Essential Beach Travel Tips

1. Sun Safety is Priority

- **Sunscreen:** Always use a broad-spectrum sunscreen with at least SPF 30. Apply it 20 minutes before going out and reapply every 2 hours, especially after swimming.
- **Hydration:** The sun drains your energy faster than you think. Drink plenty of water to avoid heatstroke.
- **Timing:** Try to avoid direct sun exposure between 12 PM and 3 PM when UV rays are strongest.

2. Water Safety Awareness

- **Rip Currents:** Learn how to spot rip currents. If caught in one, never swim against it. Swim parallel to the shore until you escape the current, then swim back to land.
- **Lifeguards:** Always choose beaches with active lifeguard stations and swim within the designated flags.
- **Jellyfish:** Be aware of local marine life. Carry vinegar in your first-aid kit, as it helps neutralize jellyfish stings.

3. Packing Smart

- **Dry Bags:** Invest in a waterproof dry bag to protect your phone, wallet, and camera from sand and water.
- **Microfiber Towels:** These dry quickly and don't trap sand like regular cotton towels.
- **Footwear:** Wear water shoes if you are visiting beaches with coral reefs or rocky shores to protect your feet from cuts.

4. Eco-Friendly Traveling

- **Reef-Safe Sunscreen:** Standard sunscreens contain oxybenzone which kills coral reefs. Buy "Reef-Safe" mineral sunscreen.
- **Leave No Trace:** Take all your trash with you. Plastic pollution is a major threat to marine life.
- **Respect Wildlife:** Do not touch turtles, starfish, or coral. Observe them from a distance.

5. Photography Tips

- **Golden Hour:** The best photos are taken during the "Golden Hour" — one hour after sunrise and one hour before sunset.
- **Horizon Line:** Keep the horizon straight in your photos for a professional look.
- **Protection:** Saltwater ruins electronics. Wipe your camera gear with a fresh damp cloth after the beach trip.