



SUMMER SURVIVAL GUIDE

Sand, Sun & Sanity (just kidding—you won't have any)

Ah, summer. That magical time when the flies outnumber people, sunscreen becomes your perfume, and your toddler insists on eating sand because "it's crunchy." We at Travelling Australia with Kids and our members would know this all too well.

Here's how to survive an Australian summer adventure with your kids — and still love them by sunset.

FLIES

They don't care about your personal space, sanity or your soul.

Invest in a fly net, or embrace the madness and accept that you'll swallow at least one before lunch.

Try some fly repellents. There is a great Australian brand called Good Riddance.

They also hate the smell of crushed cloves. If not, it's bonus protein for everyone for the day, so no harm done.

SAND

You will bring it home in your car, bed, fridge, and possibly your underwear. I always feel like it's in my ears and eyelashes for days.

Accept it. The best defence is a brush at the car door and a little electric blower when you get back to camp. We have a water tap at the back of our car for those messy sandy feet and the boogie boards.

SUNSCREEN & SUNBURN

Apply sunscreen like your life depends on it—because it does.





Then reapply every 12 minutes because the kids will immediately roll in the sand and wipe it off.

Some great swimming sun hats are available too, if the toddlers will keep them on. Remember to wear long sleeves if you or your children are fair-skinned. Maybe a fishing shirt while playing in the sand.

We still enjoy seeing our kids in different coloured zinc noses, like back in our days.

For sunburn, aloe vera and regret are your only friends.

SALT WATER RASH (A.K.A. THE THIGH INFERNO)

That delightful sting between your legs is nature's way of saying, "Should've packed the zinc."

Baby powder before you hit the beach can help.

Walking like a cowboy afterwards is unavoidable, as is the kids' whinging the whole way back to the car.

SETTING UP TIMES

If you think you'll "just pop down to the beach for an hour," double it. Actually, triple it. Especially in those busy spots where a car park is hard to find.

Between sunscreen battles, shade tents,

forgotten hats, and a toddler needing the toilet, setup takes approximately one eternity.

BEACH HAIR

Forget it. Whether you start the day with a braid, bun, or blowout, you'll end up looking like a seagull with a caffeine addiction.

Salt spray is free, though—embrace the "feral mermaid" look.

TODDLER POOL TARPS

No beach day is complete without the DIY tarp pool.

Dig a hole, line it, fill it with buckets of seawater, and voilà—your toddler's private resort.

This can be a great way to relax a little with the smaller children nice and safe under your feet; you might even be able to enjoy a cheeky beverage in the sun.

SNACKS AND REFRESHMENTS

These are a must after all that swimming. Watch for those pesky birds; they always like to steal our chips. Or that lovely wind that makes you run down the beach trying to stomp on it to stop it from blowing down the beach into the abyss.

HOT TIP FOR SURVIVING IT ALL

Pack your EcoFlow power station!

Use it to charge your fan, fridge, blender, phone, or even the kids' iPad when they've had enough "nature."

With Travelling Australia with Kids' exclusive EcoFlow discount code, you can power your entire day out at the beach—minus the tantrums (no promises).



YES OR NO: SUMMER SANITY QUIZ



1. Have you reapplied sunscreen 14 times only to still look like a lobster by 3pm?
2. Have you spent half your beach day chasing your hat down the sand like it's a runaway tumbleweed?
3. Has your toddler screamed "I NEED TO POO!" the moment you've sat down in your camp chair?
4. Have you eaten a sandwich that tasted suspiciously like sunscreen and sand?
5. Have you tried to rinse a child off with a half-empty water bottle while they scream, "It's too cold!"?
6. Have you confidently dug a tarp pool for your toddler only for them to prefer someone else's bucket?
7. Have you declared, "We're only staying an hour," and found yourself still packing up at sunset?
8. Have you waddled back to the car thanks to salt water rash in places best left unmentioned?
9. Have you given up on your hair entirely and just called it "beachy texture"?
10. Have you ever pretended to be "checking the tide" just to get a five-minute break from parenting?



RESULTS

0–2 YES answers:

You're either new here or you own a beachfront mansion with staff. Enjoy your calm, mythical existence.

3–6 YES answers:

You're a regular beach battler. You've accepted sand as a food group and your car as a mobile beach bag. Respect.

7–10 YES answers:

You're a sunburt, sand-encrusted legend. You don't just survive Aussie summer—you thrive in it (barely).

POWER TIP

Bring your EcoFlow and use the Travelling Australia with Kids discount code to keep the fridge cold, fans running, and devices charged.

Because if you can't beat the heat—you might as well power through it.

Visit travellingaustraliawithkids.com for your exclusive discount and more family travel hacks!