

OUTDOOR CLOTHING

One of the most effective ways to limit ultraviolet radiation (UVR) to the skin is wearing clothing.

STYLE

- Select clothing that covers the greatest amount of skin
- Shirts and blouses with collars provide better coverage for the back of the neck
- Shirts, blouses and T-shirts with long sleeves better protect skin
- Loosely fitting clothing provides better protection - fabric is not in direct contact with skin
- If wearing tops with no sleeves or cap sleeves, wear another top over or undergarment for added protection



FABRIC

- As a rule of thumb, the closer the weave, the better protection to the skin
- Heavier weight material is better than a lighter one with the same density of weave
- Hold fabrics to the light—the less light coming through or difficulty in seeing light provides better protection

COLOR

- Darker colors, not lighter, provide better UVR protection; although absorb more heat

SWIM WEAR

- For beach wear and swimming, lycra material provides a higher level of protection
- Lycra does not absorb perspiration and is not suitable for daily wear
- Ultraviolet (UV) swimwear is best; check the label

