

Beach vacation packing list

7 nights

Hot weather

Checked bag

Couple

DOCUMENTS & MONEY

- ☐ Photo ID (REAL ID or passport)
US flights: REAL ID, passport or other TSA-accepted ID
- ☐ Boarding passes or e-tickets
- ☐ Itinerary and booking confirmations
Save offline copies on your phone
- ☐ Health insurance card
- ☐ Credit and debit cards
- ☐ Some cash in small bills
- ☐ Emergency contact list
Written down, not only in your phone
- ☐ Frequent flyer and hotel numbers

TECH & CHARGERS

- ☐ Phone and charger
- ☐ Spare charging cable
- ☐ Multi-port USB charger
- ☐ Portable charger / power bank
Carry-on only, never in checked bags
- ☐ Headphones or earbuds
- ☐ Tablet or e-reader
Load books and shows before you go
- ☐ Downloaded shows, music and maps

CLOTHING

- ☐ Underwear x8
Plan one laundry stop on longer trips
- ☐ Socks x8
- ☐ T-shirts and tops x6
Mix and match; plan to re-wear
- ☐ Pants, jeans or skirts x3
Re-wear bottoms; they get dirty less
- ☐ Shorts or light skirts x3
- ☐ Tank tops or sleeveless tops x3

CLOTHING (CONT.)

- ☐ Light long-sleeve shirt x1
Sun cover and cold air-conditioning
- ☐ Sun hat or cap
- ☐ Sunglasses
- ☐ Pajamas or sleepwear x2
- ☐ One spare outfit for emergencies
Spills, delays, a sudden weather change
- ☐ Light scarf or wrap
Cabins can get cold
- ☐ Laundry bag
- ☐ Laundry detergent sheets or packets
Handy for a sink wash or laundromat

SHOES

- ☐ Comfortable walking shoes
- ☐ Sandals or flip-flops
- ☐ Water shoes
Helpful on rocky shores
- ☐ Shoe bags
Keeps dirty soles off clothes

TOILETRIES

- ☐ Liquids in a 1-quart clear bag
Containers 3.4 oz (100 ml) or smaller, carry-on
- ☐ Toothbrush and toothpaste
- ☐ Floss
- ☐ Deodorant
- ☐ Shampoo and conditioner
Hotels often supply these
- ☐ Body wash or soap
- ☐ Hairbrush or comb
- ☐ Hair ties and clips
- ☐ Hair dryer or styling tools
Most hotels have a dryer

TOILETRIES (CONT.)

- ☐ Razor
- ☐ Face wash and moisturizer
- ☐ Makeup and remover
- ☐ Lip balm with SPF
- ☐ Period products
Pack a few extra in case of a surprise
- ☐ Contact lenses and solution
- ☐ Spare glasses
- ☐ Nail clippers and tweezers
- ☐ Toiletry bag
Hanging style frees up counter space
- ☐ Shaving cream

HEALTH & SAFETY

- ☐ Basic first-aid kit
Bandages, antiseptic wipes, tape
- ☐ Pain reliever
- ☐ Antihistamine or allergy medicine
- ☐ Broad-spectrum sunscreen (SPF 30+)
Flying: bottles over 3.4 oz go in checked bags
- ☐ After-sun lotion or aloe gel
- ☐ Hand sanitizer and wipes

BEACH & POOL

- ☐ Swimsuit x4
One drying while you wear the other
- ☐ Cover-up or sarong
- ☐ Beach towel
Quick-dry packs smaller; hotels often lend towels
- ☐ Beach bag
- ☐ Rash guard or swim shirt
- ☐ Swim goggles
- ☐ Wet bag for damp swimwear
- ☐ Waterproof phone pouch
- ☐ Snorkel gear (optional)
Rentals are common at beach destinations

BEACH & POOL (CONT.)

- ☐ Beach games or frisbee
- ☐ Soft cooler bag
- ☐  CARRY-ON BAG
- ☐ Empty reusable water bottle
Fill it after the security checkpoint
- ☐ Snacks
Solid foods pass security; spreads count as liquids
- ☐ Neck pillow
Optional for flights over a few hours
- ☐ Eye mask and earplugs
- ☐ Book, e-reader or downloads
- ☐ Spare underwear and top in carry-on
In case your checked bag is delayed
- ☐ Lip balm and hand cream
Cabin air is dry
- ☐ Tissues
- ☐ Spare zip-top bags
- ☐ Valuables and electronics in carry-on
- ☐ Gum or lozenges for ear pressure
- ☐ Light layer for the cabin

EXTRAS

- ☐ Foldable tote bag
Doubles as a souvenir bag
- ☐ Packing cubes
One per category keeps bags tidy
- ☐ Luggage tags with contact info
Add a card inside the bag too
- ☐ TSA-recognized luggage lock
Optional
- ☐ Book or travel journal
- ☐ Mini sewing and safety pin kit
- ☐ Small gifts for hosts
- ☐ Playing cards or travel game
- ☐ Pen and notepad

✓ BEFORE YOU LEAVE HOME

-  NOTES

33travels.com/packing-list