

What to Wear to Protect Your Skin from the Sun

Skin cancer is the most common cancer in the U.S., and nearly 20 Americans die from melanoma — the deadliest form of skin cancer — every day.

That’s why it’s important to dress to protect yourself from the sun. In addition to **seeking shade** and **applying sunscreen**, **wearing sun-protective clothing** can go a long way in protecting you from the sun’s harmful UV rays, which can increase your risk for skin cancer. However, not all clothes are created equal when it comes to sun protection. Some clothes provide better UV protection than others.

The right sun-protective outfit:



Provides long-lasting sun protection.



Works great for all skin types and colors.

To help protect your skin from the sun, wear these clothes and accessories outdoors whenever possible:



A wide-brimmed hat with no holes in the fabric



Pants



Dark or bright colors



Sunglasses with UV protection



Tightly woven fabrics (ones you can’t see through)



A lightweight, long-sleeved shirt



For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) number on the label.



Make sure to apply a **broad-spectrum, water-resistant sunscreen** with an **SPF of 30** or higher to all skin not covered by clothing.



Reapply sunscreen every two hours when outdoors, or after swimming or sweating.



Don’t forget your feet! When wearing sandals, flip-flops, or going barefoot, apply sunscreen to all exposed skin.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).

