

Beach Travel-with Children Checklist

Date: _____

<i>Preparation</i>		<i>Miscellaneous Shopping Lists</i>	
Grocery shop in advance		Toys, games, balls	
Entertainment shop in advance (toys, games, etc.)		Safety Gear (helmets, floating devices, etc.)	
Tear down all large boxes (cereal, cookies, toys, etc.) and pack in zip lock bags		Swim wear	
Safety shop in advance (give it some thought about what is required for a fun but safe vacation as well)		Flip Flops	
Use an insulated travel bag for food items (one that roles is optimum)		Sun Blocker	
Make a list of items to pick up at market once you arrive at your destination (fresh fruit, ice cream, etc.)			
<i>Basic Food Shopping List</i>			
Eggs		<i>Personal to Your Family</i>	
Bacon			
Grits			
Cereal			
Milk, juice, bottle water			
Bread		<i>Don't Forget</i>	
Lettuce		Medication	
Tomatoes		Band-aides	
Cucumbers		Anti-infection cream	
Peanut Butter & Jelly		Special sleep toys	
Sliced Deli Meat		Special sleep pillows	
Sliced Cheese			
Condiments: mustard, may, ketchup, salad dressing, salt, pepper			
Cooking oil, butter		<i>Miscellaneous</i>	
Chips, Cookies			
Zip Lock Bags, paper towels, aluminum foil, plastic utensils			

