GETTING DRESSED FOR A DAY OUTSIDE

SUNSCREEN 50+spf

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SPF 50+

25°C +

Wear lightweight, sun-safe fabrics. Wear a hat, sunscreen and sunglasses. Bring a waterbottle and rest in the shade.





Choose a light top made from breathable fabric (e.g. cotton). Consider adding longer pants or add a removable light layer (e.g. cardigan).

Consider adding a warmer layer, such as a sweater or hoodie. Wear longer pants or leggings and closed shoes with socks.



Below 15°C

Layer clothing. Consider a long top and warm pants. Add a warm jacket and a thermal layer if needed. Wear shoes and socks.

Rain or shine

Pack a raincoat,waterproof shoes and an umbrella. Sun protection is always recommended in Australia when the UV level is above 3