10 Ways to Safely Enjoy the Sun

1. Wear a wide-brimmed hat whenever possible
   One of the most common places for skin cancer is on the human scalp. A wide-brimmed (3-inch or greater) hat covers places where it is difficult to apply sunscreen, such as the tops of the ears and the back of the neck.
   — Skin Cancer Foundation

2. Wear UV-blocking sunglasses
   Ocular melanoma is the most common primary cancer of the eye in adults. Always wear high-quality UV-protective sunglasses whenever outdoors. Good sunglasses should block 100% of the sun’s UV spectrum.
   — Ocular Melanoma Foundation

3. Protect your skin with trusted, tried and true UPF 50+ clothing
   Clothing is the best means of sun protection. Choose garments with an Ultraviolet Protection Factor (UPF) label of 50 or higher to block 98% of all UV rays. A standard white cotton T-shirt will have a UPF of 5-7.
   — Skin Cancer Foundation

4. Don’t get burned!
   What we call sunlight is technically ultraviolet radiation (UV Rays). In addition to cosmetic concerns like premature aging, wrinkling, leathery skin and unattractive sun spots (90% of which are caused by UV rays), UV rays alter our molecular structure and cause deep damage and skin cancer. In other words—don’t get burned!
   — American Cancer Society

5. Wear gloves or sunscreen on your hands year-round
   The backs of your hands, like your face, get sun exposure every day. The result: thinning, wrinkled skin, dark spots, and skin cancers. Wear gloves or sunscreen year-round.
   — Skin Cancer Foundation

6. Always wear the right clothes when outdoors
   The heat can tempt you to shed clothes, sacrificing sun safety for comfort. Today’s UPF clothing is made of lightweight, high-tech fabrics specially treated to be “breathable” and “sweat-wicking”.
   — Skin Cancer Foundation

7. Whether you’re on a plane, train, car or boat, cover up
   By law, most front windshields in cars are treated to filter out most UVA rays, but side and rear windows generally aren’t. If you’re flying to your vacation and love the window seat, know that UVA rays also come through airplane windows. To be safe, wear sunscreen and sun-protective clothing anytime you’re traveling.
   — Skin Cancer Foundation

8. Diversify your sun-protection routine
   Because exposure to UV light is the most preventable risk factor for all skin cancers, everyone should protect their skin from the sun’s harmful UV rays by seeking shade, wearing protective clothing and using a sunscreen of SPF 30+ on exposed areas.
   — American Academy of Dermatology

9. Protect yourself on overcast days
   Up to 80% of the sun’s UV rays can pass through clouds. This is why people often end up with serious sunburns on overcast days if they’ve spent time outside with no sun protection.
   — Skin Cancer Foundation

10. Share your sun-safe habits with others, especially children
    One blistering sunburn can double a child’s lifetime risk of cancer. Protect them with lightweight and breathable sun-protective clothing, ideally long-sleeves and long pants in bright colors. Cover eyes with UV-blocking sunglasses and scalps and necks with broad-brimmed hats with brims 4" around or greater.
    — Skin Cancer Foundation

All Coolibar fabrics are recommended as effective UV protectants only for covered areas. Coolibar is the first clothing company to receive The Skin Cancer Foundation’s Seal of Recommendation.