



On the Go? Prepare for the Outdoors

Prepare a “sun bag” to bring with you anytime you might be outside. Keep it stocked and by the back door ready to go! You never know when the sun might peek out, even on a cloudy day!

- Wide-brimmed hat
- Sunscreen for body, face, lips to really often
- Long sleeved crewneck shirt, cover up, swim shirt, or any type of UV blocking clothing
- Sunglasses with UV block
- Blanket or towel
- Shade umbrella

Prepare your golf bag...

- Acceptable hat
- Non greasy sunscreen for face, hands, and back of neck. Plan to reapply every 5th hole.
- Sunscreen for lips. Plan to reapply every 3rd hole.
- Long sleeved polo shirt, UV blocking clothing
- Sunglasses with UV block
- Bottle of water