

Preparing for fun in the sun.



Summer is rapidly approaching and vacation is calling your name. Many will head to a nice sunny beach with crystal blue water and golden sand. Here are a few tips to keep your beach trip safe.

Check the local beach conditions before heading out, looking out for the UV index, wind conditions and humidity. The last thing you need is to arrive during a thunderstorm or to come home sunburnt. Don't go empty handed. Remember to pack the beach necessities such as sunscreen, sunglasses, a towel, change of clothes, snacks and lots of water. You might also want to remember to grab a pair of sandals as the sand can get scorching hot.

When you approach the beach, make sure to pay attention to any safety and warning signs in the area for tide conditions and dangers such as sharp coral or jellyfish.



Understand the dangers of the water and always be alert for changing conditions, such as if the water suddenly recedes or there is a sudden drop in atmospheric pressure.

Most importantly, stay hydrated! Extended exposure to the sun can lead to disorientation, dehydration or even a heat stroke. So, pack lots of water and drink up!