



## The Essentials

- $\bigcirc$  Sun hats and suncream
- Baby powder/talc
- $\bigcirc$  Snacks & drinks
- $\bigcirc$  Spare bag for wet items
- $\bigcirc$  Double fitted sheet
- Camping towels
- Beach shoes
- Wipes/wet flannel
- Sand toys
- First aid items
- Change of clothes
- Bag for your rubbish take it home!

## The Extras

- O Pop up tent or shelter
- Parasol
- $\bigcirc$  Pop up paddling pool
- O Wind break
- $\bigcirc$  Sand repelling mats
- O Beach buggy cart



















Please ensure you enjoy days out in a Covid safe way and follow Government guidelines www.mumsguideto.co.uk/romford