



ROW OF THREE

FAMILY TRAVEL

TROPICAL BEACH HOLIDAY CHECKLIST

Family Essentials We Never Travel Without

SUN PROTECTION & SKIN

- ☐ Sunscreen
- ☐ SPF lip balm
- ☐ Aloe vera gel
- ☐ Sudocrem

Saltwater rash, sunburn, and scraped knees happen more than you think.

MOSQUITO, JELLYFISH & BITES

- ☐ Tropical-strength mosquito repellent
- ☐ Antihistamines
- ☐ Calamine lotion
- ☐ Hydrocortisone cream
- ☐ Stingos

Sea lice in Fiji taught us this lesson the hard way.

FIRST AID

- ☐ Band-aids
- ☐ Antiseptic wipes
- ☐ Betadine or Savlon
- ☐ Tweezers

Palm tree spikes and barefoot kids made tweezers a permanent packing item.

TRAVEL SICKNESS, DEHYDRATION & STOMACH BUGS

- ☐ Gastrolyte / electrolyte sachets
- ☐ Probiotics
- ☐ Anti-nausea tablets
- ☐ Motion sickness tablets

Boat transfers, long travel days, and tropical heat can affect kids differently.

GENERAL TRAVEL MEDICINE

- ☐ Paracetamol
- ☐ Nurofen
- ☐ Thermometer
- ☐ Eye drops

Singapore water park days made eye drops a permanent packing item.

EXTRAS (YOUR MUST-HAVES)

- ☐ _____
- ☐ _____

Packing for a tropical beach holiday with kids doesn't need to be overwhelming, but having the right essentials can make family travel so much smoother.

HAPPY TRAVELS!