

Ultimate Bali Beach Guide Checklist by [Vacation Savant](#)

1. Top Beaches to Explore

- **Seminyak Beach:** Bustling hub with beach bars, surf schools, and sunset parties
- **Balian Beach:** Black sands, surf breaks, and bohemian cafes
- **Padang Galak Beach (Sanur):** Quiet black-sand spot with local food stalls
- **Nyanyi Beach:** Surf-friendly waves and striking sunset views
- **Purnama Beach:** Free access, temple-style umbrellas, and calm waters
- **Bias Lintang Beach (Karangasem):** Secluded black sand and clear waters for swimming

Read - [25 Best Beaches in Bali](#)

2. Enhanced Safety Tips

- **Transport:** Use Grab/Gojek for rideshares and avoid unlicensed taxis.
- **Valuables:** Store passports in hotel safes and carry photocopies.
- **Health:** Apply DEET-based mosquito repellent to prevent dengue.
- **Night Safety:** Avoid isolated areas after dark and stay in well-lit zones.
- **Moped Rules:** Always wear a helmet; police enforce strict penalties.

3. Secret Snacks & Street Food

- **Babi Guling:** Suckling pig with crispy skin and aromatic spices.
- **Sambal Matah:** Raw chili salsa with shallots and lemongrass.
- **Soto Bakso:** Meatball soup with rice noodles and fried shallots.
- **Ayam Pelalah:** Shredded turmeric-marinated chicken.

- **Nasi Campur Bali:** Mixed rice with veggies, meat, and sambal.

4. Travel Essentials Upgraded

- **First Aid Kit:** Include anti-diarrheal tablets, rehydration salts, and malaria prophylaxis.
- **Tech Gear:** Waterproof phone case and portable charger for beach days.
- **Eco-Friendly Items:** Reusable water bottle and tote bag to reduce plastic waste.

5. Health Precautions

- **Vaccinations:** Ensure hepatitis A, typhoid, and tetanus are up-to-date.
- **Sun Protection:** Reef-safe sunscreen (SPF 50+) and UV-protective clothing.
- **Water Safety:** Avoid tap water; use bottled or filtered water for brushing teeth.

6. Local Etiquette Deep Dive

- **Greetings:** Use “Om Swastiastu” and avoid physical contact with heads.
- **Temple Visits:** Borrow provided sarongs, and never step on offerings (canang).
- **Behavior:** Stay quiet during ceremonies and ask permission before photographing locals.
- **Environmental Care:** Participate in beach clean-ups if possible.