Beach and Island Trip Packing List

Clothing

Checked	Number	Item
		Underwear
		Socks
		Tops
		Shorts
		Pants/trousers
		Skirts/dresses
		Good outfit
		Light jumper/sweater/jacket

Toiletries

Checked	Number	Item
		Toothbrush
		Toothpaste
		Hairbrush
		Hair ties
		Shampoo
		Conditioner
		Deodorant
		Shaver and shaving lotion
		Body lotion/moisturiser
		Facial cleanser, toner and moisturiser
		Perfumer/aftershave
		Make up

Protection Items

Checked	Number	Item
		Sunscreen
		Hat
		Sunglasses
		Kaftan/Sarong
		Rain poncho
		Insect repellent
		Plugin insect repellent

Swimwear

Checked	Number	Item
		Swimsuit
		Long sleeve rash guard
		Swimming goggles
		Swim hat
		After swim cover up eg. Kaftan/shirt
		Pegless clothes line (to hang out wet swimsuits)

Shoes

Checked	Number	Item
		Flip flops/thongs
		All-terrain sandals
		Flat dress sandals
		Hiking shoes or runners

Electronic Items and Extras

Checked	Number	Item
		Reading glasses
		Reading material
		Phone
		Camera
		iPad/laptop
		Chargers
		Power adapter
		Power board
		Sewing kit

First Aid Items

Checked	Number	Item
		Paracetamol
		Antiseptic cream
		Band-Aids
		Imodium and Stemetil (for upset stomach)
		Probiotic (non-refrigerated)
		Personal medications (take copy of script)

Documents and Handy Extras

Checked	Number	Item
		Passport
		Travel vouchers/tickets
		Pen
		Zip lock bags
		Luggage locks (TSA approved)
		Playing cards

Just for Kids

Checked	Number	Item
		Children's paracetamol
		Children's insect repellent
		Snacks
		Activities
		Snuggle friend

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[i] You can add more rows by:
1. Placing curser in last row first column of any table group
2. Right click your mouse
3. Hover over "insert"
4. Click "insert rows below"