

# 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! ❤️