

Complete Guide to Sun Protection

KEY TAKEAWAYS

What is the simplest sun-protection plan?

- Build protection in layers: clothing, a broad-brimmed hat, eye protection, shade and timing, then sunscreen on exposed skin.
- Use the UV Index and the actual activity to adjust the plan rather than relying on temperature or brightness.
- A layered plan reduces how much skin depends on perfect sunscreen application.

How should I choose clothing and a hat?

- UPF-rated clothing gives more predictable information about the protection provided by the fabric.
- A useful sun hat has a broad brim that covers more than the top of the head.
- Fabric protection changes with weave, color, stretch, wetness, fit, and how much skin the garment covers.

How should I use sunscreen on exposed skin?

- Choose broad-spectrum, water-resistant sunscreen and apply it generously and completely to exposed skin.
- Apply before exposure and reapply at least every two hours while outdoors.
- Reapply after swimming, sweating, towel drying, or friction has removed product, following the label's water-resistance directions.

Key Takeaways

CONTINUED

What protects the eyes and hard-to-cover areas?

- Choose sunglasses labeled to block UVA and UVB; larger or wraparound frames reduce side entry.
- Combine sunglasses with a broad-brimmed hat because each leaves gaps the other can cover.
- Pay attention to neck coverage and exposed areas around the eyes, scalp, ears, and back of the hands.

How do I build a plan for an actual day?

- Start with the clothing, hat, and sunglasses you will actually keep wearing.
- Add shade, timing, and sunscreen for the skin that remains exposed.
- Recheck coverage after water, sweat, toweling, friction, changing clothing, or a meaningful change in exposure.