

## Sun protection

- Sunscreen
- Lip balm
- Hat
- Cover-up (sarong, romper, lightweight dress or pullover)
- Beach tent or beach umbrella

## Toys & Gadgets

- Snorkeling gear (with tropical fish guide)
- Boogie, skim or surfboard
- Underwater camera
- Floatable
- Kiddie pool
- Misting fan
- Shelling accessories (DIY shell screen, mesh laundry bags, tupperware)
- Waterproof speaker

## Picnic Essentials

- Cooler with ice
- Picnic kit including cups, utensils, plates, cutting board, napkins and corkscrew/bottle opener
- Blanket
- Camping chairs
- Portable grill with propane or charcoal

## Food Ideas

- Fruit such as bananas, strawberries and watermelon
- Sandwiches or wraps
- Veggie kabobs (if you have a grill)
- Potato salad, coleslaw, or pasta salad
- Dips such as hummus, salsa and ranch (goes well with veggies, crackers or pitas)
- Go-Gurt, applesauce and freeze pops

## Beach Day Survival Kit

- First Aid Kit: Band-aids, alcohol pads, first aid ointment, tweezers, personal medications
- Tylenol, Antihistamines
- Baby powder
- Sunscreen & aloe
- Baking soda
- Hand sanitizer & Tide stick
- Extra sunglasses, extra hair ties
- Small bottle of Tabasco sauce or other condiments

