

Portugal in summer is a fantastic family destination, but traveling with children requires extra planning. This packing list ensures you have everything for a stress-free, fun-filled trip while exploring Lisbon's streets, splashing on Algarve beaches, or enjoying Porto's riverside charm.

Clothing - Adults

- 5-7 x Lightweight tops
- 2-3 x Casual dresses
- 1-2 x Lightweight pants or linen trousers - For when you are travelling to Porto and the north, and cooler evenings or dressier occasions
- 2 x Shorts
- 2 x Sets of swimwear - For beach days and poolside lounging
- 1 x Light cardigan or shawl – For when you are travelling to Porto and the north, cooler evenings or air-conditioned spaces
- 1 x Lightweight jacket or denim shirt)– Useful for cooler nights in the north (e.g., Porto)
- 2 x pairs of comfortable walking shoes – Sandals with good support and sneakers
- 1 x pair of flip-flops – For beaches and pool areas
- 1 x Hat
- 1 x pair of sunglasses
- Pyjamas & underwear (enough for your trip)

Clothing - Kids

- 5-7 x Lightweight tops & t-shirts (per child)
- 4-5 x pairs shorts & comfy pants
- 2-3 x summer dresses/rompers
- 2 x sets of swimsuits and/or rash guards (per child)
- 1-2 x Light jacket/jumper – For cooler evenings, especially in Porto
- 2 x pairs of comfortable sandals and sneakers
- 1 x pair of flip-flops or water shoes – For beach and pool days
- 1 x sun hat
- Pyjamas & underwear (enough for your trip)
- 1 x Lightweight rain jacket - just in case, especially if you are travelling to the north

Hot tip: You can find laundromats all around the country, so it is easy to wash your clothes

Essentials - Baby & Toddler

- Diapers & wipes - just enough to cover you for the flight and the first day or two
- Diaper cream & disposable/travel changing pad
- Baby carrier or lightweight stroller

- High SPF children's sunscreen
- Favorite small toys & comfort items - for the long-haul travel and comfort
- Travel-friendly games & coloring books
- Kid-friendly audiobooks or music
- Sippy cups/bottles & favorite snacks - for the long-haul travel
- Stroller fan (if travelling with a stroller)

Essentials - Adults

- High SPF sunscreen
- Toothbrush & Toothpaste
- Wet wipes
- Hand sanitizer
- Travel-size bottles of shampoo, conditioner and body wash
- Tissues
- Refillable water bottle

Travel & Safety Gear

- Child ID tags/wristbands - with contact info in case of separation
- Childproofing essentials - outlet covers, corner guards, if staying in a rental
- Car seat - We highly recommend renting locally to ensure the car seat is compliant with local regulations

Beach & Outdoor Gear

- High-SPF sunscreen – The sun is strong!
- Beach bag or tote – For carrying towels, books, and snacks
- Waterproof phone case or dry bag – For boat trips or beach days
- Wetsuit - some find the water too cold

To travel light, you can also rent these items:

- Beach toys & inflatables (compact options are best)
- Sun tent - a must-have on Portuguese beaches
- Beach towels
- Cooler bag or box – For snacks and drinks
- Snorkel gear – If you plan to explore coastal waters

Electronics & Extras

- Phone with offline maps (Google Maps or Waze)

- Power bank and cables - as you are likely to be out and about all day long
- Universal adapter (Portugal uses Type F plugs)
- Earplugs - Helpful for flights or noisy accommodations
- Portable fan
- Blackout curtains for accommodation with no blackout option

Travel Essentials

- Passport & travel documents (visa if required, travel insurance)
- Money & cards (EUR cash + no-foreign-fee credit card)
- Daypack or crossbody bag – For daily essentials (pickpocket-proof recommended)
- Basic first-aid kit (band-aids, pain relievers, motion sickness pills)