

## General Essentials Checklist:

- **Sunscreen**
  - (SPF 30+) **MUST BE REEF SAFE**
  - [Best Reef Safe SunScreen](#)
- **Comfortable shoes**
  - for walking, sports shoes, or water shoes depending on the activity
- **Swimwear**
  - If swimming or snorkeling
- **Waterproof bag**
  - For wet clothes or gear
- **First aid kit**
  - Band-aids, pain relievers, etc.
- **Insect repellent**
- **Hat**
- **Sunglasses**
- **Towel**
- **Snacks**
- **Portable phone charger**
- **Water bottle**

