CHECKLIST

Beach Safety Packing Checklist

- [ ] Apply broad-spectrum sunscreen half an hour before leaving home
- [ ] Pack two litres of water per person in insulated bottles
- [ ] Include a first aid kit with plasters, antiseptic, tweezers and antihistamine cream
- [ ] Charge your mobile phone and pack a waterproof pouch
- [ ] Bring wide-brimmed hats and UV-protection sunglasses for everyone
- [ ] Pack water shoes or secure sandals to protect feet from sharp objects
- [ ] Add a whistle for each older child and write your number on their arm
- [ ] Bring spare dry clothing and store it in a waterproof bag
- [ ] Download or print the tide timetable for your chosen beach
- [ ] Check all equipment and restock used items from your previous visit