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SUN SAFETY

In summer, it's easy to keep sun safety top of mind. In winter, less so. Whether you're travelling south, adventuring overwater or in the snow, here are six ways to protect yourself from the sun – that won't leave your hands slick with sunscreen.

BY JENNIFER HUBBERT



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1. BEACH TO BOARDWALK

Lightweight, practical and durable, **Tilley** hats are stylish travel companions. We especially love that the **TOY1 Audrey Straw Sun Hat** is constructed of UPF 50+ certified fabric. With a wide brim and universally flattering classic design, it's an accessory you can wear from the beach to the boardwalk. Find it at tilley.com; \$125. Also available in black or white.

2. GET SOME COLOUR, SKIP THE BURN

Coolibar, a retailer of protective sun apparel was the first clothing company to receive the Skin Cancer Foundation's Seal of Recommendation. We're coveting the **Women's Grassi Sun Bandana UPF 50+**, a versatile accessory that can be fashioned as a head wrap, face mask or neck band. Shop it in various patterns at coolibar.com; \$31.

3. SHELTER ME

Parents know that if they're going to survive a full day at the beach, the littles need some form of shady respite. Sure, you can rent a beach umbrella...*if* they're available and *if* you're willing to stake out a spot at first light. Instead, consider travelling with a portable sun shelter. The **Eddie Bauer Sun Shelter** weighs 2.6 kg (5.8 lbs), compacts into a carrying bag and is constructed as a single collapsible piece. In other words, it acts like a tent without the headache of assembling multiple poles. Find it at eddiebauer.ca; \$165.

4. HANDS OFF!

I think we can all agree that applying sunscreen is a drag, which is why we're big fans of sunscreen sticks. Those who prefer a mineral sunscreen (which is friendlier to sensitive marine environments and our own skin, too) might be interested to learn that earlier this year, Canadian-manufactured **LASPA** introduced its **SPF50 Ultra Sun Protection Stick**. It's a moisturizing face and neck sunscreen made of plant-based ingredients, and it is hypoallergenic, fragrance-free and reef safe. Order it from laspanaturals.com; \$18.

5. COLD SWEATS

Practicing sun safety in a snowscape is not black and white. Slip on **Original BUFF® Neckwear** in pretty new prints (we prefer Tephra, pictured). These soft tubulars are seamless and made of **REPREVE® Performance Microfiber** that wicks away moisture while protecting up to 50 UPF. Four-way stretch means multifunctional styling so you can wear them any one of 12 ways. Peruse Original Neckwear at buff.com/ca; \$25.

6. SUIT UP

The bikini has been a swimwear mainstay since the mid-1960s. But let's be honest: In order to avoid a sunburn while wearing an itchy bitsy, teenie weenie bikini requires more due diligence than we're willing to expend some days. Enter, the **Unisuit** by **Cabana Life**. Okay, the name might not be sexy, but the design is. Long sleeves offer protection from the sun, as does the UPF 50 material it's constructed of. This style runs true to size. Shop the Unisuit at cabanalife.com; \$152.