



Sun protection

Remember to use appropriate sun protection when you go walking.

Protection from the sun is a major concern here in Australia. The [Department of Health and Ageing National Skin Cancer Awareness Campaign](#) has developed the following recommendations to protect yourself from the sun:

- **Wear a hat**
It is recommended you wear a wide brim hat that protects both your face and neck. It is also important to choose a hat that is secure on your head, allows air flow to keep you cool, and does not obscure your vision.
- **Wear appropriate clothing**
When choosing your clothing, try and cover up as much of your body as possible. Long sleeve tops and trousers are the best and you should consider loose fitting items that allow the air to flow and keep you cool. Also it is recommended you choose clothing with a high ultraviolet protection factor (UPF).
- **Shade**
Shade provides good protection from the sun and where possible, choose walking routes that provide the most shelter. It is highly recommended you seek shade when walking two hours either side of midday when the sun is set highest in the sky. Shade should not solely be relied upon for sun protection, and you should always use other sun protection methods.
- **Wear sunglasses**
It is recommended that you wear wrap-around sunglasses or a pair that sits close to your face. It is also recommended you choose a pair of glasses that are either category 2,3 or 4 in line with the Australian national standard for sunglasses (AS/NZ 1067:2003), and consider only glasses with higher eye protection factor (EPF) rating (9 or 10).
- **Always use sunscreen**
You should apply and water resistant SPF30+ broad spectrum sunscreen every two hours, and it is important to note that no sunscreen offers 100% protection from the sun.

It is recommended that none of the above sun protection methods are relied on solely, rather they are used in conjunction with each other.

It is also important to ensure you have ample supplies of water, so you do not run the risk of dehydration. Remember, [Slip, Slop Slap](#) and enjoy the outdoors for years to come!

