

# Beach/Pool Checklist

## Essentials

- Tote bag
- Bathing suits
- Towels
- Extra clothes
- Flip flops
- Sun Screen
- Lip Balm w/ SPF
- Bag for wet clothes
- Goggles
- Water
- Wet wipes
- Life vests, if needed



## First Aid

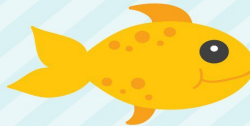
- Prescription medication
- First aid kit
- OR
- Band-Aids
- Neosporin
- Advil or Tylenol
- Benadryl

## Babies

- Baby tent or umbrella
- Hat
- Swim diapers
- Diapers
- Wipes
- Extra clothes
- Strong "baby" sunscreen
- Arm "floaties" / life vest
- Snacks
- Baby Food
- Baby spoons
- Cooler bag w/bottles

## Extras

- Beach blanket
- Beach chairs
- Beach umbrella
- Beach toys
- Hair brush/comb
- Hair ties
- Lotion
- Aloe
- Hand Sanitizer
- Spray Bottle w/ water



## Meals

- If you are bringing food:
- Cooler w/ ice or ice packs
  - Food & drinks
  - Bag for garbage
  - Bag for recycling
- OR
- Credit card/cash to buy meals



## Notes

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