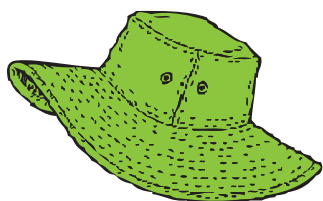
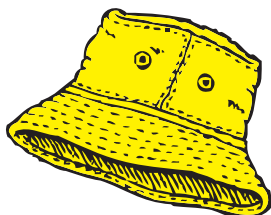


Choosing a good sun protective hat



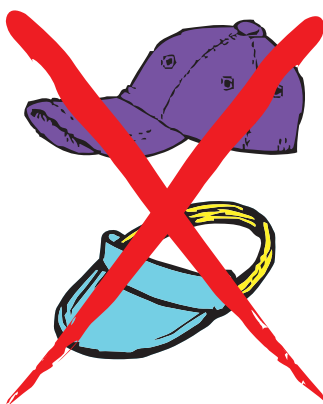
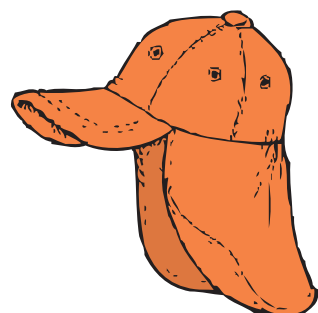
Good hats:

- Provide shade to face, neck and ears
- Dark colours offer better protection
- Have close woven fabric
- Have a UPF rating of 15 or more (the higher the number the better the protection)



Research shows that the best hats for sun protection are:

- Broad-brimmed hats (min 7.5 cm brim)
- Bucket hats / surf hats (min 6 cm brim with deep crown)
- Legionnaire (great for babies and young children)



Baseball caps and sun visors are NOT recommended!

They leave the ears and back of necks exposed. These are common sites of both sun burn ⁽¹⁾ and skin cancer in New Zealand ⁽²⁾.

Make your hat a fun part of summer.
Choose something you like
and feel good wearing!