



A Healthier Beach Bag

Things to Pack

- Sunscreen
- Lip balm (with SPF)
- Water
- Aloe vera
- Insect repellent
- Disposable wipes
- Beach umbrella
- Safety/flotation devices
- Cooler/insulated bag
- Sunglasses and hat
- A good book
- Healthy snacks
- Baby powder

**HAWAII
PACIFIC
HEALTH**

KAPI'OLANI
PALI MOMI
STRAUB
WILCOX

CREATING A HEALTHIER HAWAII