



BEACH HOLIDAY PACKING LIST

The essentials

- Tickets/reservation letters
- Car hire letters/info
- Driving licence
- Car insurance cards/info
- Health insurance documents
- Maps/itinerary
- Money/credit cards
- Phone (and charger)

And, if you're leaving the country...

- Passports
- Foreign currency
- European Health Insurance Card (if applicable)

Medical stuff

- Small first-aid kit (thermometer, antiseptic cream/wipes, tweezers, plasters)
- Paracetamol-suspension sachets
- Rehydration sachets
- Regular medication (eg inhalers)
- Sun cream/aftersun
- Sunglasses for you and your children
- Insect repellent/bite cream
- Tissues

Bathroom stuff

- Hairbrush
- Shampoo
- Toothbrushes and toothpastes
- Flannels
- Contact lens paraphernalia

Beach stuff

- UV suits/wetsuits
- Sunhats
- UV tent/sunshade
- Towels
- Goggles
- Talc (for getting sand off small bodies)
- Lightweight anoraks, if sun not guaranteed

Extra clobber

- Favourite cuddle toys
- Reading/bedtime books
- Activity books/scrapbooks

Extra clobber for babies/young children

- Baby monitor (both parts)
- Plug-in night light
- Buggy
- Buggy sunshade (and raincover, if sun not guaranteed)
- Dummies (many)
- Bag of toys (10 small ones better than 2 big ones)
- Sippy cups
- Bibs
- Bottles/formula/baby food, if needed
- Changing mat
- Nappy cream/wipes/bags
- Nappies
- Dummies/comforter

Entertainment stuff

- Camera
- Adaptors
- Camcorder
- DVDs (if DVD player available where you're going)
- CDs (for car)
- iPODs/Nintendos

