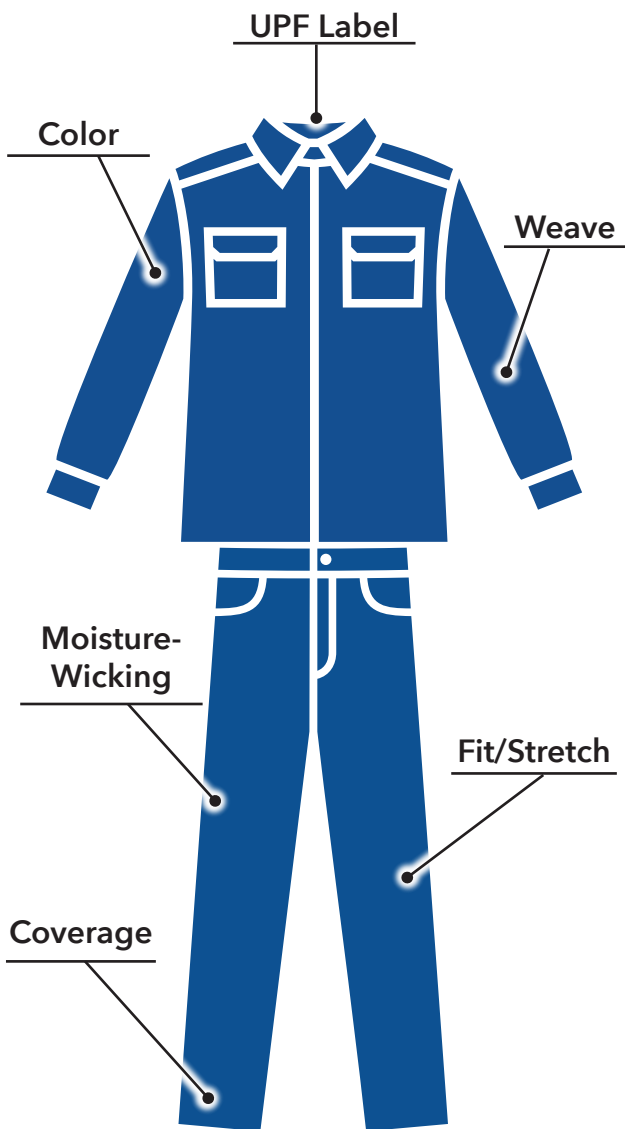


What makes clothing

SUN-SAFE?



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	To Protect from UV	To Protect from Overheating
Weave	Tightly woven fabrics block more UV. Avoid loosely woven fabrics like many cottons or linens.	Lightweight, loosely woven fabrics provide more air flow and cooling. Avoid dense fabrics like denim or canvas.
Color	Dark or bright colors absorb more UV and provide more protection.	Light colors reflect heat and make you feel cooler.
Fit/ Stretch	Loose-fitting clothing works best for UV protection and cooling. Tight-fitting clothing can stretch more easily and let UV through the weave. Loose clothing allows more air flow.	
Moisture-Wicking		Moisture-wicking fabrics pull sweat away from the body to help you feel cooler. Polyester, bamboo, and nylon can wick moisture away. Cotton can soak up sweat, stay wet, and cause skin irritation.
Coverage	Long-sleeved shirts and long pants cover more skin to help prevent sunburn and skin cancer	Sunburn can affect the body's ability to cool itself and can increase the loss of water in the body.
UPF Label	Some garments have UPF labels to indicate how much UV they block. Look for UPF 15 to 50+.	UPF-labeled garments are often moisture-wicking and quick drying. They can be vented for extra air flow

THE BOTTOM LINE

Choose long-sleeved and long-legged loose clothing made from breathable synthetic fabrics or fabric blends such as polyester-nylon, bamboo-cotton, or nylon-spandex which combine UV protection with moisture-wicking cooling. Look for labels of UPF 15-50+.