

Beach Essentials Checklist



For the sea:

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Armbands | <input type="checkbox"/> Swimming Costume |
| <input type="checkbox"/> Ball | <input type="checkbox"/> Surf Board |
| <input type="checkbox"/> Body Board | <input type="checkbox"/> Flippers |
| <input type="checkbox"/> Wet Suit | <input type="checkbox"/> Rubber Ring |
| <input type="checkbox"/> Goggles | |
| <input type="checkbox"/> Inflatables | |



For the sand:

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Bucket | <input type="checkbox"/> Beach ball |
| <input type="checkbox"/> Spade | <input type="checkbox"/> Frisby |
| <input type="checkbox"/> Wind break | <input type="checkbox"/> Flip-Flops |
| <input type="checkbox"/> Rug | <input type="checkbox"/> Waterproof bag
<small>if you are taking your phone</small> |
| <input type="checkbox"/> Cricket set | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Football | <input type="checkbox"/> Talc |



For the sun:

- | |
|--|
| <input type="checkbox"/> Sun hat |
| <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Sun cream |
| <input type="checkbox"/> Parasol |
| <input type="checkbox"/> Sunshade |
| <input type="checkbox"/> Lip balm <small>(with sun protection)</small> |



For sustenance:

- | | |
|---|---|
| <input type="checkbox"/> Water | <input type="checkbox"/> Carrier Bags
<small>(for rubbish / recycling)</small> |
| <input type="checkbox"/> Soft Drinks | |
| <input type="checkbox"/> Sandwiches | |
| <input type="checkbox"/> Snacks | |
| <input type="checkbox"/> Baby Food <small>(if required)</small> | |
| <input type="checkbox"/> Your purse/wallet
<small>(if you want to buy)</small> | |

