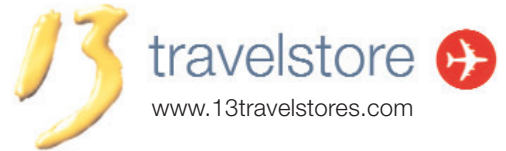


Family Holiday Checklist



For those families who take the kids to the beach for some quiet time of their own. You'd be lucky!! You must be mad!! Have fun and please try to relax and find sometime for yourselves. This checklist is for all the family so remember how much you are going to pack.

- See basic list.
- Sunglasses.
- Sun protection - parasol/P20 (once a day application - perfect for kids).
- Tissues.
- Nappies and associate products (dependant on age).
- Toys.
- Underwear.
- Sun hats.
- Board shorts/cosi's/ bikinis/ swim shorts.
- Clothing.
- Fleeeces for cooler nights.
- Hand sanitiser.
- Toiletries.
- Torch with spare batteries.
- Universal plug adaptor. (Check voltage).
- Permetherin treated Mosquito net. (Dependant on region).
- Insect repellent containing deet, natural alternatives available.
- Sarong/wrap.
- Footwear.
- Contraception.