

Beach Holidays for Fun in the Sun



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Everyone loves beach holidays! The little ones can dig in the sand and splash in the lapping waves. The older ones can swim, get a tan, or just relax. The inquisitive types can explore for sea life, tide pools, and drift wood. The warm breezes and natural beauty are invigorating and restorative. Any trip, however, can cause discomfort if you do not plan well. Here are things you can do to make your beach holidays easier, safer, and more meaningful.

In many parts of the world, people head for their beach holidays in the family car. When planning a trip, it's always a good idea to give the car a good cleaning out first. This will give you more room for your luggage. Stock your glovebox, too, with a few first aid and comfort items, such as sunblock, acetaminophen for headaches, a roll of antacids, a few cough drops, and a few bandaids. Don't forget a couple of scrunchies or pony-tailers for long hair. Get the tires checked and replace any that are likely to go flat. Get an oil change if it's getting close. Road trips are not much fun when they include breakdowns. And whatever you do, make sure you have a map and a place to keep it handy.

Travelling with kids is always a challenge. They may be particularly excited and impatient when they know they are going on beach holidays. Make sure they have cool water bottles and healthy snacks to munch. Try a simple car game to make the time pass. Many kids like looking for letters of the alphabet on signs. If several people get involved it can be quite fun.

With beach holidays particularly, there is always a need to provide for skin safety. Be particularly careful about being in the sun for long stretches of time between 10:00 a.m. and 4:00 p.m. Use a sunblock with a high SPF rating and replace it after getting wet or drying off with your towel. The towel you choose can make a difference too. Thick towels get heavy and tend to trap a lot of sand. You may find

you like thin towels at the beach. Wear sunglasses to protect your eyes and some sort of foot protection to keep your feet from being burned on the hot sand.

With a little preparation your beach holidays can be enjoyable and problem-free. When you arrive home you will be relaxed, refreshed, and ready for work. Take a minute to unpack and get your laundry going. It won't be long until the kids will be shouting, "When can we go on beach holidays again?"

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