

FAMILY VACATION PLANNER

FRIPP ISLAND

salty breeze
FRIPP

2026

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A background image showing ocean waves breaking on a sandy beach at sunset. The water is a mix of blue and green, with white foam from the waves. The sky is a warm orange and yellow, reflecting on the water's surface. The overall mood is serene and coastal.

TABLE OF CONTENTS

01 IS FRIPP RIGHT FOR US?

02 3-NIGHT ITINERARY

03 6-NIGHT ITINERARY

04 WHAT TO PACK FOR A FRIPP TRIP

05 FRIPP BASICS

**06 EASY FAMILY MEALS / DINING
IDEAS**

07 RAINY-DAY IDEAS

08 BEFORE YOU LEAVE

IS FRIPP RIGHT FOR US?

IS FRIPP RIGHT FOR YOUR FAMILY?

FRIPP ISN'T THE RIGHT BEACH TRIP FOR EVERYONE —AND THAT IS PART OF WHAT MAKES IT SO SPECIAL.

THINK OF FRIPP LESS AS A BUSY BEACH TOWN AND MORE AS A PRIVATE ISLAND NEIGHBORHOOD BUILT AROUND THE OUTDOORS. DAYS TEND TO REVOLVE AROUND BEACH MORNINGS, POOL AFTERNOONS, GOLF-CART RIDES, WILDLIFE SPOTTING, NATURE ACTIVITIES, GOLF, WATERSPORTS AND EASY DINNERS TOGETHER.

FRIPP OFFERS 3.5 MILES OF BEACH, FAMILY POOLS, ISLAND DINING, TWO GOLF COURSES, NATURE AND RECREATION PROGRAMS, AND OPPORTUNITIES FOR KAYAKING, PADDLEBOARDING, FISHING AND BOATING. MANY RESORT AMENITIES REQUIRE GUEST CARDS.



IS FRIPP RIGHT FOR US?

FRIPP IS PROBABLY RIGHT FOR YOUR FAMILY IF...

- ❑ YOU WOULD CHOOSE AN UNCROWDED BEACH OVER A BUSY BOARDWALK.
- ❑ YOUR IDEAL VACATION HAS ONE OR TWO PLANS EACH DAY—NOT A PACKED ITINERARY.
- ❑ YOU LIKE THE IDEA OF TRAVELING AROUND BY GOLF CART.
- ❑ YOU WANT THE BEACH HOUSE ITSELF TO BE PART OF THE VACATION: BREAKFAST IN PAJAMAS, SNACKS IN THE FRIDGE, PORCH TIME AND FAMILY DINNERS.
- ❑ YOUR CHILDREN OR GRANDCHILDREN GET EXCITED ABOUT DEER, DOLPHINS, SEA TURTLES, BIRDS AND OTHER WILDLIFE.
- ❑ YOU ARE TRAVELING WITH SEVERAL GENERATIONS AND NEED A DESTINATION WHERE EVERYONE CAN ENJOY THE DAY AT THEIR OWN PACE.
- ❑ YOU WANT ACTIVITIES AVAILABLE, BUT YOU DO NOT NEED TO BE ENTERTAINED EVERY MINUTE.
- ❑ YOU ARE HAPPY TO PLAN GROCERIES AND A FEW MEALS AHEAD RATHER THAN EATING EVERY MEAL OUT.
- ❑ YOU ARE LOOKING FOR TIME TOGETHER MORE THAN A LONG LIST OF ATTRACTIONS TO COMPLETE.

FRIPP'S NATURE CENTER, RECREATION PROGRAMS, FAMILY ACTIVITIES, POOLS AND OUTDOOR EXPERIENCES MAKE IT ESPECIALLY WELL SUITED TO FAMILIES WITH DIFFERENT AGES AND INTERESTS.



IS FRIPP RIGHT FOR US?

FFRIPP MAY NOT BE THE BEST FIT IF...

- ❑ YOU WANT A WALKABLE DOWNTOWN FILLED WITH SHOPS, RESTAURANTS AND NIGHTLIFE.
 - ❑ YOU ARE LOOKING FOR AN ALL-INCLUSIVE RESORT OR TRADITIONAL HOTEL EXPERIENCE WITH DAILY HOUSEKEEPING AND ROOM SERVICE.
 - ❑ YOUR FAMILY PREFERS A HIGHLY SCHEDULED, ATTRACTION-FILLED VACATION.
 - ❑ YOU WANT DOZENS OF OFF-ISLAND ACTIVITIES WITHIN A FEW MINUTES OF YOUR RENTAL.
 - ❑ YOU WOULD RATHER NOT PLAN GROCERIES, DINING RESERVATIONS OR ACTIVITIES BEFORE YOUR TRIP.
 - ❑ YOU DO NOT WANT TO THINK ABOUT GUEST-CARD ACCESS OR SEASONAL OPERATING HOURS.
- FRIPP HAS ISLAND DINING AND RESORT ACTIVITIES, BUT IT HAS A QUIETER, MORE SELF-CONTAINED FEEL THAN A TRADITIONAL BEACH TOWN. DINING, RECREATION AND FACILITY HOURS CAN ALSO CHANGE SEASONALLY, SO CHECKING THE CURRENT SCHEDULE BEFORE ARRIVING IS WORTHWHILE.



IS FRIPP RIGHT FOR US?

THE 60-SECOND FRIPP FIT TEST

SIX OR MORE CHECKS IN THE FIRST LIST:

FRIPP SOUNDS LIKE A WONDERFUL MATCH FOR YOUR FAMILY.

FOUR OR FIVE CHECKS:

FRIPP COULD STILL BE A GREAT FIT—PARTICULARLY IF YOUR PRIORITIES ARE THE BEACH, NATURE AND TIME TOGETHER.

MORE CHECKS IN THE SECOND LIST:

YOUR FAMILY MAY BE HAPPIER IN A BUSIER BEACH TOWN WITH MORE SHOPPING, DINING AND ORGANIZED ENTERTAINMENT.

ONE IMPORTANT QUESTION BEFORE YOU BOOK DOES YOUR RENTAL INCLUDE RESORT GUEST CARDS AND A GOLF CART?

GUEST CARDS ARE REQUIRED FOR ACCESS TO MANY RESORT AMENITIES, INCLUDING POOLS, RESTAURANTS AND BARS, GOLF, TENNIS, PICKLEBALL, THE FITNESS CENTER AND CERTAIN FAMILY PROGRAMS. GOLF CARTS ARE ONE OF THE MAIN WAYS FAMILIES EXPLORE THE ISLAND AND TRAVEL BETWEEN THEIR RENTAL, THE BEACH, POOLS, RESTAURANTS AND ACTIVITIES.

AT SALTY BREEZE, YOUR STAY INCLUDES BOTH RESORT AMENITY CARDS AND GOLF CARTS, SO YOUR FAMILY CAN ENJOY THE FULL FRIPP EXPERIENCE WITHOUT ARRANGING THEM SEPARATELY.



A RELAXED THREE-NIGHT FRIPP ITINERARY

Three nights may not feel like a long vacation, but it is enough time to settle into island life, enjoy the beach and make some wonderful family memories.

The secret is not trying to do everything. For a short Fripp trip, we recommend staying mostly on the island, choosing one main activity each day and leaving plenty of room for spontaneous golf-cart rides, wildlife sightings and “just one more hour” at the beach.

Before You Arrive

A little planning will make your first evening much easier.

- Buy your main groceries before driving onto Fripp.
- Pack a simple first-night dinner or plan an easy takeout meal.
- Check the current Fripp activity and dining schedules.
- Reserve any nature programs, golf, watersports or special activities your family does not want to miss.
- Ask every family member to choose one thing they most hope to do.

Fripp offers seasonal nature programs, recreation activities, pools, dining and family entertainment, but availability and operating hours can change throughout the year. Check the current resort schedule shortly before your visit.

Arrival Day: Settle In and Explore

Afternoon

Arrive, unpack the essentials and resist the urge to organize every suitcase immediately.

Once everyone is ready, take your first family golf-cart ride around the island. Find your nearest beach access and locate the places you may want to visit during your stay, such as:

- The Beach Club area
- The Marina
- The Nature and Activity Center
- Your preferred pool
- A favorite sunset-watching spot

Golf carts are a central part of getting around Fripp and turn even an ordinary trip across the island into part of the vacation.

Evening

Head to the beach for your first walk, even if it is only for 20 minutes. Let the children put their feet in the water, look for shells and watch for dolphins or shorebirds.

Keep dinner extremely easy:

- Rotisserie chicken, salad and bread
- Pizza and cut fruit
- Sandwiches and chips
- A prepared casserole brought from home
- Takeout from an island restaurant

Finish the evening with a slow golf-cart ride, a family card game or drinks on the porch.

Tonight's goal: Do less than you think you should.

A RELAXED THREE-NIGHT FRIPP ITINERARY

Full Day One: The Classic Fripp Day

Morning: Beach First

Enjoy an easy breakfast at the house and head to the beach before everyone gets too hot or hungry.

Pack:

- Beach towels
- Water
- Sunscreen
- Sand toys
- A small cooler
- One or two snacks

Give yourselves a generous beach morning without setting a strict departure time. Build sandcastles, walk the shoreline, play in the waves or simply sit together.

Lunchtime

Return to the house for a simple lunch and a little downtime.

Good vacation lunches include:

- Sandwiches or wraps
- Leftover pizza
- Fruit, cheese and crackers
- Hot dogs
- Make-your-own snack plates

Young children may need naps. Older children and adults may appreciate some quiet time, reading or a break from the sun.

Afternoon: Pool or Nature Center

Choose one afternoon activity.

Option One: Pool afternoon

Fripp has several family-friendly pools, making this an easy choice for a mixed-age group.

Option Two: Nature Center visit

Stop by the Nature and Activity Center to meet some of Fripp's ambassador animals and learn about the wildlife found around the island. Scheduled programs may include wildlife encounters, eco-walks and other hands-on activities. Some programs require advance registration and guest cards.

Evening: Dinner and Sunset

Choose between an island dinner and an easy meal at the beach house.

After dinner, take the golf cart out for a sunset ride. Bring ice cream for the children—or everyone—and see how many deer you can spot along the way.

Today's goal: Beach, one activity and nowhere you have to hurry.

A RELAXED THREE-NIGHT FRIPP ITINERARY

Full Day Two: Choose Your Family's Adventure

This is your day to plan one memorable Fripp experience.

Morning: Pick One Main Activity

Your family might choose:

- Another long beach morning
- A scheduled nature program
- Kayaking or paddleboarding
- A family bike or golf-cart exploration
- Golf or tennis
- Fishing
- A marina excursion
- Pool time
- A family scavenger hunt around the island

Frapp offers recreation and nature programming for different ages and interests, but outdoor programs are weather dependent and can fill during busy weeks.

Do not try to combine three major activities. Choose the experience your family will enjoy most and give it plenty of time.

Afternoon: Follow the Family's Mood

After lunch, decide what everyone genuinely wants to do.

That might mean:

- Going back to the beach
- Visiting a different pool
- Resting at the house
- Playing at the arcade
- Shopping for a small Frapp souvenir
- Taking a long golf-cart ride
- Letting the children play while the adults enjoy the porch

The island arcade and Nature Center shop can be useful alternatives when the family needs a break from the beach or weather changes your plans.

Evening: Your Last Full Night

Make tonight feel special without making it complicated.

You could:

- Dress up slightly and eat dinner out
- Cook a family favorite together
- Order a family take-home meal when available
- Have a Lowcountry-style dinner with shrimp, corn and sausage
- Take dinner to the porch
- Let the children choose a vacation dessert

Frapp has a mixture of sit-down, poolside, marina and quick-service dining, although locations and hours vary seasonally.

End the evening with a family beach walk or sunset photograph.

Ask everyone:

What was your favorite part of the trip so far?

Write down the answers. They may surprise you.

A RELAXED THREE-NIGHT FRIPP ITINERARY

Departure Morning: One Last Look

Keep your final morning simple.

Wake up early enough for one last beach walk or golf-cart ride. Take a family photograph, collect any forgotten beach toys and enjoy breakfast at the house.

Easy departure-morning breakfasts include:

- Muffins and fruit
- Bagels
- Yogurt and granola
- Cereal
- Breakfast sandwiches prepared the night before

Before leaving, ask each person what they would like to do the next time they visit Fripp.

There will always be something you did not manage to fit in—and that is exactly how a good vacation should end.

Your Three-Night Fripp Formula

Arrival day: Explore, unpack and watch the sunset.

First full day: Beach morning, pool or Nature Center afternoon.

Second full day: One family adventure, followed by a relaxed final evening.

Departure day: Breakfast, one last island ride and a reason to return.

You do not need to see all of Fripp in three nights. You only need enough time to begin feeling like you belong here.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Six nights gives your family time to experience the best of Fripp—and still leave room for slow mornings, repeat visits to a favorite beach and afternoons when nobody wants to do anything at all.

Use this itinerary as a starting point, not a strict schedule. Check current activity times, restaurant hours and reservation requirements shortly before your trip.

Arrival Day: Settle Into Island Time

Afternoon

After checking in, unpack only what you need and take your first golf-cart ride around the island.

Use this first ride to find:

- Your closest beach access
- The pools your family may want to visit
- The Beach Club area
- The Marina
- The Nature Center
- A good place to watch the sunset

Stop at the beach for a short walk, even if everyone is still wearing their travel clothes.

Evening

Keep dinner easy. This is a good night for pizza, sandwiches, a prepared meal from home or simple takeout.

After dinner, take another golf-cart ride and see how many deer you can spot.

Today's goal: Arrive, exhale and let everyone feel that the vacation has begun.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Day One: The Classic Fripp Beach Day

Morning

Start with breakfast at the house, then head to the beach before the day gets too hot. Bring water, sunscreen, towels, snacks and a small collection of beach toys. Avoid packing so much that getting onto the beach becomes a major family production.

Spend the morning swimming, walking, building sandcastles or simply sitting together.

Afternoon

Return to the house for lunch and a break from the sun.

After some downtime, choose between:

- A family pool
- Another visit to the beach
- A relaxed golf-cart ride
- Porch time at the house

Evening

Enjoy dinner at home or try one of Fripp's dining options.

End the night with sunset, ice cream or a family card game.

Today's goal: Do the version of a beach day your family actually enjoys.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Day Two: Wildlife and Island Exploration

Morning

Visit the Nature Center or join a scheduled nature program, depending on your children's ages and what is available during your stay.

Fripp's wildlife is part of the island experience. Families may see deer, dolphins, shorebirds, alligators and, during nesting season, signs of sea turtle activity.

Always observe wildlife from a respectful distance and never feed the animals.

Afternoon

Have lunch at the house, then take a family golf-cart exploration ride.

Create your own island scavenger hunt. Look for:

- A deer
- A dolphin
- A painted golf cart
- A great blue heron
- A favorite beach access
- A family of turtles
- The perfect porch
- The prettiest marsh view

Let each child take a photograph of their favorite discovery.

Evening

Prepare a casual dinner and eat outside or on the porch.

Before bed, ask everyone to share the most interesting thing they saw that day.

Today's goal: Notice the parts of Fripp you might miss when you are rushing.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Day Three: Choose Your Family Adventure

Choose one main experience for today. Options may include:

- Kayaking
- Paddleboarding
- Fishing
- Golf
- Tennis or pickleball
- A boat excursion
- A recreation program
- A long beach morning
- A pool day

Some activities are seasonal, weather dependent or require advance reservations, so check availability before your trip.

Afternoon

Leave the second half of the day flexible.

Your family may want to return to the beach, rest at the house or spend the afternoon at the pool. Avoid adding another major activity simply because there is room on the schedule.

Evening

Make tonight your special family dinner.

Choose a restaurant, cook a favorite meal together or prepare a simple Lowcountry-inspired dinner at the house.

Take a family photograph before everyone changes back into swimsuits and pajamas.

Today's goal: Create one standout memory without overfilling the day.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Day Four: Explore Beyond Fripp—or Stay Put

By the fourth full day, some families are ready for a change of scenery. Others have no interest in leaving the island. Both are perfectly good choices.

Option One: Visit Beaufort

Spend part of the day exploring historic Beaufort.

Your family might enjoy:

- Walking along the waterfront
- Exploring the historic district
- Shopping in local stores
- Having lunch in town
- Taking a carriage, walking or boat tour
- Stopping for ice cream before returning to Fripp

Plan ahead if your group wants a particular restaurant or tour.

Option Two: Stay on Fripp

Declare this your completely unplanned island day.

Sleep late, return to your favorite beach, spend extra time at the pool or stay at the house and enjoy the space you came to vacation in.

Children often appreciate a day when they are not being asked to get dressed and leave at a particular time.

Evening

Return to the island—or emerge from your gloriously lazy day—for a sunset golf-cart ride.

Today's goal: Choose what your family needs, not what you think a vacation itinerary should include.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Day Five: The Family Favorites Day

For your final full day, let everyone choose something they would like to repeat.

One person may want another beach morning. Someone else may want the pool, Nature Center, golf or one final ride to the Marina.

You do not have to choose only one favorite. Divide the day into two relaxed parts.

Morning

Return to the family's favorite activity from the week.

Afternoon

Give everyone time at the house to rest, pack a few nonessential items and enjoy the beach house.

Then head out for one last swim, walk or golf-cart ride.

Evening

Make the final night feel special but easy.

Ideas include:

- Dinner out
- A family cookout
- A porch picnic
- A sunset beach walk
- Ice cream in pajamas
- A family awards ceremony

Create lighthearted awards such as:

- Best Wildlife Spotter
- Fastest Golf-Cart Passenger
- Most Dedicated Shell Collector
- Best Vacation Napper
- Most Likely to Move to Fripp

Ask everyone to name their favorite memory from the week.

Today's goal: Repeat what you loved instead of squeezing in what you missed.



A RELAXED SIX-NIGHT FRIPP ITINERARY

Departure Morning: One Last Island Moment

Before leaving, take one final walk, beach visit or golf-cart ride.

Keep breakfast simple and use up what remains in the refrigerator.

Before everyone gets into the car, take a family photograph outside the beach house. It may not be perfectly posed—and those often become the photographs families love most.

Ask each person:

What should we do first the next time we come to Fripp?

Your Six-Night Fripp Formula

Arrival day: Unpack, explore and watch the sunset.

Day one: A classic beach day.

Day two: Wildlife and island discovery.

Day three: One memorable family adventure.

Day four: Explore Beaufort or enjoy an unplanned island day.

Day five: Repeat the family's favorite experiences.

Departure day: One last look and a reason to return.

A good Fripp week is not measured by how much you fit in. It is measured by how quickly everyone stops asking what time it is.



WHAT TO PACK

The best Fripp vacations are casual, comfortable and spent mostly outdoors. You will probably need fewer “nice outfits” than you think—and more swimsuits, sunscreen and easy layers. Use this list as a starting point, then adjust it for the season, your planned activities and the ages of your children.

Before You Close the Suitcases – Save or screenshot your arrival instructions, gate information and door code so you can reach them even if your phone signal is slow. Fripp also has a resort app with current events, activity information and operating hours.

We recommend doing your main grocery shop before arriving on the island. Fripp has places to pick up food and essentials, including Springtide Market and the Marina Ship Store, but hours can change seasonally.

Clothes for Island Days

- ☐ Casual shorts, T-shirts and sundresses
- ☐ Swimsuits—ideally more than one per person
- ☐ Beach cover-ups
- ☐ Comfortable pajamas
- ☐ Underwear and socks
- ☐ One casual dinner outfit
- ☐ A sweatshirt or light sweater
- ☐ A lightweight rain jacket
- ☐ A hat or visor
- ☐ Comfortable walking shoes
- ☐ Flip-flops or sandals
- ☐ Water shoes or old sneakers for nature activities
- ☐ Golf, tennis or pickleball clothing if you plan to play

Fripp is relaxed. Most families spend their days moving between the beach, pool, golf cart and beach house, so comfortable clothes will get far more use than dressy ones.

For the Beach and Pool

- ☐ Broad-spectrum sunscreen
- ☐ Sunscreen sticks for faces and children
- ☐ Sunglasses
- ☐ Rash guards or sun shirts
- ☐ Insulated water bottles
- ☐ A beach bag
- ☐ A small cooler
- ☐ Sand toys
- ☐ Goggles
- ☐ Swim diapers, if needed
- ☐ Floatation aids your children are accustomed to using
- ☐ Waterproof pouch for your phone
- ☐ Lip balm with SPF
- ☐ Aloe or after-sun lotion
- ☐ Hair ties and a detangling brush

For outdoor nature programs, Fripp specifically recommends bringing water, sunscreen, bug spray, a hat and shoes that can get wet.

WHAT TO PACK

For Golf-Cart Exploring

- Driver's licences for the adults who will drive
- Sunglasses
- Refillable water bottles
- A small tote for towels, snacks and extra layers
- A phone charger or portable battery
- A light blanket for cooler evening rides
- A flashlight for returning after dark
- Binoculars for wildlife spotting

Keep one small "golf-cart bag" packed near the door. It makes spontaneous trips to the beach, pool or sunset much easier.

For Bugs, Sun and Island Wildlife

- Insect repellent
- Anti-itch cream
- Basic first-aid supplies
- Children's and adult pain relievers
- Any prescription medicines
- Allergy medicine, if your family uses it
- Reusable water bottles
- A small pair of binoculars
- A camera or phone with plenty of storage

Fripp's wildlife is best enjoyed from a respectful distance. Binoculars are much more useful than trying to get close for a photograph.

For Babies and Younger Children

- Car seat or booster seat
- Portable crib or travel bed
- Stroller or baby carrier
- Baby monitor
- White-noise machine
- Favourite blanket or bedtime toy
- Swim diapers and regular diapers
- Wipes
- Baby sunscreen
- Child-safe insect repellent
- Bottles, cups and feeding supplies
- Familiar snacks
- Night-light
- Outlet covers or other travel safety items your family uses

Arrange larger baby equipment in advance whenever possible. Nobody wants half the car filled with things that could have been waiting at the house. There are local companies who can handle all of this for you.

WHAT TO PACK

Food and Kitchen Favourites

Your beach house kitchen will handle the cooking, but it may not contain the particular foods, seasonings or equipment your family relies on.

Consider bringing or buying:

- ☐ Coffee and preferred coffee creamer
- ☐ Breakfast basics
- ☐ Easy lunch ingredients
- ☐ First-night dinner
- ☐ Beach snacks
- ☐ Children’s favourite foods
- ☐ Special spices or special condiments
- ☐ Reusable food containers
- ☐ Zip-top bags or food wrap
- ☐ Ingredients for one special family dinner
- ☐ Birthday candles or celebration items, if needed

Check your rental’s kitchen inventory before packing speciality appliances or cooking tools.

Rainy-Day Extras

- ☐ A deck of cards
- ☐ One or two compact family games
- ☐ Colouring books and crayons
- ☐ Books or magazines
- ☐ Tablets and headphones
- ☐ Charging cables
- ☐ A small craft or activity for younger children
- ☐ A favourite family film downloaded in advance

You do not need to bring an entire entertainment centre. A rainy afternoon often becomes one of the nicest excuses to slow down together.

Pack According to the Season

Spring

Bring layers, a rain jacket and a sweatshirt for breezy mornings and golf-cart rides.

Summer

Prioritise sun protection, lightweight clothing, extra swimsuits and plenty of hydration.

Autumn

Pack summer clothes along with light sweaters and jackets. Temperatures can feel very different from the middle of the day to the evening.

Winter

Bring warmer layers, closed-toe shoes and jackets suitable for beach walks and open-air golf-cart rides.

WHAT TO PACK

At Salty Breeze, You Can Leave These at Home

Salty Breeze already provides:

- ✓ Bed linens and bath towels
- ✓ Beach towels
- ✓ Beach chairs
- ✓ A fully equipped kitchen
- ✓ A grill
- ✓ A washer and dryer
- ✓ Golf carts
- ✓ Resort amenity cards

That means more room in the car—and less time hauling equipment onto the island.

One Bag You Will Be Glad You Packed

Prepare one easily accessible arrival bag containing:

- Swimsuits
- Sunscreen
- A change of clothes
- Medicines
- Phone chargers
- A few snacks
- Children's bedtime essentials
- Anything needed for the first morning
-

Then, if nobody feels like fully unpacking on arrival night, they do not have to.

The Fripp packing rule: bring what helps your family get outside comfortably—and leave behind anything that makes the trip feel like work.



FRIPP BASICS

Fripp Basics

Fripp is wonderfully easy once you understand how the island works. These are the practical details that will help your family arrive prepared, settle in quickly and avoid unnecessary vacation-day surprises.

Getting to Fripp

Fripp Island is a gated barrier island approximately 18 miles from Beaufort and 45 miles from I-95. Savannah/Hilton Head International Airport is the airport most commonly used by visitors flying into the area.

The final portion of the drive takes you through St. Helena Island and past Hunting Island State Park. Complete your main grocery shop before making that last stretch toward Fripp.

Arriving at the Gate

Your host or rental company will arrange access to the island before your stay. Keep these items easily accessible rather than packed in the back of the car:

- ❑ Your arrival instructions
- ❑ The rental address
- ❑ The name on the reservation
- ❑ A driver’s licence or photo ID
- ❑ Your door code
- ❑ Your host or property manager’s telephone number

Guests staying in resort-managed properties show their driver’s licence at the security gate and receive a vehicle pass for the length of their stay. Procedures can vary by rental company, so follow the instructions sent specifically for your home.

Salty Breeze tip: Screenshot your arrival information before the drive so it is available even if your signal is weak.

Understanding Guest Cards

Fripp is both a residential community and a private resort. Staying on the island does not automatically provide access to every resort facility.

Guest cards are generally required for resort amenities such as:

- Swimming pools
- Resort restaurants and bars
- Golf
- Tennis and pickleball
- The fitness center
- Certain nature and recreation programs

Requirements can differ by activity, and operating hours change seasonally. Carry your cards with you rather than leaving them at the house.

At Salty Breeze: Resort amenity cards are included with your stay.

FRIPP BASICS

Golf Carts Are Part of the Experience

Cars are allowed on Fripp, but many families park after arrival and use a golf cart for trips to the beach, pools, restaurants, Marina and Nature Center. Four-seat and six-seat carts are available through island rental providers.

A few helpful habits:

- ❑ Bring your cart charger with you only when instructed by the owner
- ❑ Charge electric carts overnight
- ❑ Take the key whenever you leave the cart
- ❑ Keep towels, shoes and bags safely inside the cart
- ❑ Use designated golf-cart parking
- ❑ Never assume another driver can see you after dark
- ❑ Follow the cart instructions and age restrictions provided with your rental

Rental carts from outside providers may need an approved parking decal to use certain resort-owned parking areas. Salty Breeze guests should use the carts supplied with the house and follow the instructions provided at arrival.

At Salty Breeze: Golf carts are included, so you do not need to arrange a separate rental.

Groceries and Supplies

Fripp has convenient places for forgotten essentials, but it does not have a large full-service supermarket.

Springtide Market, near the front of the island, carries basic groceries, drinks, deli items and vacation essentials. The Marina Store also carries snacks, drinks and basic supplies. Current hours can change, particularly outside the summer season.

Use the island stores for:

- Extra milk, bread or eggs
- Drinks and snacks
- Ice
- Basic beach supplies
- A quick deli lunch
- Something everyone forgot
-

For a full week’s groceries, shop before arriving or plan a trip back toward Beaufort.



FRIPP BASICS

Beaches and Tides

Fripp’s beach can look very different depending on the tide. At low tide, the beach may feel wide and expansive. At high tide, the water can reach much closer to the dunes and access points. Check the tide before setting up for a long beach day, and avoid leaving belongings where rising water can reach them.

There are no lifeguards on duty. Rip currents can occur, tides change quickly and families should stay off exposed sandbars. Fripp also advises visitors not to enter standing water or tidal pools, where alligators may sometimes be present.

Beach Rules Worth Remembering

- Stay off the dunes.
- Do not disturb nesting birds or sea turtles.
- Remove chairs, toys and rubbish when you leave.
- Use open public beach accesses rather than crossing private property.
- Keep a close watch on children near the water.
- Personal fireworks are not permitted on the beach.

Wildlife Is Everywhere

Seeing wildlife is one of the best parts of a Fripp vacation. Your family may spot deer, dolphins, shorebirds, turtles and alligators during an ordinary trip around the island.

Enjoy them from a distance:

- Never feed the deer or other wildlife.
- Do not approach or block an animal’s path.
- Keep children and pets away from lagoon edges.
- Never enter water where an alligator has been seen.
- Use binoculars or your camera zoom instead of moving closer.
- Leave sea-turtle nests, nesting birds and marked habitats completely undisturbed.

The Nature Center at 8 Veranda Beach Drive offers wildlife education and scheduled programs. Outdoor programs are weather dependent, and children under 16 must be accompanied by an adult.

Island Hours Change

Fripp does not operate like a city where every restaurant and activity follows the same schedule throughout the year.

Restaurant hours, pools, recreation programs and seasonal services can change by day or season. Before your trip—and again after arrival—check the current resort schedule before promising the children a particular meal or activity.

It is also sensible to:

- ❑ Reserve must-do activities early
- ❑ Confirm restaurant hours before getting everyone dressed
- ❑ Keep one easy dinner at the house as a backup
- ❑ Have a flexible plan for weather-dependent programs

FRIPP BASICS

In an Emergency

Call 911 for an immediate medical, fire or safety emergency. Beaufort County operates an EMS station on Fripp Island, but more extensive medical care may require transport off the island.

Before your trip, save:

- Your rental manager or host
- Fripp Island Security
- Guest Services
- Your child's pediatrician
- Your travel-insurance information
- Details of any important medicines or allergies

The Five Fripp Basics to Remember

Bring your guest cards.

You may need them for resort dining and amenities.

Charge the golf cart.

A cart without power is much less charming.

Shop before you arrive.

Use the island market for top-ups, not necessarily the entire week.

Check the tide and current schedule.

Both can change the plan for your day.

Give wildlife plenty of room.

Fripp is their home, too.

Once you understand the gate, cards, carts, tides and island hours, Fripp becomes one of the easiest places to settle into vacation mode.



EASY FAMILY MEALS AND DINING IDEAS

Vacation meals should bring the family together—not leave one person cooking and cleaning while everyone else is at the beach.

The easiest approach is to keep breakfasts and lunches simple, plan only a few dinners and leave room for leftovers, takeout and changing plans.

The Fripp Vacation Meal Formula

For a six-night stay, try planning:

- Two dinners at the beach house
- Two dinners out
- One prepared or take-home meal
- One flexible leftovers, pizza or snack-board night
-

Stock familiar breakfast foods, easy lunch ingredients and plenty of snacks. There is no need to plan a different recipe for every day.

The Easiest First-Night Dinner

After travelling, unloading the car and settling everyone into bedrooms, nobody wants to begin the vacation with a complicated meal.

Bring something that can go straight into the oven, onto the grill or onto the table.

Easy arrival-night options include:

- A prepared casserole and bagged salad
- Take-and-bake pizza
- Rotisserie chicken, rolls and fruit
- Pulled pork with coleslaw
- Sandwiches and chips
- Pasta salad with grilled chicken
- A family-sized charcuterie or snack board
-



Our Salty Breeze Shortcut

Stop at The Kitchen on Lady's Island before continuing to Fripp. It offers home-cooked grab-and-go meals, salads, sides, desserts and take-and-bake options designed to be served at home. Its location on Sea Island Parkway makes it a convenient stop before the final drive to the island. Check the current menu and opening hours before your trip.



EASY FAMILY MEALS AND DINING IDEAS

No-Stress Breakfasts

Choose two or three breakfasts and repeat them throughout the week.

- Bagels, cream cheese and fruit
- Yogurt, granola and berries
- Cereal and bananas
- Muffins and hard-boiled eggs
- Frozen waffles and bacon
- Breakfast sandwiches
- Eggs, toast and sliced avocado
- A help-yourself breakfast bar for larger groups

Easy Beach-House Lunches

Lunch is easiest when family members can assemble their own plates.

- Sandwiches and wraps
- Chicken-salad croissants
- Hot dogs and fruit
- Quesadillas
- Leftover pizza
- Cheese, crackers, vegetables and hummus
- Salad kits topped with chicken or shrimp
- Make-your-own snack plates
- Peanut butter and jelly for the children
- Leftovers from the previous night



Prepare sandwiches and snacks before leaving for the beach if you expect to stay through lunchtime.

The Family Snack Basket

Create one basket or pantry shelf for snacks that family members may take without asking.

Good choices include:

- Granola bars
- Pretzels
- Crackers
- Applesauce pouches
- Popcorn
- Dried fruit
- Individual bags of chips
- Nuts
- Cookies

Keep fruit, cheese sticks, yogurt and cut vegetables together in an easy-to-reach refrigerator drawer.

This prevents the repeated vacation question:

“What can I have to eat?”



EASY FAMILY MEALS AND DINING IDEAS

Six Easy Family Dinners

Taco Bar

Prepare seasoned meat or beans and let everyone add their own toppings.

Set out:

- Tortillas and tortilla chips
- Cheese
- Lettuce
- Salsa
- Guacamole
- Sour cream
- Corn
- Black beans



Burger and Hot-Dog Night

Use the grill and add:

- Corn on the cob
- Watermelon
- Bagged salad
- Chips
- Ice-cream sandwiches

Pasta Night

Make one large pot of pasta with sauce, garlic bread and salad. Add meatballs or grilled chicken for anyone who wants them.

Lowcountry-Inspired Dinner

Keep it approachable with shrimp, sausage, corn and potatoes—or serve grilled shrimp with rice, vegetables and bread.

Check for shellfish allergies before planning this meal.

Sheet-Pan Dinner

Roast chicken sausage, potatoes and vegetables together on one pan.

Preparation and cleanup are both minimal.

Porch Picnic

Put out sandwiches, fried or grilled chicken, fruit, pasta salad and cookies. Let everyone eat outside in swimsuits and bare feet.



EASY FAMILY MEALS AND DINING IDEAS

Eating Out on Fripp

Dining hours and availability change throughout the year, so check the current resort schedule shortly before your stay.

For a Casual Waterfront Dinner

Bonito Boathouse sits at the Fripp Island Marina and offers casual family dining with Lowcountry marsh and sunset views. Current menu highlights include seafood, burgers and shareable starters.

For Breakfast or Lunch

OP Bar & Grille serves breakfast and lunch daily, with dinner offered on selected evenings. It is a practical choice when the family wants a sit-down meal without leaving the island.

For a Pool-Day Lunch

Cabana Club Grille offers patio and pool-deck dining overlooking Skull Inlet and the Cabana Club pools. Poolside service was introduced for the 2026 season.

For Pizza, Tenders or Ice Cream

Island Bites in Beach Club Circle offers quick options including pizza, chicken tenders, snacks and ice cream. Seasonal food trucks may also offer pizza, burgers and frozen treats nearby.

When Nobody Wants to Cook or Get Dressed

Fripp Resort offers family take-home meals that can be ordered for the group and eaten at the beach house. Availability and ordering details should be checked during your stay.



EASY FAMILY MEALS AND DINING IDEAS

A Simple Six-Night Dinner Plan

Arrival night: Prepared dinner picked up on the way to Fripp

Night one: Taco bar at the house

Night two: Waterfront dinner out

Night three: Burgers or chicken on the grill

Night four: Family take-home meal or pizza

Night five: Final dinner out or a Lowcountry-inspired dinner at home

This is simply a framework. Feel free to swap nights around depending on the weather, your activities and how much energy everyone has after a day at the beach.

Your Basic Grocery List

Breakfast

- ☐ Coffee and creamer
- ☐ Milk
- ☐ Eggs
- ☐ Bread or bagels
- ☐ Cereal
- ☐ Yogurt
- ☐ Fresh fruit
- ☐ Muffins or breakfast bars

Lunch

- ☐ Sandwich bread or wraps
- ☐ Deli meat
- ☐ Cheese
- ☐ Salad kits
- ☐ Peanut butter and jelly
- ☐ Chips
- ☐ Crackers
- ☐ Cut vegetables

Dinner

- ☐ One grill meal
- ☐ One easy indoor meal
- ☐ Bagged salads
- ☐ Bread or rolls
- ☐ Simple side dishes
- ☐ Condiments and seasonings

Beach & Golf Cart Snacks

- ☐ Bottled water
- ☐ Granola bars
- ☐ Fresh fruit
- ☐ Individual snack bags
- ☐ Trail mix
- ☐ Popcorn
- ☐ Reusable ice packs
- ☐ Drinks for the cooler

A Few Vacation Food Tips

- Plan one or two "everyone's favorite" meals rather than trying a new recipe every night.
- Prep lunches while you're making breakfast—it makes beach days much easier.
- Keep a basket of grab-and-go snacks where the kids can help themselves.
- Freeze a few bottles of water before heading to the beach. They'll keep the cooler cold and be ready to drink later in the day.
- Don't overschedule restaurant reservations. Some of the best vacation evenings happen on the porch with burgers, tacos or pizza after a long day outside.



RAINY DAY IDEAS

A little rain doesn't have to ruin a Fripp vacation.

In fact, some families say their favorite vacation memories happened on days when they slowed down, stayed in pajamas a little longer and simply enjoyed being together.

The weather on the South Carolina coast often changes quickly. A morning shower may give way to sunshine by lunchtime, so don't rush to cancel the day.

If It's Just Passing Rain...

Instead of giving up on the day, consider:

- Sleeping in
- Enjoying a slow breakfast together
- Reading on the screened porch
- Taking a golf cart ride between showers
- Visiting the Nature Center if it's open
- Playing cards while waiting for the weather to clear
- Heading back to the beach once the skies brighten

Many rainy days become beautiful beach afternoons.

Family Games at the Beach House

Sometimes the best vacation plan is simply staying in.

Ideas for all ages:

- Uno
- Monopoly Deal
- Taco Cat Goat Cheese Pizza
- Spot It!
- Yahtzee
- Sequence
- Rummikub
- Playing cards
- Charades
- Pictionary
-

Don't have games?

Try:

- Vacation trivia
- Twenty Questions
- Family talent show
- "Would You Rather?"
- Name That Tune



RAINY DAY IDEAS

Rainy-Day Movie Afternoon

Declare it a movie day.

Everyone chooses one favorite movie.

Create a snack station with:

- ☐ Popcorn
- ☐ Candy
- ☐ Hot chocolate
- ☐ Cookies
- ☐ Blankets
- ☐ Pajamas encouraged

Sometimes everyone needs permission to simply relax.

Bake Something Together

Rainy afternoons are perfect for simple baking.

Ideas include:

- Chocolate chip cookies
- Brownies
- Cinnamon rolls
- Cupcakes
- Rice Krispie treats
-

The goal isn't perfection.

It's giving everyone something to do together.



RAINY DAY IDEAS

Explore Historic Beaufort

If the weather looks wet—but not stormy—consider spending a few hours in nearby Beaufort. Ideas include:

- Browse locally owned shops
- Visit bookstores
- Explore art galleries
- Have a long lunch
- Stop for coffee and dessert
- Walk the waterfront between showers

Historic downtown Beaufort is only about 30 minutes from Fripp, making it an easy half-day outing.

Visit the Pat Conroy Literary Center

If your group enjoys books or local history, the Pat Conroy Literary Center offers exhibits celebrating one of the Lowcountry's most beloved authors.

It is small enough to enjoy in about an hour and makes an easy stop while exploring Beaufort.

Kid-Friendly Indoor Fun

If the children are getting restless:

Create a Vacation Olympics.

Events might include:

- 🏆 Fastest puzzle
- 🏆 Tallest pillow fort
- 🏆 Best paper airplane
- 🏆 Sock basketball
- 🏆 Family scavenger hunt
- 🏆 Minute-to-win-it challenges

Award silly prizes like:

- Best Team Spirit
- Loudest Laugh
- Most Creative
- Best Sportsmanship
-

Rainy-Day Kitchen Fun

Let everyone help make lunch.

Ideas include:

- 🌮 Taco bar
- 🍕 Make-your-own pizzas
- 🥪 Sandwich buffet
- 🍦 Ice cream sundaes
- 🍪 Decorating cookies

Children almost always remember helping more than they remember eating.



RAINY DAY IDEAS

If It Rains All Day...

Give yourself permission to slow down.

Some of the best vacation days include:

- Long conversations
- Afternoon naps
- Reading a novel
- Listening to the rain on the porch
- Watching old family videos
- Looking through vacation photos from previous trips
- Playing cards until bedtime
-

Vacation doesn't always have to mean doing something.
Sometimes it simply means finally having nowhere you need to be.

Our Favorite Rainy-Day Formula

Morning

- Slow breakfast
- Coffee on the porch
- Board games

Afternoon

- Lunch in pajamas
- Explore Beaufort or movie afternoon
- Bake cookies together

Evening

- Taco night
- Family game tournament
- Ice cream
- Early bedtime before another beach day

Some of the sweetest vacation memories begin with someone looking out the window and saying, "Well... I guess it's going to rain today."



BEFORE YOU LEAVE

Before You Leave

The Salty Breeze Departure Checklist

The best vacations end with wonderful memories—not the sinking feeling that someone left a phone charger under the bed.

Take fifteen minutes before loading the car to walk through the house together. A quick room-by-room check will help make your departure stress-free and ensure the next family arrives to the same warm welcome you enjoyed.

Kitchen

- ☐ Empty the refrigerator of any food you won't be taking home.
- ☐ Dispose of leftovers.
- ☐ Run the dishwasher.
- ☐ Put away clean dishes.
- ☐ Wipe kitchen counters.
- ☐ Empty the coffee maker.
- ☐ Remove all rubbish and recycling.
- ☐ Check the pantry for anything you've brought.
- ☐ Make sure the grill is turned off and cleaned if you used it.

Bedrooms

- ☐ Check under every bed.
- ☐ Open every drawer.
- ☐ Look inside every closet.
- ☐ Don't forget chargers plugged into outlets.
- ☐ Gather all pillows, blankets and children's favorite toys.
- ☐ Leave used towels where instructed by your host.

Bathrooms

- ☐ Check medicine cabinets.
- ☐ Remove toiletries.
- ☐ Look behind the bathroom door.
- ☐ Empty the shower.
- ☐ Collect hairdryers, makeup bags and toothbrush chargers.

Around the House

- ☐ Gather books, tablets and laptops.
- ☐ Check every power outlet.
- ☐ Look behind furniture.
- ☐ Empty the washer and dryer.
- ☐ Check the screened porch.
- ☐ Look around outdoor seating areas.
- ☐ Close and lock all windows and doors.
- ☐ Set the thermostat according to departure instructions.
- ☐ Turn off lights.

BEFORE YOU LEAVE

Golf Cart Check

- ☐ Remove towels.
- ☐ Remove beach toys.
- ☐ Empty cup holders.
- ☐ Check under the seats.
- ☐ Remove sunglasses.
- ☐ Remove phone chargers.
- ☐ Return the keys as instructed.

Beach Gear

- ☐ Count beach chairs.
- ☐ Gather beach towels.
- ☐ Shake sand from bags.
- ☐ Check coolers.
- ☐ Empty beach wagons.
- ☐ Collect children's sand toys.
- ☐ Don't forget umbrellas and boogie boards.

The Five Most Forgotten Items

According to vacation rental hosts, these are left behind more often than almost anything else:

- ✓ Phone chargers
- ✓ Prescription medication
- ✓ Children's favorite stuffed animals
- ✓ Sunglasses
- ✓ Jewelry

Take one last slow walk through the house before locking the door.

Before You Pull Away...

Pause for just one minute.

Take one last family photo outside the house.

Ask everyone:

"What was your favorite moment this week?"

You might hear:

"Finding the dolphins."

"The golf cart rides."

"Making tacos together."

"Watching the sunrise."

"Grandma reading stories on the porch."

Those answers become part of your family's story.



We'd love to see
your memories!

If you share your Fripp adventures on Instagram, tag @saltybreezefripp. Seeing your family make memories at Salty Breeze is one of the best parts of what we do.

We'd Love to Welcome You Back

If your family made wonderful memories at Salty Breeze, we'd be honored to host you again. If you have a moment after your trip, a review means more to a small family-owned beach house than you might imagine. It helps future guests discover us and allows us to continue creating a place where families can slow down and reconnect.

Thank you for choosing Salty Breeze.

Safe travels—and we'll save the porch for next time.