

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)

