

Lizzy's BEACH DAY

SUN-SAFE FUN DAY

My checklist for a protected
AND ICONIC day! ☀️ ❤️



SUNSCREEN

SPF 50+ and water resistant! Reapply often.

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HAT & SUNGLASSES

Shade your face and protect those eyes!

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SUN-SAFE SWIMWEAR

Long sleeves = extra sun protection.

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WATER BOTTLE

Stay hydrated and keep going!

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SNACKS

Fuel your body for fun and adventures!

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TOWEL

Dry off, warm up and relax in the shade.

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SHADE TIME

Take breaks in the shade and listen to your body.

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BEACH FUN!

Play hard, be kind and have the best day!

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SUN-SAFE SUPER RULES



Slip on sun-safe clothing



Slop on sunscreen



Slap on a hat



Slide on sunglasses



Stay cool and have fun!



**PROTECTED
AND ICONIC!**



You've got this,
Sun-Safe Superstar!

Kidz Swimmers
GO PLAY, HAVE FUN,
BE SUN-SAFE! ❤️