

Beach Holiday India Packing List

What to pack for a beach holiday in India — strong sun, high humidity, and the swimwear etiquette that differs from beach to beach.

WHY BEACH HOLIDAY PACKING IS DIFFERENT

India's beach destinations range from resort-style stretches where Western swimwear is standard to quieter coastal towns where modesty norms still apply outside resort grounds. Humidity stays high year-round in most coastal areas, so fabric choice matters as much as sun protection. The mix of beach time, nearby temples or markets, and warm, sticky evenings means packing needs to flex between swimwear and modest cover-ups within the same day.

CLOTHING

- Swimwear suited to your specific beach — resort beaches are generally relaxed, but cover up when leaving resort grounds
- Lightweight cover-up or sarong for walking between the beach and town
- Breathable cotton or linen clothing for humid evenings
- A modest outfit for any temple or market visits nearby
- Light long-sleeve layer for sun protection during the hottest midday hours
- One smart-casual outfit for beachside dinners

FOOTWEAR & ACCESSORIES

- Flip-flops or sandals for sand and wet paths
- Closed shoes only if your trip includes any inland sightseeing
- Wide-brim hat for sun protection
- UV-protection sunglasses
- Beach bag that can handle sand and occasional water

HEALTH, DOCUMENTS & TECH

- Reef-safe sunscreen SPF 50+, reapplied often in humidity
- After-sun lotion or aloe vera gel
- Insect repellent for evenings near water
- Waterproof phone pouch for beach days
- Hand sanitizer and wet wipes
- Portable charger and a universal plug adapter (India: Type C/D/M)
- Small cash reserve (₹) — beach shacks and local stalls are often cash-preferred

