



**ZEKE LIFE**

## Beach Day Checklist

### Must-Haves

*(Bare Minimum)*

- Sunscreen
- Towel - or maybe a larger sheet if you want
- Beach chairs - at least 2 and you can rotate if there's more people
- Sunshirt, hat and sunglasses
- Shoes - flip flops, velcro sandals or water shoes (the sand can be VERY HOT!)
- Cash for food at the snack shop (#simplestsolution)
- Water
- Phone - only for taking pictures. If you can't stay off email or social media, leave it in the car. You're here to RELAX!
- Some type of bag - plastic, backpack, or fancy beach bag to carry and stash things

### Nice-Haves

*(Additional items to bring if you are staying longer)*

- Cooler with ice, your own snacks and beverages
- Umbrella, but if it's windy, leave it in the car. It's not worth the fight!
- A **few** toys for kids - don't overdo it, kids can play with sand, water, rocks, sticks, etc.
- Kindle, book or magazines for adults
- Trash bags - plastic grocery bags work wonders
- Paper towels, wet wipes or napkins

### Good-Haves

*(Only if you're not overwhelmed by the 2 sections above)*

- Notebook + pen for inspirational thoughts that come to you while relaxing
- Music player
- Fly swatter - we have biting flies near us that can be super annoying
- Change of clothes - it depends how far you need to drive home. It's sometimes really great to have fresh, dry undies / clothes on. (But this is also the best part about coming home!)
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**Live like Zeke. You're such a good boy!**

[www.zekelife.com](http://www.zekelife.com)