

# 10 Ways to Safely Enjoy the Sun.



## 1. ALWAYS WEAR THE RIGHT CLOTHES WHEN OUTDOORS

The average t-shirt provides a UPF of 5-7 and that number drops down to UPF 3 when wet. Coolibar sun protective clothing is UPF 50+, wet or dry.

## 2. DON'T FORGET TO PROTECT YOUR HAIR

The sun's UV rays erode the outer layer of your hair. This breaks down melanin and makes hair dry, coarse, wiry, brittle and breakable. Wear a UPF 50+ hat, always.

## 3. WEAR A WIDE-BRIMMED HAT WHENEVER POSSIBLE

Start at the top and protect your scalp. For every inch of brim you wear, you reduce your lifetime risk of skin cancer by 10%. So a 6" brim means a 60% risk reduction.

## 4. PROTECT YOURSELF ON OVERCAST DAYS

The sun's UVA rays are omnipresent at the same strength year-round. Up to 80% of the sun's damaging UV radiation penetrates clouds and fog.

## 5. WEAR SPF 30 SUNSCREEN OR GLOVES ON HANDS

The skin on the back of the hand is thinner and often forgotten. Prevent skin damage and aging on this sun-prone area.

## 6. STORE A LONG SLEEVE COVER-UP IN THE CAR

Sun-related aging, spots and wrinkling occur right in the seat of your car. UV rays penetrate windows, so wear a UPF 50+ hoodie/pullover with long sleeves for daily driving and road trips.

## 7. MAKE UPF 50+ YOUR BEST ANTI-AGING WEAPON

About 90% of visible skin changes—aging, wrinkles, brown spots and leathery skin—are caused by the sun's UV rays and can be minimized with Coolibar clothing.

## 8. BLOCK UVA/UVB RAYS WITH GUARANTEED PROTECTION

Millions of sun-blocking minerals are infused at the fiber or fabric level and are guaranteed UPF 50+ to never wash or wear out for the life of Coolibar garments.

## 9. WEAR UV-BLOCKING SUNGLASSES

Eyesight is vulnerable to harm from UV rays. Prevent corneal sunburns, melanomas and aging vision with sunglass lenses large enough to cover the skin around your eyes.

## 10. TRUST COOLIBAR FOR QUALITY UPF 50+ PROTECTION

Clothing is your first line of defense and single most effective form of protection against the sun's harmful UV rays.



Coolibar is the first clothing company to earn The Skin Cancer Foundation's Seal of Recommendation.