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| 1. **Clothing**  * Swimsuits (at least 2) * Lightweight t-shirts and tank tops * Shorts and skirts * Sundresses * Beach cover-up or sarong * Flip-flops and comfortable sandals * Evening attire (casual or formal, depending on plans) * Hat or cap for sun protection  2. **Footwear**  * Flip-flops or beach sandals * Comfortable walking shoes * Water shoes (if needed for rocky beaches)  3. **Beach Essentials**  * Beach towels * Beach bag or tote * Sunscreen (broad-spectrum, SPF 30 or higher) * Sunglasses with UV protection * Reusable water bottle * Beach umbrella or portable shade * Beach blanket * Waterproof phone case * Cooler for drinks and snacks  4. **Toiletries and Personal Care**  * Travel-sized shampoo and conditioner * Body wash and loofah * Toothbrush and toothpaste * Hairbrush or comb * Deodorant * After-sun lotion or aloe vera gel * Lip balm with SPF * Razor and shaving cream | 5. **Entertainment and Activities**  * Books or e-reader * Beach games (e.g., frisbee, volleyball) * Snorkeling gear (mask, snorkel, fins) * Inflatable floats or pool toys * Headphones or portable speaker  6. **Electronics**  * Phone and charger * Power bank * Camera or GoPro * Travel adapter (if traveling internationally)  7. **Travel Documents and Essentials**  * ID or passport * Hotel or accommodation confirmation * Travel insurance details * Cash and credit cards * Guidebook or map  8. **Snacks and Drinks**  * Granola bars or trail mix * Fresh fruits * Non-perishable snacks  9. **Miscellaneous**  * Waterproof backpack or dry bag * First aid kit * Bug spray or mosquito repellent * Lightweight jacket or shawl for cooler evenings * Laundry bag for dirty clothes |

### Other essentials:

* **Swimsuits**: Pack 3 (one for each day of swimming and a spare)
* **Sunscreen**: Neutrogena Beach Defense SPF 50 (1 bottle)
* **Beach Games**: Pack a frisbee and a set of paddleball racquets
* **Books**: Bring "The Beach" by Alex Garland and a travel guide for local attractions.