



# Family Beach Holiday Packing Checklist

## Practical and easy to tick off before you travel

Use this checklist to plan your beach break without forgetting the important bits. Tick each box as you go, add your own notes, and keep everything in one place before you fly  









**Traveller name**

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**Destination & dates**

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## 1. Before You Travel

-  Check passport validity (all travellers - at least 6 months remaining on return date)
-  Confirm visa or entry requirements for your destination
-  Book flights and accommodation
-  Check baggage allowance (including infants/children)
-  Check whether transfers to your accommodation are included
-  Arrange travel insurance - valid from the day you book
-  Ensure your Global Health Insurance Card (GHIC) is valid
-  Check child-specific requirements (car seats, cots, pushchairs with airline)

## 2. Travel Essentials

-  Print or save booking confirmation, boarding passes & hotel details
-  Book any airport parking, transfers, train tickets or taxi trips
-  Order any foreign currency
-  Check luggage size, weight limits and hand luggage rules
-  Pre-book seats (especially important with children)
-  Prepare child entertainment for travel

### 3. Health & Safety 🌞

- 🧴 Order any prescription medication for the length of your trip
- 🩺 Check if vaccinations or destination-specific health advice apply
- 🧴 Pack sun cream, after-sun and lip balm with SPF
- 🩹 Take basic first-aid items such as plasters, pain relief, antihistamines & insect repellent
- 📞 Save emergency contact numbers and the hotel address
- 🌡️ Pack thermometer and child-friendly medicines









### 4. Toiletries 🧴

- 🧴 Shampoo
- 🧴 Conditioner
- 🪥 Toothbrushes (for everyone)
- 🦷 Toothpaste
- 🧴 Deodorant
- 🧴 Hair brush
- 🎀 Hair accessories
- ☀️ After-sun
- 🧴 Hand sanitiser
- 🧴 Baby wipes / nappies (if required)









### 5. Clothing 👕

- 👕 Lightweight clothes (shorts, t-shirts, dresses etc)
- 👠 Evening outfits and suitable footwear
- 👙 Underwear
- 🛏️ Sleep wear
- 🧥 Light jacket or hoodie
- 🧴 Spare outfits for children






## 6. Beach / Pool Packing List

-  Swimwear
-  Beach towel if needed
-  Beach towel pegs
-  Flip flops / sandals
-  Sunglasses, sun hat and beach bag
-  Cover ups
-  Pool games / toys
-  Water bottle and waterproof pouch for valuables

## 7. What to Pack in Your Hand Luggage

-  Passports, boarding passes and travel documents
-  Phone, charger, power bank and adapter
-  Prescription medication and essentials
-  Wallet, money and bank cards
-  Headphones, snacks and a refillable water bottle for after security
-  Book, magazine and tablet
-  Download entertainment in advance
-  Kids' comfort items (toys, blankets and favourite items)

## 8. Family & Kids Essentials

-  Pram / pushchair (travel-friendly if flying)
-  Bottles, formula, baby food
-  Laundry bag for dirty clothes
-  Spill-proof cups / snack containers
-  Kids backpacks for day trips

