



## Beach List

### Things to bring,

1. Sunscreen, (waterproof if you are planning to get wet).
2. Sunshade, an umbrella works great and is optional.
3. Towels.
4. Change of clothes, just in case.
5. Sandals, aka. flipflops.
6. Radio/CD/mp3 player
7. Hat(s)
8. Foldable beach chairs
9. Cooler with plenty of ice or a freezer pack.
10. Water
11. Other beverages (Gatorade, Soda, etc.)
12. Food. Wrapped well to keep the sea gulls away!
13. Horseshoes, paddleball or some other beach game.
14. Surfboards, skim boards, boogie boards, wetsuits.
15. A big duffel bag to put all this stuff into!

### Things NOT to bring,

1. Glass containers. These are banned by city ordinance and are illegal on any city beach. Don't be a glasshole.
2. Alcohol. Alcoholic beverages are regulated and may not be allowed on some beaches/parks.
3. Firearms, drugs, weapons et al.
4. A bad attitude! Lighten up, it's the beach!

Please remember to also bring some sort of bag to place your trash in. It only takes a minute to pick up after yourself, and will leave the beach clean for everyone. With over 3 million visitors a year, our beaches would look like a landfill without your help.

If you visit Solana Beach PLEASE remember that smoking has been outlawed on that city's beaches. You may smoke in the parking lots but you will be ticketed if found smoking on the beach.