



WHAT TO PACK FOR A BEACH HOLIDAY?

DESTINATION:

ESSENTIALS:

- Passport
- Money (preferably cash)
- Water
- Printouts of reservations

HEALTH AND BEAUTY:

- Sun cream
- Pain reliever
- Tissues
- Plasters
- Protective lip balm
- Antiseptic cream
- Hand sanitiser
- Personal hygiene items
- Toiletries
- Insect repellent
- Hair brush
- Contact lens solution (if needed)

COMFORT:

- Swimming suits
- Waterproof footwear
- Sandals
- Sunglasses
- Sun hat
- Spare change of clothes

ACCESSORIES:

- Towels
- Zip-lock bags
- Extra bags for dirty laundry
- Waterproof bags for electrical equipment and phones
- Beach mat

USEFUL:

Local medical centre number

Local embassy number

High tide – www.tide-forecast.com
