

THE BEACH BAG CHECKLIST

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Print it. Tape it inside your gear bag. Stop learning these the hard way.

PACK 1 · CLOTHES

- ☐ Two full towels (one to dry, one to stay clean)
- ☐ Dedicated hand towel
- ☐ Extra set of board shorts
- ☐ Heavy plastic bags for soaked gear

PACK 2 · FOOD & HYDRATION

- ☐ Water: double what you think (3 L minimum)
- ☐ Electral / salts
- ☐ Calorie dense granola or protein snacks
- ☐ Fresh fruit and a spoon

PACK 3 · TOILETRIES & SUN

- ☐ High SPF zinc sunscreen, thick cast (reef friendly)
- ☐ Lip balm with SPF
- ☐ Saline eye drops for saltwater burn
- ☐ Wet wipes, nail cutter

PACK 4 · SESSION ENDERS

- ☐ Spare heavy duty leash + extra leash strings
- ☐ Extra fins, fin key, backup fin screws
- ☐ Surf wax and wax comb

PACK 5 · THE HEAVY TOOLS

- ☐ Screwdriver + full Allen key set
- ☐ Heavy duty knife, pliers
- ☐ Duct tape, silver tape, utility rope
- ☐ M-Seal epoxy, solar cure resin, sandpaper
- ☐ Fiberglass and carbon fiber scraps

PACK 6 · ELECTRONICS

- ☐ High capacity power bank + cables
- ☐ Rugged flashlight
- ☐ Waterproof phone pouch
- ☐ Earphones for coordination calls

PACK 7 · THE NOTEBOOK

- ☐ Rugged notebook
- ☐ Permanent pen
- ☐ Trip logs, client actions, raw ideas

THE REAL FIRST AID KIT

Threw the retail kit away. Everything it pretended to do, the bag already does better: duct tape and the knife (Pack 5), saline drops and wipes (Pack 3), clean towel (Pack 1), Electral (Pack 2).