

# **Ultimate European Beach Packing Checklist**

**By**

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## ESSENTIALS

- ☐ High SPF sunscreen (SPF 30+, reef-safe if possible - especially Med)
- ☐ Lip balm with SPF
- ☐ Beach towels (quick-dry recommended)
- ☐ Large beach bag / waterproof tote
- ☐ Reusable water bottle
- ☐ Sunglasses (UV protection essential)
- ☐ Wide-brimmed hat / cap
- ☐ Beach umbrella or pop-up sun shelter (esp. for Southern beaches)
- ☐ Cooler bag (small, for drinks/snacks)
- ☐ Waterproof phone pouch / dry bag
- ☐ Microfiber hair towel / turban

## CLOTHING & SWIMWEAR

- ☐ Swimsuits (2-3 recommended)
- ☐ Swim cover-up / sarong
- ☐ Lightweight, long-sleeved UV protection shirt (Rash guard)
- ☐ Lightweight shorts / skirts
- ☐ Breathable t-shirts / tank tops
- ☐ Sundress / casual evening outfit
- ☐ Light sweater / cardigan (Essential everywhere except peak summer South)
- ☐ Lightweight rain jacket / windbreaker (Crucial for North & West)
- ☐ Underwear & socks
- ☐ Pajamas / sleepwear
- ☐ *Optional*: Wetsuit or neoprene top (North & West, or early/late season)

## FOOTWEAR

- ☐ Flip-flops / sandals (Waterproof & sturdy)
- ☐ Water shoes / aqua socks (Essential for pebble beaches - Greece, Croatia, South France)
- ☐ Comfortable walking shoes / sneakers
- ☐ *Optional*: Slides / espadrilles

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## **TOILETRIES & HEALTH**

- ☐ Travel-size shampoo, conditioner, body wash
- ☐ Leave-in conditioner / hair detangler (Salt water!)
- ☐ Moisturizer / after-sun lotion (Aloe vera gel highly recommended)
- ☐ Basic first-aid kit (Plasters, antiseptic, painkillers)
- ☐ Motion sickness pills (if prone, for ferries/boats)
- ☐ Insect repellent (Esp. for Baltic & North Sea coasts evenings)
- ☐ Prescription medications (Copies of scripts)
- ☐ Seasickness bands (if applicable)
- ☐ Hand sanitizer
- ☐ Wet wipes
- ☐ Tissues / toilet paper (Small pack - Eastern & remote beaches)

## **ELECTRONICS & DOCUMENTS**

- ☐ Phone & charger
- ☐ European power adapter (Type C/F common)
- ☐ Power bank
- ☐ E-reader / tablet & charger
- ☐ Camera / GoPro & charger + extra memory cards
- ☐ Waterproof Bluetooth speaker (Check beach rules!)
- ☐ Passport & copies (Digital + physical)
- ☐ Driver's license (IDP if needed)
- ☐ Credit/debit cards & some cash (Euros widely accepted, local currency East)
- ☐ Travel insurance documents
- ☐ European Health Insurance Card (EHIC) or GHIC (UK)
- ☐ Hotel/Airbnb reservations & transport tickets

## **EXTRAS & ENTERTAINMENT**

- ☐ Beach read / book / magazine
- ☐ Travel journal & pen
- ☐ Sunglasses case
- ☐ Beach games (Compact frisbee, paddleball, inflatable ball)
- ☐ Snorkel & mask (If planning - often rentable too)
- ☐ Small travel lock (For lockers in busy resorts)
- ☐ Foldable tote bag (For market trips)
- ☐ Small travel sewing kit
- ☐ Travel clothesline & detergent (Sink washing)
- ☐ Plastic bags (For wet clothes/shoes)

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## REGIONAL EUROPEAN BEACH TIPS

- **Northern Europe (UK, Ireland, Scandinavia, Baltics):**
  - **Must-Pack:** Warmer layers (fleece!), windproof jacket, beanie, wetsuit/thermal swim layer. Waterproof phone case is crucial.
  - **Note:** Water is COLD even in summer. Days can be long (midnight sun North). Pebble/sandy mix is common.
- **Western Europe (France, Netherlands, Belgium, N. Germany):**
  - **Must-Pack:** Windbreaker, layers, tide timetable app (esp. Atlantic France/Netherlands!).
  - **Note:** Strong currents/tides on the Atlantic coast. Busy resorts in summer. Northern coast water can be cool.
- **Southern Europe (Spain, Portugal, Italy, Greece, S. France, Croatia, Cyprus, Malta, Turkey):**
  - **Must-Pack:** HIGH SPF (SPF 50+), extra sun protection (hat, umbrella, rash guard), cover-up for towns/villages near religious sites. Water shoes for rocky/pebble coves.
  - **Note:** Intense sun & heat (especially July/Aug). Crowded beaches. Water warm. Modesty is sometimes appreciated away from the beach.
- **Eastern Europe (Bulgaria, Romania, Poland, Albania, Montenegro, Ukraine coast):**
  - **Must-Pack:** Water shoes (many pebble beaches), more cash (less card acceptance than West), phrasebook/app. Reef-safe sunscreen for Black Sea.
  - **Note:** Often excellent value. Can have less developed infrastructure than West/South. Beautiful, less crowded spots exist. Black Sea water is warm in summer.

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