Milos Island**

**Tech Gear:**

**Camera** – In order to [take the most amazing photos](http://herpackinglist.com/2015/11/travel-photography-products-roundup/) of your holiday.

**Memory Card** – I always take a second one with me just in case.

**Mobile Phone** – To [get in touch](http://herpackinglist.com/2014/02/best-apps-for-keeping-in-touch-on-the-road/) with your friends and family, to connect online, to listen to music etc.

**Necessary chargers** – For your mobile phone, camera etc.

**European**[**Adapter**](http://herpackinglist.com/2011/07/universal-plug-adapters/) – If you need one.

[**Laptop**](http://herpackinglist.com/2012/06/tech-gear-packing-list/)**or Tablet** – I usually take my tablet with me

Other:

**Small**[**shoulder bag**](http://herpackinglist.com/2013/04/top-travel-purses/) – For your walks around the island. Big enough for your wallet and camera.

**Passport and visa** – Check if you need a visa with the Greek embassy in your country.

[**Books**](http://herpackinglist.com/2013/07/5-books-worth-taking-up-space-on-your-packing-list/) – To read on the beach, on the boat etc