

LIVEABOARD UV PROTECTION CHECKLIST

Pack once. Check daily. Protect every surface interval.

PROTECTION BEGINS AT UV 3. CHECK THE EXACT DESTINATION FORECAST BEFORE BREAKFAST.

PACK BEFORE THE TRIP

- ☐ UPF 50+ long-sleeve rashguard
- ☐ UV leggings or a dive skin for long swims
- ☐ Wide-brim or legionnaire hat with a secure strap
- ☐ Wraparound sunglasses with UVA and UVB protection
- ☐ Reef-friendly mineral sunscreen, SPF 30 to 50+
- ☐ SPF lip balm and a mineral zinc stick
- ☐ After-sun aloe gel and moisturiser
- ☐ Reusable water bottle

DAILY LIVEABOARD ROUTINE

- ☐ Check the UV index before breakfast
- ☐ Wear UPF clothing before the first briefing
- ☐ Apply sunscreen to face, ears, neck, hands and feet
- ☐ Reapply every 2 hours and after swimming or towelling
- ☐ Stay shaded between dives whenever possible
- ☐ Avoid long uncovered exposure from 11 AM to 2 PM
- ☐ Use a hat and sunglasses on deck and in tenders
- ☐ Drink water throughout the dive day

UV INDEX SCALE

0-2
Low

3-5
Moderate

6-7
High

8-10
Very high

11+
Extreme

REMEMBER Cloud, wind and cool air do not mean low UV. Clothing and shade do most of the work.