

# **No hat**

# **No play**

# **Keep melanoma away!**



## **Choosing good hats**

Make sure the hat is made of a tightly woven fabric which doesn't let the sun's rays through.  
Choose a hat which shades your face, nose, neck and ears. A brimmed hat or cap with flaps offers the best protection.  
Look for a deep crown broad-brim hat, with a minimum brim of 6cm.  
Make sure it feels comfortable – cool, but firm around the headband.  
Darker colour will keep out the sun's rays better.  
You'll need a hat that stays on in the wind.