

OUTSHINE SKIN CANCER



# SUN-SAFE *adventures*

LOWULTRAVIOLET.COM

# Your Next Adventure Awaits



Some of life's greatest adventures await the second you venture outside. There is no greater feeling than staying sun-safe while enjoying the outdoor activities you love.

Sun-safe adventures mean taking all the necessary precautions to avoid harmful UV rays while not compromising on fun.

**Outshine Skin Cancer.**

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# Hiking Checklist

Staying sun-safe **enhances** your hiking experience while **minimizing** the risk of sun-related health issues.

- UV protective sunglasses
- Wide-brimmed hat
- Water
- UPF 50+ clothing
- SPF 30+ broad-spectrum sunscreen
- SPF 30+ lip balm
- Daypack



## DID YOU KNOW?

- The CDC recommends applying **sunscreen** at least 10 minutes before **insect repellent**.
- Certain **medications** can increase sun sensitivity, including antibiotics and anti-inflammatory drugs.
- UV rays reflect off of **water, snow, ice**, and other surfaces, increasing harmful sun exposure.

# Planning Your Next Adventure

- Check the UV index before setting out
- Apply sunscreen at least **15 minutes** before your adventure
- Bring plenty of water
- Pack sunscreen to reapply every 2 hours. Reapply sooner if you are sweating or swimming.

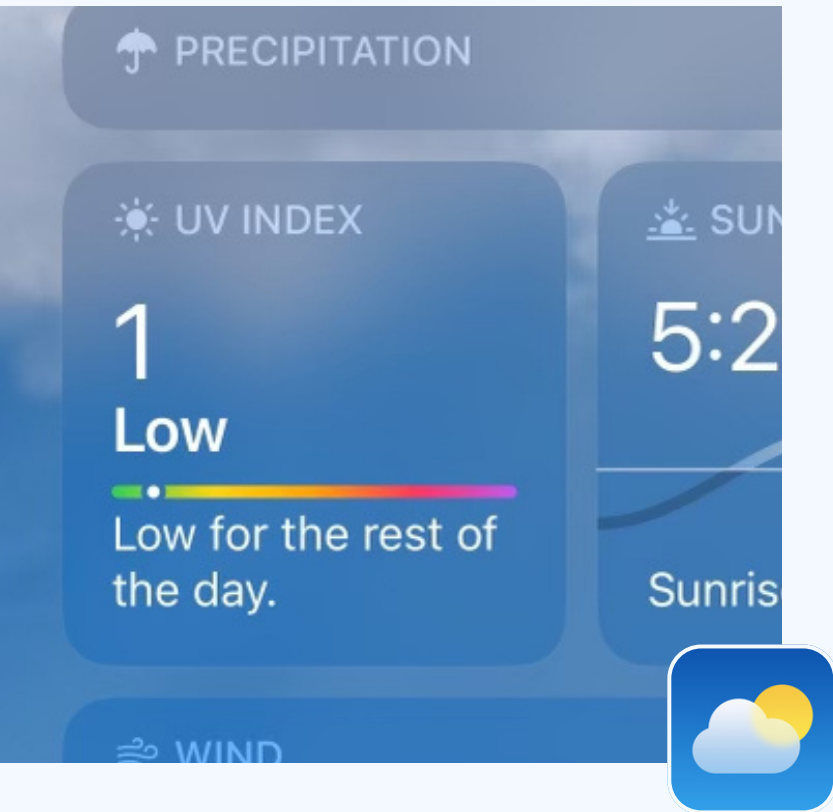
**PRO TIP:** Do **NOT** store sunscreen in your car or direct sunlight. This can compromise the effectiveness.

**REMINDER:** You're exposed to **UV RAYS**, even on **CLOUDY DAYS**.

UV exposure is strongest between:

10AM   
AND 4PM 





# How to Check the UV Index

1. Open the **Weather App**
2. Scroll down past the 10-day forecast
3. Click “UV Index” for a daily breakdown

## UV INDEX

The UV index measures the strength of ultraviolet (UV) radiation. In turn, it helps you assess the potential effects of the sun on outdoor activities.



- SPF 30+

- Sunglasses
- Hat
- UPF 50+
- SPF 30+

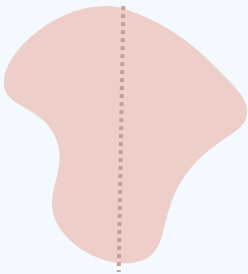
- Sunglasses
- Hat
- UPF 50+
- SPF 30+
- Seek shade

- Sunglasses
- Hat
- UPF 50+
- SPF 30+
- Seek shade

- Stay indoors

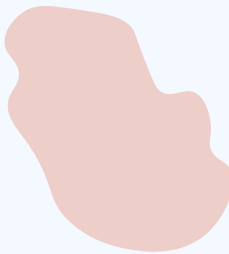
# ABCDEs of Melanoma

Early detection makes a difference. According to the Skin Cancer Foundation, there is a **99% 5-year survival rate** for patients whose melanoma is detected early.



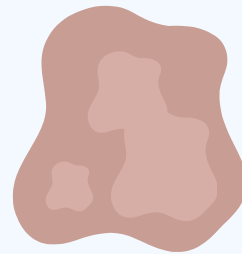
## ASYMMETRY

Most melanomas have two halves that don't match



## BORDER

Melanomas tend to be uneven, scalloped, or notched edges



## COLOR

Melanoma may have different shades of brown, tan, or black



## DIAMETER

It's a warning sign if a lesion is the size of a pencil eraser or larger



## EVOLVING

Any change in size, shape, and/or color is a warning sign

If you recognize any of these warning signs, see a board-certified dermatologist.

For more resources check out:  
[skincancer.org](https://www.skincancer.org)



SUN-SAFE

*adventures*

Your next sun-safe adventure awaits!

Want more sun safety tips and tricks? Tune in to the [Ultraviolet Tide](#) podcast.



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