

Free Pool Day Checklist for Busy Moms

Mom Essentials

- ☐ Extra-large waterproof tote bag
- ☐ Sunglasses
- ☐ Hat or sun visor
- ☐ Sunscreen (lotion + stick)
- ☐ Lip balm with SPF
- ☐ Refillable insulated water bottle
- ☐ Snacks or packed lunch
- ☐ Waterproof phone pouch
- ☐ Poolside chair
- ☐ Waterproof Bluetooth speaker
- ☐ Book or magazine
- ☐ Extra clothes

Kid Essentials

- ☐ Swimwear
- ☐ Towels (quick-dry recommended)
- ☐ Swim diapers (if needed)
- ☐ Water shoes
- ☐ Goggles
- ☐ Floaties/life vests
- ☐ Pool toys
- ☐ Mesh toy bag
- ☐ Hats/sunglasses
- ☐ Insulated water bottles
- ☐ Change of clothes
- ☐ Wet bag for dirty/wet clothes

Extras

- ☐ Cooler bag with ice packs

- ☐ First-aid basics (band-aids, wipes)
- ☐ Trash bags (for wet stuff or cleanup)
- ☐ Hand sanitizer
- ☐ Blanket or mat for seating
- ☐ Dry-erase marker (if checklist is laminated)