COAST Pool Day Checklist

☀️ Comfort

Wear

- [ ] Swimsuits
- [ ] Cover-ups
- [ ] Water shoes (young children)
- [ ] Flip-flops (older kids & adults)
- [ ] Hats
- [ ] Sunglasses

Stay Comfortable

- [ ] Pool towels
- [ ] Refillable water bottles
- [ ] Cooler with drinks, lunch & snacks
- [ ] Portable shade (umbrella or canopy)
- [ ] Blanket for relaxing

For Little Swimmers

- [ ] Swim diaper
- [ ] Reusable swim diaper cover
- [ ] Flotation Device

🧺 Organization

- [ ] Pool bag
- [ ] Waterproof bag for wet items
- [ ] Waterproof phone pouch
- [ ] Large zipper pouch for sunscreen & toiletries

🌊 Adventure

- [ ] Goggles
- [ ] Pool toys
- [ ] Dive toys
- [ ] Portable Bluetooth speaker

🩹 Safety

- [ ] Sunscreen
- [ ] First aid kit
- [ ] Antibiotic ointment
- [ ] Bee sting relief
- [ ] Bug spray
- [ ] Hand sanitizer
- [ ] Hair ties
- [ ] Ear plugs (if needed)
- [ ] Daily medications
- [ ] Antihistamine (if appropriate)
- [ ] EpiPen or emergency medication (if prescribed)

🚗 Transit

For the Ride

- [ ] Dry clothes
- [ ] Non-swim diapers
- [ ] Towel or waterproof seat cover for the car
- [ ] Extra water for the drive home

🔑 Don't Forget the Little Things

- [ ] Pool membership card or day pass
- [ ] House keys
- [ ] Wallet
- [ ] Cash if needed for concessions
- [ ] Cell phone
- [ ] Portable charger