

UV Protection Checklist

A comprehensive, medically reviewed checklist for every outdoor activity. Tick items off as you go.

✓ Medically reviewed against WHO, IARC & AAD guidelines

Your progress: 0 of 41 items checked

☐ Check the UV Index

Use a weather app or the UVTREK app. UV Index 3+ requires protection. Source: WHO Global Solar UV Index, 2002.

☐ Apply broad-spectrum SPF 30+ sunscreen

Apply 20–30 minutes before going outdoors. Use at least 2mg/cm² (approx. 1 teaspoon per limb). Source: AAD Guidelines, 2023.

☐ Don't forget ears, neck, and back of hands

These are among the most commonly missed and most frequently affected areas. Source: IARC Handbook Vol. 13.

☐ Apply lip balm with SPF 15+

Lips are vulnerable to UV damage and actinic cheilitis. Source: AAD.

☐ Choose UPF 50+ clothing for high-exposure activities

UPF 50+ fabric blocks 98% of UV radiation. Source: ARPANSA.

☐ Wear a wide-brim hat (7.5cm / 3-inch brim minimum)

A wide brim reduces UV exposure to face, ears, and neck by up to 70%. Source: WHO.

☐ Wear UV-blocking sunglasses (UV400 or CE marked)

UV exposure is a risk factor for cataracts and macular degeneration. Source: WHO, 2011.

☐ Check medications for photosensitivity

Many common medications increase UV sensitivity. Check with your GP or pharmacist. Source: British Journal of Dermatology.

☐ Reapply sunscreen every 2 hours

Sunscreen degrades with UV exposure and sweat. Reapplication is essential regardless of SPF number. Source: AAD.

☐ Reapply immediately after swimming or heavy sweating

Even water-resistant sunscreens lose effectiveness after 40–80 minutes in water. Source: FDA Guidelines.

☐ Seek shade between 10am and 4pm

UV radiation is most intense during these hours. Source: WHO Global Solar UV Index.

☐ Be aware of reflective surfaces

Snow reflects up to 80% of UV, water up to 25%, sand up to 15%. Source: WHO.

☐ Altitude awareness: UV increases 10–12% per 1,000m

Higher altitude means less atmospheric UV filtering. Source: WHO Global Solar UV Index, 2002.

☐ Do not rely on cloud cover for protection

Up to 80% of UV radiation passes through clouds. Source: WHO.

☐ Stay hydrated throughout your activity

Heat and UV exposure together increase physiological stress. Source: WHO Environmental Health Criteria 160.

☐ **Protect children with extra care**

Childhood sunburn significantly increases lifetime melanoma risk. Source: IARC Monograph Vol. 100D.

☐ **Cover up during rest breaks — shade is not always UV-free**

Reflected and scattered UV reaches shaded areas. Source: IARC Monographs.

☐ **Check UV Index midday on long activities**

UV levels change significantly throughout the day. Source: Open-Meteo.

☐ **Apply SPF to scalp if hair is thin or parted**

The scalp and parting line are high-risk areas often overlooked. Source: AAD.

☐ **Wear gaiters or long socks to protect ankles and lower legs**

Lower leg burns are common on multi-day hikes. Source: Wilderness Medicine Society Guidelines.

☐ **Carry sunscreen in an accessible pocket for on-trail reapplication**

Convenient access increases reapplication compliance. Source: AAD.

☐ **Use sweat-resistant SPF 50+ formulation**

Sports-specific formulations maintain protection better during exercise. Source: JAAD, 2019.

☐ **Schedule runs before 9am or after 5pm when possible**

Avoids peak UV hours. Source: WHO.

☐ **Wear UV-protective running cap and sunglasses**

Face and eyes are continuously exposed during running. Source: Skin Cancer Foundation.

☐ **Focus SPF on front of legs, forearms, and back of neck**

Cycling posture creates consistent UV exposure patterns. Source: British Journal of Sports Medicine.

☐ **Wear UV-blocking cycling jersey (check UPF rating)**

Many cycling fabrics have UPF under 15 when stretched. Source: Photodermatology, Photoimmunology & Photomedicine.

☐ **Apply SPF under helmet straps and around helmet edges**

These areas receive direct UV exposure. Source: AAD.

☐ **Apply SPF 50+ including around goggles and under chin**

Snow reflection means UV reaches areas not typically exposed in summer. Source: WHO.

☐ **Reapply frequently — cold air masks burning sensation**

Cold temperatures reduce perception of UV damage occurring. Source: IARC.

☐ **Wear UV-protective goggles, not just tinted lenses**

UV-blocking goggles protect eyes from reflected UV. Source: WHO.

☐ **Apply SPF to ears and back of neck before teeing off**
Golf-specific UV exposure patterns create predictable burn zones. Source: Skin Cancer Foundation.

☐ **Reapply every 2 hours during long rounds**
18-hole rounds commonly exceed 4 hours of continuous UV exposure. Source: AAD.

☐ **Wear a wide-brim hat rather than a cap**
A cap offers minimal ear and neck protection. Source: WHO.

☐ **Use SPF 50+ water-resistant sunscreen, reapply every 80 minutes**
Water reflects UV and increases exposure. Source: FDA Sunscreen Guidelines.

☐ **Wear a UV-protective rash vest or swim shirt**
UPF-rated swimwear significantly reduces cumulative UV dose. Source: ARPANSA.

☐ **Protect the back of neck and shoulders extra carefully**
These zones face direct overhead UV in water. Source: IARC.

☐ **Check skin for new or changed spots**
Early detection of actinic keratosis and melanoma significantly improves outcomes. Source: IARC.

☐ **Apply after-sun moisturiser to restore skin barrier**
UV exposure disrupts skin barrier function. Source: British Journal of Dermatology.

☐ **Drink water to rehydrate**
UV and heat exposure increase fluid loss. Source: WHO.

☐ **If sunburned: cool water, moisturise, avoid further sun until healed**
Do not use ice, butter, or petroleum jelly on sunburn. Source: AAD.

☐ **See a GP if sunburn blisters or you feel unwell**
Severe sunburn may require medical attention. Source: NHS / AAD.

☐ **Annual full-body skin check with a dermatologist (high-risk individuals)**
Annual professional skin examination recommended for those with high UV exposure history. Source: AAD.

☐ **Monthly self-examination using the ABCDE rule**
A=Asymmetry, B=Border, C=Colour, D=Diameter, E=Evolving. Source: AAD Melanoma Guidelines.

☐ **Review and restock sunscreen annually — check expiry dates**
Sunscreen has a typical shelf life of 2–3 years. Expired product is less effective. Source: FDA.

☐ **Discuss UV history with your GP at annual health review**
Cumulative UV history is an important factor in cancer risk assessment. Source: IARC.

Medical disclaimer: This checklist is for educational purposes only and does not constitute medical advice. All items have been reviewed against WHO, IARC, AAD, and peer-reviewed medical literature by UVTREK's medical co-founder (practising GP). For personal skin health concerns, please consult a qualified dermatologist or your GP.