Your clothes are the single most effective form of protection against the sun’s harmful ultraviolet (UV) rays. They can absorb or block much of this radiation.

Clothing can absorb or block much of this radiation and protect your skin.

**WHAT’S IN YOUR CLOSET?**

**HATS**
Wear hats with a brim that extends three inches or more all the way around to shade your head and shoulders.

**What to wear:**
Fedoras, bonnets, outback, bucket, and Panama hats

**SUNGLASSES**
Look for sunglasses that cover the eyes, eyelids, and as much of the surrounding areas as possible, and come with a tag verifying that they block 99-100 percent of all UV radiation.

**What to wear:**
Oversized frames, and wrap-around shades, which don’t let UV in at the temples.

**FABRIC**
Synthetic and semi-synthetic fibers (such as polyester and rayon) offer the greatest sun protection. Refined and bleached cottons or crepe offer the least. Glossy fabrics, such as satin, reflect more UV rays away from the skin than do matte fabrics, like linen.

**UPF (Ultraviolet Protection Factor)** indicates what fraction of the sun’s UV rays can penetrate the fabric. A shirt with a UPF of 50 allows just 1/50th of the sun’s UV radiation to reach the skin. The tighter the knit or weave, the smaller the holes and the less UV can get through.

**COLOR**
Dark or bright colors, like red or black, absorb more UVR than white or pastel shades, stopping the rays before they reach the skin. The more intense the hue, the better the UV defense.

**5 Million**
Nearly 5 million skin cancers are diagnosed in the US annually, and the vast majority of them are caused by solar UV radiation.

**90 Percent**
Solar UV radiation can penetrate up to 90 percent of visible changes commonly attributed to skin aging, including wrinkles.

To Learn More, Visit SkinCancer.org

**WHAT TO WEAR: CLOTHING**
Clothing with a UPF of 30 or higher. Remember, the higher the UPF, the greater the protection.

**THE FACTS:**

- Mean UPF = 3 (loose weave)
- Mean UPF = 60 (tight weave)

Since its inception in 1979, The Skin Cancer Foundation has always recommended using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however. Read our full list of skin cancer prevention tips at skincancer.org/prevention.