

SUMMER ESSENTIALS

THE ULTIMATE GRAB & GO BAG

Being organized makes life so much easier. A summer grab-and-go bag is an easy way to be out the door fast for spontaneous trips to the beach or picnics in the park. It can sit by the door or hang out in your trunk—either way it's pure genius. No more running late to find the elusive bug spray or the flip flops you haven't worn since last summer.



1 Sunscreen & Hat

Sunscreen is the most essential item to pack in your grab-and-go bag. It can be so easy to forget in a disorganized rush out the door, but everyone needs protection from the sun.



2 Bug Spray

You don't want to spoil your summer outing by getting constantly bitten by mosquitoes! Bug spray is always good to have on hand.



3 Deodorant

It's nice to freshen up after a hot day at the beach, park or picnic, especially if you're going somewhere after. Pack a travel-sized version of your favorite deodorant as well.



4 Towels

Towels are the ultimate multitaskers—they provide a way to dry off after a swim, a place to sit while lounging in the sand and a blanket in case it gets chilly.



5 Swimsuit

Packing a swimsuit immediately prepares you for a beach day or pool party. Throw in a plastic bag to store your wet swimsuit after you're done swimming.



6 Reusable Water Bottle

It's so important to stay hydrated on hot summer days. Reusable water bottles allow you to fill up at any water fountain or sink while reducing plastic waste.



7 Snacks

Being active out in the sun always works up an appetite. You can't go wrong having extra snacks on hand. Granola bars or other non-perishable foods are great snacks for summer days.



8 Few Extra Bucks

Pack extra cash for snack purchases or for running into a local shop or grabbing a quick bite in a restaurant.



9 Sunglasses

Keeping a spare set of sunglasses in your grab-and-go bag is a great way to never be without eye protection. It's difficult to relax on the beach while constantly squinting!



10 Hand Sanitizer

Washing away germs before eating or drinking is essential for staying healthy. Hand sanitizer is great for when you don't have access to bathrooms.



11 Sweatshirt

Summer days may be hot, but summer nights can get a little chilly. Be prepared with a cute sweatshirt to throw on when it cools down at night.



12 First Aid Kit

You never know what you will run into at the beach or on a hike. Be prepared with a few bandages, benadryl, nail clippers or whatever fits your needs best.

