In British Columbia we love the great outdoors, and we enjoy it year-round. Play hard and stay sun safe.

Learn Not to Burn

• Cover up with lightweight, UV-blocking clothing and headwear.
• Try to stay out of the sun between 11 am and 3 pm, when UV rays are strongest.
• Take time out in the shade.
• Use a broad-spectrum sunscreen with 30+ SPF.

Did You Know?

• More than 90 percent of skin cancer is caused by the sun.
• A sunburn can cause changes to the skin’s DNA that can lead to melanoma, the most deadly type of skin cancer.
• Overexposure to the sun gives you wrinkles, discolours your skin, and makes you look older.

Hiking and Running in BC

• UV radiation increases 10 percent for every 1,000 metres you climb.
• Cotton and breathable fabrics are coolest next to the skin. UV-blocking, long-sleeved shirts provide extra protection.
• Everyone can wear UV-blocking sunglasses—even the kids!
• Make sure your hat has a wide brim to protect your face and neck.
• Wear sweat-resistant sunscreen and reapply it as needed to clean, dry skin.
• Use lip protection with SPF 30.