



HAWAII

FAMILY BUDGET PLANNER

hawaiitravelwithkids.com

ALOHA

Welcome to Your Free Hawaii Family Budget Planner!

Planning a memorable family vacation to Hawaii doesn't have to break the bank! Our easy-to-follow budget planner helps you discover smart savings, budget effectively, and ensure stress-free fun for the entire family.

What's Inside:

- **Vacation Budget Overview:** Easily allocate your travel budget for flights, lodging, food, activities, and extras.
- **Expense Tracker:** Stay organized and mindful of your daily expenses.
- **Flight & Transportation Tips:** Learn insider secrets to maximize airline miles, points, and travel deals.
- **Money-Saving Meals:** Discover delicious, kid-approved eateries that won't drain your wallet.
- **Affordable Family Fun:** Find the best free and low-cost activities to enjoy on each Hawaiian island.
- **Essential Family Packing Checklist:** Pack smart with our practical checklist designed specifically for family trips to Hawaii.

 **BONUS:** Exclusive tips and special discounts on our full Hawaii Travel Guides!

Your dream Hawaii family adventure starts here—enjoy paradise without the financial worry.

Aloha,

Marcie

ABOUT ME



Let me introduce myself. I'm Marcie and my first trip to Hawaii was in 4th grade. We went to visit my Grandma who split her time between Kauai and Seattle.

I immediately fell in love with the Hawaiian culture and even started taking hula lessons back home in Seattle.

Since then, I've visited Hawaii more than 40 times! I've explored **Oahu, Maui, Kauai**, the **Big Island, Moloka'i**, and **Lana'i**. I'm also a **certified Hawaii Destination Expert** by the Hawaii Tourism Authority. I've also published a series of **Hawaii travel guidebooks** that are available on Amazon.

I'm the creator of the **Hawaii Travel with Kids** and **Hawaii Travel Spot** blogs. And I host the **Hawaii Travel Made Easy Podcast**, available on Apple, Spotify, YouTube, and more!

I'm passionate about sharing my real Hawaii tips as someone who has personally been there many times!

HAWAII TRAVEL BUDGET PLANNER

DESTINATION	
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TRAVEL DATES	
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TRANSPORTATION		
expenses	budget	actual
Total:		

ACTIVITIES		
expenses	budget	actual
Total:		

ACCOMMODATION		
expenses	budget	actual
Total:		

PRE-TRIP EXPENSES		
expenses	budget	actual
Total:		

FOOD & DRINK		
expenses	budget	actual
Total:		

OTHER		
expenses	budget	actual
Total:		

NOTES

GRAND TOTAL	budget	actual

APEN Tracker

NR DATE

DESCRIPTION

AMOUNT

[illegible]

FLIGHTS & TRANSPORTATION

PROVEN TIPS TO EARN AIRLINE MILES FASTER

Travel Rewards Credit Cards:

Apply for a family-friendly travel rewards credit card offering large sign-up bonuses and generous mile-per-dollar spent on categories like dining, groceries, and travel.

Online Shopping Portals:

Use airline shopping portals (such as Alaska Airlines Mileage Plan Shopping or Hawaiian Airlines HawaiianMiles Marketplace) when making online purchases to quickly accumulate bonus miles.

Partnership Promotions:

Take advantage of airline partnerships with hotels, car rentals, restaurants, and even energy providers, often providing bonus miles simply by linking your frequent flyer account.

Family Pooling Programs:

Choose airlines (like Hawaiian Airlines) that allow family pooling, combining miles from multiple family members to redeem flights sooner.



REDEEMING AIRLINE MILES

Hawaii is one of the most sought-after destinations for travelers using airline miles. Because of this, award seats can be **highly competitive**, especially during peak seasons. Here's a detailed **step-by-step guide** to maximize your miles and secure the best flights to Hawaii.

Step 1: Check Award Availability Early

Airlines typically open award bookings 330 days ahead. Booking early increases your chances of snagging the best flights.

Best airlines for early booking to Hawaii:

- **Alaska Airlines Mileage Plan** (partners with American, Japan Airlines, and British Airways)
- **United MileagePlus** (opens award space early and has regular saver-level awards)
- **American AAdvantage** (availability can fluctuate but books 331 days in advance)
- **Delta SkyMiles** (varies, but booking early often results in lower redemption costs)

Tip: If your preferred route isn't available, consider booking a one-way award ticket and paying for the return flight later.

Step 2: Use Flexible Date Searches

Utilize flexible-date calendars provided by airline websites to identify dates requiring fewer miles.

Step 3: Compare Economy vs. Premium Seats

Sometimes premium seats (like premium economy or business) offer significantly higher value per mile, especially during promotional periods.

Step 4: Book Directly Through Airlines

Redeeming directly through the airline's website ensures the lowest mileage rates and avoids additional fees that third-party platforms may charge.

Step 5: Watch for Redemption Sales

Airlines periodically run promotions offering discounts on mileage redemption—join email lists or follow on social media to stay informed.

EASY STRATEGIES TO MAXIMIZE CREDIT CARD POINTS & PERKS

Sign-Up Bonuses:

Time your credit card applications around large upcoming expenses (family trips, home improvements) to effortlessly reach the spending thresholds required for sign-up bonuses. Many travel credit cards offer elevated welcome bonuses throughout the year, so signing up during a promotional period can yield even more points.

Strategic Spending:

Some cards offer rotating quarterly bonuses (like Chase Freedom Flex), while others provide higher earnings on specific purchases year-round (such as American Express Gold for dining and groceries). Use cards for everyday expenses strategically, maximizing bonus categories like groceries, dining, gas, and travel to accumulate points faster.

Transferable Points Programs:

Choose cards with transferable points (Chase Ultimate Rewards, American Express Membership Rewards) for flexibility, transferring points to multiple airlines or hotels to find optimal redemptions. These programs often offer transfer bonuses (such as a 30% boost to Hawaiian Airlines or Marriott Bonvoy points), helping you stretch your rewards further.

Utilize Companion Fares & Credits:

Leverage credit cards offering companion fares (like Alaska Airlines Companion Fare) or annual travel credits, significantly reducing travel expenses.



AIRLINE COMPARISON GRID

BEST FAMILY-FRIENDLY AMENITIES

Airline	Free Checked Bags	Seat Selection	Onboard Entertainment
Alaska Airlines	✓ (with credit card)	✓ Complimentary	✓ Free streaming movies & shows
Hawaiian Airlines	1st bag: \$40 2nd bag: \$45	✓ Complimentary	✓ Complimentary entertainment app
Southwest Airlines	✓ Two bags free if you book before May 28, 2025	✓ Assigned seating (from 2026)	✓ Free onboard entertainment
Delta Airlines	✓ (with co-branded card)	✓ Basic economy limited, regular economy free	✓ Extensive free seatback entertainment
United Airlines	✗ Basic economy, ✓ with card or standard fare	✓ Free except basic economy	✓ Free in-flight streaming

QUICK TIPS TO REMEMBER:

- Book flights mid-week for better availability and lower mileage requirements
- Prioritize airlines offering flexibility and comfort for families, like generous baggage policies and reliable entertainment.
- Consider flights from alternative airports to unlock savings.
- Buy one-way tickets instead of round-trips.
- Red-eye flights and early morning departures often have cheaper fares and fewer crowds, making them more manageable for families.
- Sometimes, mixing different airlines for outbound and return flights results in better savings.
- Look at West Coast hub airports (LAX, SFO, SEA, PDX, SAN) for more award seat availability and lower-priced fares.

FLIGHTS & TRANSPORTATION HACKS

Save big on airfare and transportation with these simple strategies:

Airline Miles & Points

- Use credit cards with travel rewards programs to earn free flights (Chase Sapphire Preferred, Amex Platinum, Capital One Venture).
- Transfer points between airline and hotel loyalty programs (Chase Ultimate Rewards → United Airlines, Amex Membership Rewards → Hawaiian Airlines).
- Book flights with miles during promotional periods for reduced redemption rates—Alaska Airlines, United MileagePlus, and Hawaiian Airlines frequently offer discount awards.

Companion Fares & Discounts

- Alaska Airlines Companion Fare: Fly a second person for \$99 + taxes and fees when using the Alaska Airlines credit card.
- Southwest Airlines Companion Pass: Earn this pass and get unlimited free flights for your companion for up to two years.
- Look for family-friendly airline deals, including kids-fly-free promotions.
- Use fare comparison tools like Google Flights, Skyscanner, and Hopper to track price drops and book when fares are lowest.

Booking Smart

- Fly midweek (Tuesdays & Wednesdays) for the cheapest fares.
- Set fare alerts using Google Flights & Skyscanner to monitor price drops for your preferred routes.
- Book flights at least 2-3 months in advance for the best deals; last-minute tickets to Hawaii can be very expensive.
- Use hidden city ticketing (at your own risk)—websites like Skiplagged can sometimes help find cheaper one-way fares by booking a stopover route and skipping the last leg.
- Consider flying into alternate Hawaiian airports for better pricing.

Local Transportation Savings

- Rent cars using Costco Travel, AAA, or Turo for discounts.
- Opt for public transportation or shuttles instead of pricey taxis.
- Book rental cars early—prices rise closer to travel dates.

ACCOMMODATION SAVINGS

FINDING THE BEST DEALS FOR FAMILIES

Hawaii offers a range of accommodations, from luxury resorts to budget-friendly condos and vacation rentals. Here's how to save money while ensuring a comfortable stay for your family.

FAMILY-FRIENDLY & BUDGET-FRIENDLY STAYS CHECKLIST

When searching for accommodations, look for these family-friendly amenities to maximize value:

- ❑ **Suites or Multi-Room Options** – Provides more space and privacy for families.
- ❑ **Full Kitchen or Kitchenette** – Saves money by allowing you to prepare meals.
- ❑ **Free Breakfast or Dining Credits** – Some hotels offer complimentary breakfast, saving money on dining.
- ❑ **Resort Fees & Inclusions** – Many resorts charge mandatory fees; ensure they include valuable perks like parking, Wi-Fi, or beach gear rentals.
- ❑ **Laundry Facilities** – Essential for families with kids, especially for longer stays.
- ❑ **Walkability & Nearby Attractions** – Save on transportation by choosing a location near beaches, shops, and restaurants.
- ❑ **Pool & Kid-Friendly Activities** – Family-friendly resorts offer waterslides, kid clubs, or cultural programs.
- ❑ **Parking Costs** – Some hotels charge up to \$50/day for parking; look for places offering free or discounted parking.

Pro Tip: Check Google Reviews, TripAdvisor, or Facebook groups for recent traveler experiences regarding family-friendliness and hidden fees.

INSIDER'S GUIDE TO USING HOTEL REWARD POINTS & TRAVEL PORTALS

Using hotel rewards programs, credit card points, and travel portals can significantly reduce accommodation costs. Here's how to maximize your savings:

BEST HOTEL REWARDS PROGRAMS FOR HAWAII TRAVELERS

Hotel Chain	Best Credit Cards to Earn Points	Free Night Perks?	Best for Families?
Hyatt	Chase Sapphire Preferred/Reserve	✓ Annual Free Night	✓ Family-friendly resorts with kitchens
Marriott	Marriott Bonvoy Credit Cards	✓ 5th Night Free on Award Stays	✓ Many beachfront properties
Hilton	Hilton Honors American Express	✓ 5th Night Free on Award Stays	✓ Kid-friendly pools & free breakfast
IHG (Holiday Inn, InterContinental)	IHG Rewards Premier Credit Card	✓ 4th Night Free on Award Stays	✓ Budget-friendly options

Tips for Booking with Points:

✓ **Book Early:** Award nights go fast—reserve at least 6-12 months ahead for best availability.

✓ **Use Point Transfer Partners:** Chase Ultimate Rewards and Amex Membership Rewards allow transfers to hotels for better value.

✓ **Take Advantage of "Stay X, Get 1 Free" Offers:** Many loyalty programs offer a free night when booking multiple nights with points.

✓ **Check for Off-Peak Redemptions:** Some programs, like Marriott Bonvoy and Hilton Honors, have off-peak award pricing, meaning fewer points are required for stays during non-peak travel periods.

✓ **Stack Credit Card Perks:** Use co-branded hotel credit cards (e.g., Marriott Bonvoy Boundless, Hilton Surpass) to get elite status, free breakfast, and late checkout—even on award stays.

✓ **Compare Cash vs. Points Value:** Before redeeming, calculate the points value per night to ensure you're getting a good deal. If cash rates are low, it may be better to pay in cash and save your points for a higher-value redemption.

BOOKING DIRECTLY FOR FAMILY DISCOUNTS & EXTRA PERKS

Many resorts and vacation rentals offer exclusive deals when booking directly instead of through third-party platforms like Expedia or Booking.com.

Perks of Booking Directly:

- **Lower Prices & Promo Codes** – Hotels often match or beat third-party rates when booking directly.
- **Extra Amenities** – Some resorts offer complimentary breakfast, resort credits, or free nights for direct bookings.
- **Flexible Cancellation Policies** – Direct bookings often provide better refund and rebooking policies compared to third-party sites.
- **Room Upgrades** – Higher chances of receiving a free upgrade when booking directly.

Where to Find Direct Booking Discounts:

- Check hotel websites for exclusive promotions.
- Join hotel email lists for member-only discounts.
- Call the hotel before booking online to ask about unpublished family packages.



SMART QUESTIONS TO ASK BEFORE BOOKING

To avoid hidden fees and ensure the best deal, always ask these questions before confirming your stay:

1. What is the total cost including all taxes and resort fees?
2. Are there any parking fees or extra charges for amenities?
3. Is breakfast included, or is there an option to upgrade to a package that includes it?
4. What family-friendly perks are included (cribs, kids' activities, beach gear, etc.)?
5. Are there any special promotions or discounts available for families?
6. What is the cancellation or change policy?
7. Does the room have a kitchenette or fridge?
8. Is there a washer/dryer available for guests?



BUDGET-FRIENDLY PLACES TO STAY

OAHU

- **Vive Hotel Waikiki** – A boutique hotel located just a short walk from Waikiki Beach, offering modern amenities and complimentary breakfast. \$180–\$250 /night.
- **Aston Waikiki Sunset** – Condominium resort offering spacious suites with full kitchens, located near Kapiolani Park and Waikiki Beach. \$200–\$300/night.
- **North Shore Budget Getaway** – A cozy two-bedroom house located on Oahu's North Shore, close to beaches and local attractions. \$250–\$350/night.

MAUI

- **Maui Coast Hotel** – Located in Kihei, this hotel offers comfortable rooms, a swimming pool, and is within walking distance to beaches. \$220–\$300/night.
- **Kihei Akahi** – Condominium complex offering fully equipped units with kitchens, located across from Kamaole Beach Park II. \$180–\$260 per night.
- **Paia Beach Cottage** – A charming two-bedroom cottage located in the laid-back town of Paia, close to beaches and local shops. \$275–\$375 per night.

KAUAI

- **Tip Top Motel** – Located in Lihue, this motel offers simple, clean accommodations with an on-site café known for its local breakfast dishes. \$195 per night.
- **Kiahuna Plantation Resort** – Beachfront condominium resort in Poipu offering fully equipped units and access to lush gardens. \$200–\$290/night.
- **Hanalei Family House** – A three-bedroom home located in Hanalei, offering easy access to Hanalei Bay and local amenities. \$320–\$450 per night.

BIG ISLAND

- **Royal Kona Resort** – Located in Kailua-Kona, this resort offers oceanfront accommodations, a swimming pool, and on-site dining. \$200–\$280 per night.
- **Hilton Vacation Club Kings' Land Waikoloa** – Family-friendly condo resort located in Waikoloa, offering spacious units with full kitchens and access to resort amenities. \$250–\$350 per night.
- **Hilo Vacation Rental Home** – A three-bedroom house located in Hilo, close to local attractions and offering a comfortable stay for families. \$220–\$320 per night.

AFFORDABLE DINING GUIDE

Oahu

- **Rainbow Drive-In (Honolulu):** Classic plate lunches at affordable prices.
- **Giovanni's Shrimp Truck (North Shore):** Famous garlic shrimp plates.
- **Leonard's Bakery (Honolulu):** Must-try malasadas (Portuguese doughnuts).
- **Alicia's Market (Honolulu):** Affordable poke bowls and Hawaiian plate lunches.

Maui

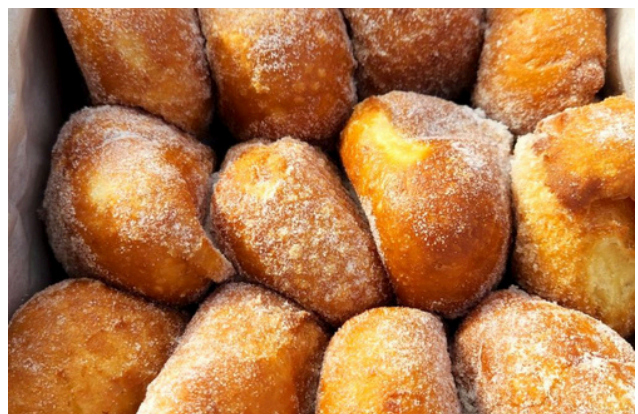
- **Da Kitchen (Kahului):** Hearty portions of local favorites like loco moco.
- **South Maui Fish Company (Kihei):** Fresh seafood at reasonable prices.
- **808 Deli (Kihei):** Tasty sandwiches and budget-friendly bites.
- **Tin Roof Maui (Kahului):** Chef Sheldon Simeon's delicious local eats.

Big Island

- **Cafe 100 (Hilo):** The home of the famous loco moco.
- **Pine Tree Cafe (Kailua-Kona):** Affordable and delicious Hawaiian comfort food.
- **Tex Drive-In (Honoka'a):** Known for their famous malasadas.
- **Umekes Fish Market Bar & Grill (Kailua-Kona):** Tasty poke bowls at fair prices.

Kauai

- **Puka Dog (Poipu):** Unique Hawaiian-style hot dogs.
- **Kilauea Fish Market (Kilauea):** Fresh fish tacos and wraps.
- **Hanalei Taro & Juice Co. (Hanalei):** Locally sourced, traditional Hawaiian meals.
- **Mark's Place (Lihue):** Generous plate lunches at great prices.



GROCERIES & COOKING IN

I've got a whole blog post about [How to Cook While on Vacation in Hawaii](#) but I'll give you some of the quick tips:

- **Bring Reusable Water Bottles:** You can fill these up in your hotel or condo and use them all day (instead of buying beverages throughout the day).
- **Plan Meals in Advance:** Before your trip, create a meal plan detailing the number of breakfasts, lunches, and dinners you'll prepare versus dining out. This approach helps manage both budget and time.
- **Choose Accommodations with Kitchen Facilities:** Opt for lodgings equipped with a full kitchen or kitchenette. This allows for meal preparation, significantly reducing the need to eat out.
- **Shop at Local Grocery Stores:** Upon arrival, visit local grocery stores like Safeway or Foodland to stock up on essentials. Remember to bring your Safeway Club Card for potential discounts.
- **Explore Farmers Markets:** Purchase fresh, local produce at farmers markets, which can be both economical and a cultural experience.
- **Prepare Simple Meals:** Focus on easy-to-make dishes that require minimal ingredients, saving both time and money. We like stir fry, spaghetti, frozen pizza, BBQ meat, and tacos.
- **Pack Lunches for Outings:** For day trips or beach outings, prepare and pack lunches to avoid purchasing expensive meals on the go. You can make sandwiches, buy a family-size bag of chips, grab some fruit, and put them all in a cooler.
- **Utilize Hotel Amenities:** If your accommodation offers complimentary breakfast or BBQ facilities, take advantage to further cut down on food costs.

We tend to grocery shop at **Safeway, Foodland, Times, Target, Walmart,** and **Costco** (depending on what we're looking for). Hawaii also has some health food stores that are great if you have dietary restrictions. It's easiest to search online and see what's near your accommodations.

If you're staying at a hotel/resort that has a **Facebook group**, make sure to join it because a lot of people buy too much food/drinks and they will leave it for other guests after their stay. It's a great way to get free groceries (and usually boogie boards, pool noodles, and sand toys).

FREE & LOW-COST FAMILY ACTIVITIES

Explore Hawaii's natural beauty and culture without spending a fortune! Here's a list of budget-friendly activities for families on each island:

Oahu

- Visit Waikiki Beach for free sun and surf.
 - Explore Pearl Harbor National Memorial (free entry, but some exhibits require a fee).
 - Hike Diamond Head Crater for stunning views (\$5 per pedestrian entry).
 - Visit the Byodo-In Temple for a peaceful experience (\$5 per adult, kids under 12 free).
 - Explore the Ho'omaluhia Botanical Garden, a stunning, free nature retreat.
 - Check out the free hula shows at Kuhio Beach on Tuesday, Thursday, and Saturday evenings.
 - Walk the Makapu'u Lighthouse Trail for breathtaking coastal views (free entry).
- ✓ Tour the Hawaii State Capitol & 'Iolani Palace Grounds for a history lesson on the Hawaiian monarchy (outdoor access is free).

Maui

- Watch the sunrise at Haleakalā National Park (entry fee per vehicle, but a lifetime memory!).
- Visit Iao Valley State Park (\$5 per vehicle, \$1 per pedestrian).
- Enjoy a beach day at Kapalua Bay Beach or Big Beach in Makena.
- Stop by Maui Swap Meet (\$1 entry) for budget-friendly souvenirs and local snacks.
- Drive the Road to Hana (just costs you gas and your rental car).

Big Island

- Visit Hawai'i Volcanoes National Park (entry fee per vehicle, great for a full-day adventure).
- Swim at the black sand beaches of Punalu'u Beach.
- Explore the Hilo Farmers Market (free entry, local fruits at bargain prices!).
- Snorkel at Two Step Beach (one of the best free snorkeling spots on the island!).
- Take a scenic drive along the Hamākua Coast to view breathtaking waterfalls.

Kauai

- Hike Waimea Canyon (“Grand Canyon of the Pacific”)—small parking fee but worth it!
- Visit Spouting Horn Blowhole, a natural water feature, for free.
- Explore Hanalei Bay, a stunning and family-friendly beach.
- Walk through Kilauea Lighthouse & Wildlife Refuge (small entry fee but great views and wildlife spotting!).
- Visit the Wailua River State Park for waterfall views and scenic picnic spots.

MONEY-SAVING TIPS FOR ACTIVITIES

- Look for free hula shows at shopping centers like Waikiki Beach Walk or Whalers Village.
- Take advantage of public beaches—Hawaii has some of the world’s best!
- Pack a picnic for excursions instead of dining out.
- Check local event calendars for free cultural festivals or family-friendly events.
- Rent snorkeling gear for the whole trip instead of paying per excursion.
- Check out sites like **Oahu’s Best Coupons** and **Free Maui Coupon Book** to find up-to-date deals.
- Make sure to grab tourist brochures at the airport because many of them have coupons inside.



KID-FRIENDLY BEACHES

Maui

Sugar Beach (Kihei): This long, sandy beach has calm waters, making it great for young children. It's a fantastic spot for morning beach walks, shell collecting, and paddleboarding. While there are no lifeguards, the beach has restrooms and picnic areas nearby.

Kamaole Beach Park III: Situated in Kihei, this beach offers expansive grassy areas perfect for picnics and play, along with gentle waves suitable for children. Amenities include lifeguards, restrooms, and showers.

Napili Bay: Known for its clear, calm waters and soft sandy bottom, Napili Bay is excellent for snorkeling and swimming. While there are no lifeguards, the generally gentle conditions make it family-friendly.

Kapalua Bay Beach: This crescent-shaped beach is protected by two reefs, ensuring calm waters ideal for snorkeling and swimming. Amenities include restrooms and showers; however, there are no lifeguards on duty.
familyadventuresblog.com

DT Fleming Beach Park: Located in Kapalua, this beach offers picnic tables, restrooms, showers, and lifeguards. The waves can be stronger here, making it more suitable for families with older children.

Kauai

Poipu Beach Park: Located on the south shore, Poipu Beach Park features a natural wading pool protected by a reef, making it ideal for young children. Amenities include lifeguards, restrooms, showers, picnic tables, and a playground.

Lydgate Beach Park: Situated on the east side near Kapaa, this park offers a protected swimming area enclosed by a rock wall, ensuring calm waters. Additional amenities include lifeguards, restrooms, showers, picnic areas, and a playground.

Anini Beach: Located on the north shore, Anini Beach boasts shallow, calm waters due to a fringing reef, making it excellent for snorkeling and swimming. While there are no lifeguards, the beach offers restrooms, showers, and picnic tables.

Salt Pond Beach Park: Found on the west side near Hanapepe, this beach features natural salt ponds and a sheltered swimming area. Amenities include lifeguards, restrooms, showers, and picnic areas.

Hanalei Bay: This expansive north shore beach offers a gentle slope and calm waters during the summer months, making it suitable for families. Amenities include lifeguards, restrooms, and picnic areas.

Oahu

Kailua Beach Park: Located on the windward coast, Kailua Beach offers powdery white sand and generally calm waters suitable for families. Amenities include lifeguards, restrooms, showers, and picnic areas.

Hanauma Bay Nature Preserve: This protected marine life conservation area offers excellent snorkeling opportunities in calm waters, making it ideal for families. Amenities include lifeguards, restrooms, showers, and an education center. Note: Closed on Mondays and Tuesdays.

Ko Olina Lagoons: Located on the west side, Ko Olina features four man-made lagoons with calm waters perfect for children. Amenities include restrooms, showers, and nearby dining options; however, there are no lifeguards.

Waikiki Beach (Kuhio Beach Park): In the heart of Honolulu, this section of Waikiki Beach is protected by a seawall, creating calm swimming conditions. Amenities include lifeguards, restrooms, showers, and nearby dining and shopping options.

Ala Moana Beach Park: Situated between Waikiki and downtown Honolulu, this beach features a protective reef, ensuring calm waters. Amenities include lifeguards, restrooms, showers, picnic areas, and a playground.

Big Island (Hawaii Island)

Hapuna Beach State Recreation Area: Located on the Kohala Coast, Hapuna Beach is one of the island's largest white-sand beaches, offering a gentle slope and generally calm waters. Amenities include lifeguards, restrooms, showers, picnic areas, and a snack bar.

Spencer Beach Park: Near Kawaihae, this beach offers calm waters protected by an offshore reef, making it ideal for swimming and snorkeling. Amenities include lifeguards, restrooms, showers, picnic areas, and camping facilities.
en.wikipedia.org

Kahaluu Beach Park: Located in Kailua-Kona, this beach is known for its clear, shallow waters and abundant marine life, making it excellent for snorkeling. Amenities include lifeguards, restrooms, showers, and picnic tables.

Onekahakaha Beach Park: Situated in Hilo, this beach features a sandy bottom and a shallow, rock-enclosed swimming area, making it ideal for young children. Amenities include lifeguards, restrooms, showers, picnic areas, and a playground.

Kikaua Point Park: Near Kailua-Kona, this beach offers a small, protected cove with calm, shallow waters suitable for children. While there are no lifeguards, amenities include restrooms, showers, and picnic areas.

TOURS THAT ARE WORTH THE SPLURGE

I think Hawaii has some of the coolest experiences and some are truly worth spending a bit more of your budget. These are my personal favorites:

Oahu

Toa Luau: This is my favorite luau in Hawaii. They have amazing hands-on activities, you get free entry into Waimea Falls (where you can swim at a waterfall), and they even have an afternoon version that's great for toddlers and preschoolers. [BOOK HERE](#)

Kahuku Farms: This is an incredible North Shore farm and they have a tour that goes into their fields where they will teach you about their crops. They also have a food stand that sells farm-to-table items include the best acai bowl I've ever had. [BOOK HERE](#)

Kualoa Ranch: This is one of the prettiest areas in Hawaii and you can only access it by taking a tour. My favorites include the [MOVIE TOUR](#), [UTV TOUR](#), and [JUNGLE TREK](#).

ClimbWORKS Ziplining: We've done a lot of ziplining in Hawaii and this is such a gorgeous place and the staff are incredible. It's perfect for newbies as well as people who zipline a lot. [BOOK HERE](#)

Maui

Maui Pineapple Tour: If you're remotely curious about the Hawaii pineapple industry, this tour is fascinating and totally worth the money. Plus, you get to take home a Maui Gold pineapple! [BOOK HERE](#)

Maui Chocolate Tour: There are actually two tours here, a [FACTORY TOUR](#) and a [FARM TOUR](#) and both are fantastic and delicious. And added bonus is that you're supporting a local Lahaina business.

Old Lahaina Luau: If you've never been to a luau, this is a great one to do. If you book early, you can get one of the tables on the grass where you sit on the ground. Plus, you're supporting a local Lahaina business. [BOOK HERE](#)

Molokini Crater Snorkel Tour: If you love snorkeling, you'll want to go to Molokini Crater. This is my favorite snorkel tour for families because the food is great and they have a waterslide (plus kickboards for little ones). [BOOK HERE](#)

Kauai

Kalalea View Farm Tour: This is hands-down my favorite farm tour in Hawaii. You'll get to pick tropical fruit, chop down banana trees, and even ride a bicycle to make sugar cane juice! [**BOOK HERE**](#)

Go Haena Shuttle: If you want to visit Ke'e Beach or hike the Hanakapiai Trail, you'll need either a parking or shuttle reservation. The shuttle is worth it because you can stay all day (vs just 4 hours) and just enjoy the scenic drive. [**BOOK HERE**](#)

Ahi Lele Fire Show: Even if you're already done a luau, this is such a different experience. It's the story of how ancient Hawaiians discovered fire and the whole show is just fire dancing. It's a hit with kids! [**BOOK HERE**](#)

Big Island

Lavaloha Farm Tour: This is a really cool chocolate tour where you get to see how they grow cacao as well as how they harvest and then make the chocolate. Plus, there's a secret waterfall on the property. [**BOOK HERE**](#)

Aloha Adventures Farm: Here, you can ride ATVs in the jungle and stop at cultural "villages" to do activities. They can also drive you if you're nervous or you have little ones. They also have an option to carve tikis with a master carver. [**BOOK HERE**](#)

HVNP Docent Tour: If you want someone to teach your family about geology and do hands-on activities at Hawaii Volcanoes National Park, this is such a cool experience. You'll learn a LOT and I think it's totally worth the splurge. [**BOOK HERE**](#)

FLYTOGRAPHER PHOTO SHOOT

One of the best things I've done when I travel is book professional photo shoots, especially in Hawaii. I always use Flytographer because they have photographers all over Hawaii (and the world) and they are much more affordable than other photographers.

[**SAVE \\$25 OFF YOUR FIRST FLYTOGRAPHER SHOOT**](#)

You can check out my personal photoshoots on [**Oahu**](#), [**Waikiki**](#), [**Maui**](#), [**Kauai**](#), and the [**Big Island**](#).

TRAVEL *Packing List*

Clothes

- ☐ T-Shirts/Shirts
- ☐ Shorts
- ☐ Underwear
- ☐ Socks
- ☐ Sleepwear
- ☐ Jacket/Sweater
- ☐ Rain Jacket
- ☐ Swimwear
- ☐ Shoes
- ☐ Sandals
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Others

- ☐ Neck Pillow
- ☐ Earplugs
- ☐ Travel Blanket
- ☐
- ☐

Toiletries

- ☐ Toothbrush
- ☐ Deodorant
- ☐ Shampoo
- ☐ Body Wash
- ☐ Reef-Safe Sunscreen
- ☐ Hairbrush
- ☐ Makeup
- ☐
- ☐

Electronics

- ☐ Camera/GoPro
- ☐ Adapters
- ☐ Headphones
- ☐ Laptop/Tablet
- ☐ Phone & Charger
- ☐

Notes:

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Miscellaneous

- ☐ Snacks
- ☐ Ziplock Bags
- ☐ First Aid Kit
- ☐ Travel Locks
- ☐ Reusable Bag
- ☐ Reusable Bottle
- ☐ Notebook
- ☐
- ☐

Documents

- ☐ Passport/ID
- ☐ Tickets
- ☐ Wallet
- ☐ Travel Itinerary
- ☐ Travel Insurance
- ☐

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Aloha,

Marcie