

# The Sun-Protective Hat a Dermatologist Won't Go to the Beach Without



Kara Jillian Brown

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Photo: Stocky / R A V E N

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If there's one thing dermatologists will never stop preaching, it's how harmful prolonged sun exposure can be. But that doesn't mean they're inside hiding in the dark all day—they just know how to protect themselves. They're slathering on sunscreen, making sure to reapply, and seeking shade, especially when the sun is high in the sky. And to go the extra skin-protecting mile, [Iris Rubin, MD](#), a board-certified dermatologist in Bethesda, Maryland, brings a little bit of shade with her whenever she's headed to the beach.

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"I really like [Coolibar's Travel Beach Hat](#) (\$49)," says Dr. Rubin. "It has a wide brim for face and neck coverage and an adjustable, removable cord so it won't fly away on a windy day."



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getting crushed," says Dr. Rubin.

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The best part? It has UPF 50+ protection, meaning it blocks 98 percent of the sun's rays.

"UPF stands for Ultraviolet Protection Factor, which is the rating given to the clothing to indicate how effectively the fabric is blocking the UV rays," explains Ellen Marmur, MD, a

board-certified dermatologist in New York City. "You should always be wearing some sort of SPF, and UPF [clothing] has a numerical rating which indicates how protective the fabric is to the UV rays. These types of clothing are perfect for outdoor running or even walking your dog for that extra layer of protection."

In addition to proving shade for your face, it also protects your scalp.

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"Protecting the scalp from the sun is so important, especially if your hairstyle involves a distinct part when you're outdoors," says Dr. Rubin. "Although you can use sunscreen on this thin line of sun-exposed skin, my preferred way to shield the scalp from UV rays is to do so physically by wearing a hat."

Whether you're headed to the beach, spending lots of time in the garden, or taking long walks, the Coolibar Travel Beach Hat is the perfect companion to work alongside your sunscreen and keep you protected from harsh rays.

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