

## Practical 10-item checklist for your daily essentials when leaving your hotel on a sun vacation

### 1. Sunscreen (High SPF, Broad Spectrum)

Non-negotiable. Reapply every 2 hours and after swimming/sweating.

### 2. Sun Hat / Cap

Essential for shielding your face, scalp, and neck from direct sun.

### 3. Sunglasses (UV Protection)

Protects your eyes from harmful UV rays and glare (polarized lenses are great).

### 4. Reusable Water Bottle

Crucial to stay hydrated constantly in the heat. Fill up before leaving.

### 5. Swimwear

You're likely heading to the pool or beach! (Wear it or pack it).

### 6. Cover-up / Lightweight Sarong

For modesty walking to/from the pool/beach, sun protection, or a bit of warmth.

### 7. Room Key Card

Obvious, but easy to forget! Double-check before leaving.

### 8. Cash / Credit Card & ID

For taxis, snacks, drinks, souvenirs, or emergencies. Keep minimal cash handy.

### 9. Phone

For photos, maps, communication, and emergencies. (Optional but recommended: Small waterproof pouch/case).

### 10. Small Power Bank

If you'll be out all day and rely heavily on your phone. Could replace Lip Balm if charging isn't available.