

# What to pack for a day on the beach?



## Sunscreen

**While enjoying the sun, remember to protect your skin from the strong sun rays.**

## Sunglasses

**Protect your eyes from the strong UV sun rays by wearing your favourite polarized sunglasses.**





## Water

**Swimming and enjoying the sun can dehydrate your body.**

**Always remember to pack a few water bottles or other liquids and drink plenty of it to stay hydrated.**

## Umbrella

**Sometimes too much sun can cause sun stroke, dehydration and sunburn so always remember to pack an umbrella for some shade.**



## Sandals

**The beach sand can get extremely hot so it's always good to wear a pair of sandals and it makes it easier to enjoy the walk along the rocks.**



## Goggles & Snorkel set

**Site seeing under water? A snorkel and goggles set will enable you to see the underwater sea life while protecting your eyes at the same time!**



## Camera



**Carry your camera to capture the awesome moments at the beach or else use your cell phone!**

## Cooler Box



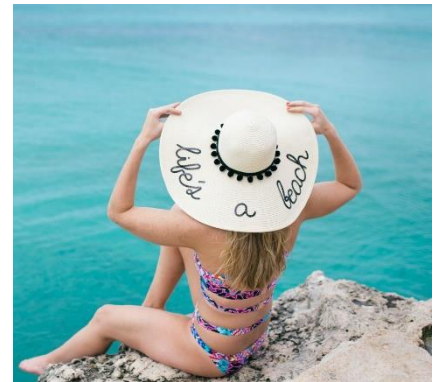
## Beach Towels





## Beach Hat

**Always wear a hat to protect your neck and head from the sun while enjoying the beach.**



## Book

**Enjoy reading? Take a book or magazine with you.**



## Beach chairs



# **Beach Toys**

**In the mood for some fun on the beach?**

**Bring along beach buckets and spades and build a**

**Sand castle, or else bats and a ball or a Frisbee?**



**Remember to keep your valuables out of sight and enjoy the beach!**

