

INFORMATION SHEET

SUN PROTECTION



Protecting yourself from the effects of the sun are even more important at altitude. The higher you go, though it may feel colder, the stronger your exposure to the sun's UV (ultraviolet) rays. If you reach to snowline then the effects are compounded by reflection from the snow.

Whatever the season or altitude there are a few precautions you can take to protect yourself from the sun.

Get Covered Up

The most effective precaution you can take is to cover up, so long sleeved base layers



are a good idea, and don't forget a broad brimmed hat to protect your head and neck.

If you are at altitude where the sun is much stronger you also need to protect

your eyes, snow-blindness is a real risk, use wrap around style sunglasses that protect from UVA and UVB radiation. Even in snowless conditions the sun can damage your eyes.

Sun Screen

If your spending time in the sun or at altitude you need to apply a good sun screen. Sun screens are given an SPF (sun protection factor) to indicate how effective they are at preventing sun burn, but their effectiveness will differ from person to person.

The SPF is a comparison of the time it takes before the skin will start to redden with and without sun protection. For example, if it would take 20 minutes for an individual's skin to burn without sun

protection, then a SPF of 15 means that when applied, that person can remain in the sun 15 times longer, or up to 5 hours, without worrying about burning. In reality though, sun protection regardless of SPF becomes less effective when it's not evenly applied, a person goes into the water and when a person sweats.

Both water and sweat diminish the product's effectiveness that's why it's extremely important to reapply sun protection frequently. Besides reapplying, for maximum effectiveness the first application should happen at least 20 minutes prior to going out into the sun. Doing this allows sufficient time for the sunscreen to fully absorb into the skin and ensures that you'll be protected the moment you step outside.

Those with more sensitive skin will benefit from a higher SPF. People who are fair-skinned, have light-colored or red hair or who are traveling to high altitude will also benefit from a higher SPF. A minimum of SPF50 is recommended at altitude.

When you apply your sun screen don't forget:

The top of your forehead
Ears
Back of your neck
and the back of your hands

LASTLY PROTECT YOUR LIPS WITH AN SPF RATED LIP BALM.



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