

Making your first family holiday a little easier

The beach holiday checklist



Before you go

- ☐ Travel money, if leaving the UK
- ☐ Family travel insurance
- ☐ EHIC (*European Health Insurance Card*), if visiting Europe
- ☐ Check passports are valid, if leaving the UK
- ☐ Make sure you have any check-in, flight or transfer details
- ☐ Check any luggage restrictions (*do kids get a bag?*)
- ☐ Driving license and other IDs

To pack for you

- ☐ Sun hats
- ☐ Swimwear
- ☐ Beach bag
- ☐ Towels
- ☐ Sunglasses, glasses, contacts, goggles
- ☐ Toiletries (*shampoo, conditioner, toothbrush, toothpaste, soap*)
- ☐ Make up and cosmetics
- ☐ Haircare (*hairdryer, straighteners, brush, comb*)
- ☐ Sun cream and after sun
- ☐ First aid kit (*plasters, paracetamol*)
- ☐ Sewing kit
- ☐ Appropriate clothes and footwear (*e.g. flip-flops*)
- ☐ Enough socks and underwear
- ☐ 'Home from home' kit (*snacks, teabags, washing up liquid, washing powder, kitchen roll*)
- ☐ Cool bag and blocks
- ☐ Gadgets (*phones, cameras, MP3 players and any chargers*)
- ☐ Travel adapters, if leaving the UK
- ☐ Local guide/phrasebook, if needed

To pack for kids

- ☐ Sunglasses
- ☐ Swimwear and swim nappies
- ☐ Armbands and other inflatables
- ☐ Buckets and spades
- ☐ Beach games (*bat and ball, body board, flying disc*)
- ☐ Towels
- ☐ Kids' sun cream and after sun
- ☐ Sun shade (*parasol, linen sheet*)
- ☐ Nappies, wipes and nappy cream
- ☐ Toiletries (*shampoo, bath wash, flannel/sponge, toothbrush, toothpaste*)
- ☐ Kids' ibuprofen/paracetamol
- ☐ Sun hat and warm hat
- ☐ Appropriate clothes and footwear (*e.g. sandals*)
- ☐ Baby sling or reins
- ☐ Baby food, snacks
- ☐ Baby bottles and formula
- ☐ Baby bowls and other food containers
- ☐ Pyjamas
- ☐ Favourite cuddly toy
- ☐ Travel cot/toddler bed, if needed
- ☐ Blanket and pillow
- ☐ Any bedtime gadgets (*sleep training clock, white noise machine*)

For the journey

- ☐ Books and magazines
- ☐ DVD player and DVDs
- ☐ Toys
- ☐ Paper and pens/crayons for drawing
- ☐ Something comforting (*blankie, dummy*)
- ☐ Food, drink and snacks
- ☐ Ear plugs/ear defenders, if flying
- ☐ Sweets to suck, if flying
- ☐ Sleep aids (*blindfold, inflatable pillow*)
- ☐ Buggy/pushchair

Anything else you need to add?