

What to Bring to Florida for Vacation

A complete Florida vacation packing checklist for beaches, theme parks, and outdoor adventures

Sun Protection

- ☐ Sunscreen SPF 30+ (water-resistant)
- ☐ Lip balm with SPF
- ☐ After-sun lotion or aloe gel
- ☐ Wide-brimmed sun hat
- ☐ UV sunglasses (polarized)
- ☐ UPF sun shirt / rash guard
- ☐ Bug spray / insect repellent

Essential Clothing

- ☐ Moisture-wicking tees & tanks (light colors)
- ☐ Shorts & casual skirts
- ☐ Lightweight dresses (day-to-night)
- ☐ Light sweater or breathable jacket
- ☐ Long pants for evenings/bugs

Swim & Beach Gear

- ☐ Swimsuits (pack 2+)
- ☐ Cover-ups
- ☐ Quick-dry beach towels (microfiber)
- ☐ Beach mat / sand-free blanket
- ☐ Portable beach umbrella
- ☐ Beach tote or backpack
- ☐ Water shoes / beach shoes

Footwear

- ☐ Comfortable walking shoes / sneakers (broken-in)
- ☐ Sandals / flip-flops
- ☐ Nice sandals / evening shoes



Theme Park Essentials

- ☐ Lightweight park bag (backpack/crossbody)
- ☐ Portable phone charger
- ☐ Reusable water bottle or hydration pack
- ☐ Mini fan / misting bottle
- ☐ Rain poncho / light rain jacket
- ☐ Cards/ID • tickets/passes • snacks

Electronics & Waterproofing

- ☐ Waterproof phone case
- ☐ Dry bag / waterproof backpack
- ☐ Camera + extra card/batteries

Health & Safety

- ☐ Travel first-aid kit (bandages, antiseptic, pain relievers)
- ☐ Prescription medications (pack extra)
- ☐ OTC meds (motion sickness, antacids)
- ☐ Allergy medication

Hydration & Snacks

- ☐ Reusable water bottle
- ☐ Hydration pack (long days outdoors)
- ☐ Non-perishable snacks
- ☐ Small cooler (if driving)

Bags & Organization

- ☐ Packing cubes (organize outfits/shoes)
- ☐ Crossbody purse (hands-free)
- ☐ Evening purse

Seasonal Notes

- ☐ Light jacket (Dec-Feb)
- ☐ Long sleeves for no-see-ums
- ☐ Baseball cap / extra sun hat

