



Ultimate

Beach Bag

Checklist



twobarefeet

CORE ESSENTIALS

- ☐ Large Beach Tote or Rucksack
- ☐ Dry Bag (for phone, keys, wallet)
- ☐ Quick-Dry Beach Towel or Microfibre Towel
- ☐ Changing Robe
- ☐ Swimsuit / Trunks
- ☐ Shorty Wetsuit or Neoprene Top
- ☐ Dry change of clothes for the journey home
- ☐ Flip-Flops or Sandals
- ☐ Phone, Keys, & Wallet (for your dry bag)

SUN AND SAFETY

- ☐ Broad-spectrum SPF 30-50+ Sunscreen
- ☐ Face-specific Sunscreen
- ☐ SPF Lip Balm
- ☐ After-sun Lotion or Aloe Vera
- ☐ Wide-Brimmed Hat or Bucket Hat
- ☐ UV-Protection Sunglasses
- ☐ Rash Vest
- ☐ Aqua Shoes (for rocky shores & weaver fish protection)
- ☐ Basic First-Aid Kit (plasters, antiseptic wipes, sting relief, tweezers, pain reliever)

FUN AND ENTERTAINMENT

- ☐ Inflatable Bodyboard
- ☐ Sand Toys (bucket, spade, etc.)
- ☐ Beach Ball, Frisbee, or Bat and Ball Set
- ☐ Mask, Snorkel, or Goggles
- ☐ Book, Magazine, or E-Reader
- ☐ Waterproof Portable Speaker
- ☐ Portable Charger/Power Bank

FOOD AND DRINK

- ☐ Insulated Cooler Bag
- ☐ Reusable Water Bottle (insulated is best)
- ☐ Healthy Snacks (fruit, granola bars, wraps, nuts)
- ☐ Reusable food containers and utensils

COMFORT AND ECO-FRIENDLY ITEMS

- ☐ Large Beach Blanket or Mat
- ☐ Wet Wipes and Hand Sanitiser
- ☐ Hairbrush and Hair Ties/Clips
- ☐ Baby Powder (for easy sand removal)
- ☐ Rubbish Bag (to leave no trace)

