

Fun in the SUN

Your guide to making the most of your day on a North of Boston beach

BY REBECCA SCHOONMAKER
STAFF WRITER

The season of sand and sun is in full swing and the beach is calling your name. But before you go running out the door, make sure you take the proper steps to ensure a perfect day on the sand. Have you got your sunscreen? Do you know which beach you're headed to? Are you prepared to spend an entire day?

Here's a checklist to make your beach day the best:

Sunscreen: The perfect day starts with applying sunscreen — before you get to the beach. Apply it all over (remember spots like your ears, neck and shoulders) and don't forget to reapply after going in the water, even if the sunscreen says "waterproof," or if you're sweating or toweling off.

Coppertone offers the following sun-safety tips:

- Avoid overexposure to the sun when it's strongest — between 10 a.m. to 2 p.m.;
- Stay in the shade as much as possible. Wear dark-colored, tightly-woven clothing. An SPF of at least 15 for adults of all skin types, 30 for children is recommended.

- Don't forget to apply some lip balm with sunblock on your lips.

Get a good start: Don't sleep away the day — head out early because finding a parking spot at the beach, no matter where you go, will be tough.

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Timing: If you can, hit the beach during the week. The crowds will be smaller, and parking is often cheaper. If you don't want to bake in the sun's strongest rays, avoid the beach midday in favor of going early in the morning or late afternoon.

Select a beach that suits you: If you want some privacy, space,

and peace at the beach, head to Plum Island in Newburyport or Crane Beach in Ipswich. If you want to do some serious people-watching or stroll a boardwalk, try Hampton Beach in New Hampshire or Salisbury Beach.

In your beach bag: Don't forget to bring the obvious: towel, sunscreen, water, a beach chair. Other things you might want to carry are a spray bottle of water to cool yourself down if you're not swimming and a second towel so you can use one to lay on and one to towel off. Also, you may want to bring a change of clothing, in case what you're wearing gets wet or sandy, and a light sweatshirt if you're staying on the beach into the evening.

For eyes: Sunglasses with large frames that offer UV-ray protection are best for your eyes. Or bring a wide-brimmed hat to shade your peepers.

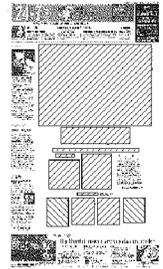
Food: Make sure you've got plenty of water bottles in your cooler, surrounded by a couple of ice packs. Don't bring food that will spoil easily, and don't bring more than you plan on eating. Federal food safety experts suggest burying your cooler partially in the sand, covering it with a towel, and shading it with an umbrella for maximum coolness. They also say don't eat any food that's been sitting out for more than two hours, or one hour when it's above 90 degrees.

After the beach: Have some aloe-based spray or gel at home in case you leave the beach with

a burn.

Forget about it: Don't let your usual distractions disrupt your day. Leave your cell phone, iPhone or BlackBerry in the car or at home so you can relax.

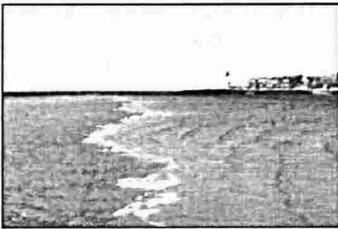
PICK YOUR BEACH





PAUL BILODEAU/Staff photo illustration

A well-stocked beach bag should include sunscreen, cold water, towels, sunglasses, aloe, and a spray bottle of water to cool you down.



■ **Wingaersheek Beach** on Atlantic Street off Route 133, Gloucester. Open 9 a.m. to 5 p.m. through September. Cost: \$15 per car on weekdays, \$25 per car weekends and holidays. Services: lifeguards, refreshment stand, restrooms and showers.



■ **Plum Island**, Plum Island Turnpike, Newbury. Open 9 a.m. to 5 p.m. through September. Cost: \$10 to \$15 per car. Services: lifeguards, 9 a.m. to 5 p.m.; state beach also exists at Parker River National Wildlife Refuge.



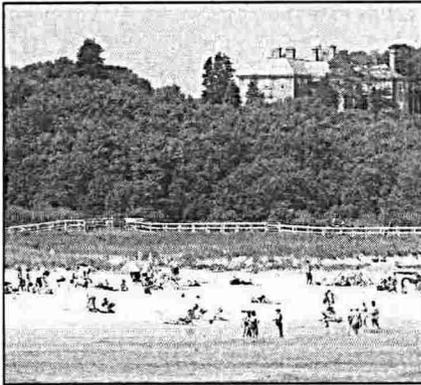
■ **Hampton Beach**. Ocean Boulevard., Hampton, N.H. Meter parking 8 a.m. to midnight through September. Cost: \$1.50 an hour, \$10 per car for the day. Services: boardwalk across the street, lifeguards from 9 a.m. to 5:30 p.m.



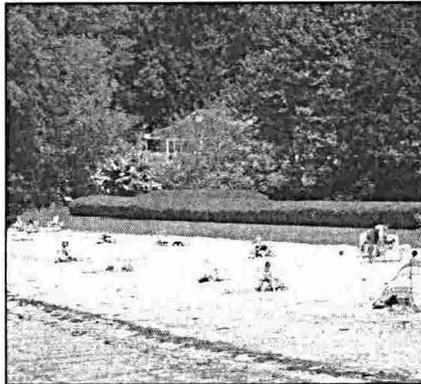
■ **Singing Beach**, Beach Street, Manchester. Open dawn to dusk through September. Nearby parking lots are \$15 weekdays, \$25 weekends. Services: restrooms, concession stand, lifeguards.



■ **Salisbury Beach**, Beach Road, Route 1A, Salisbury. Open dawn to dusk through September. Cost: \$7 per car. Services: restrooms, food stands, lifeguards 9:45 a.m. to 4:45 p.m., fishing, boating and camping allowed. Four-mile stretch of beach that is part of a 521-acre state park that offers fishing, boating and camping.



■ **Crane Beach**, Argilla Road, Ipswich. Open 8 a.m. to sunset through September. Cost: \$15 per car during the week, \$22 per car weekends and holidays. Parking is 50 percent off after 3 p.m. Lifeguards are on 8 a.m. to 6 p.m. Services: restrooms, outdoor showers, picnic tables and a refreshment stand.



■ **Woodbury Beach and Lynch Beach**, Lynch Park, 55 Ober St., Beverly. Open 8 a.m. to 10 p.m. through September. Cost \$5 per car on weekdays, \$12 per car on weekends, free for Beverly residents. Services: lifeguards 10 a.m. to 5 p.m., bathhouse, concession stand and playground.



■ **Good Harbor Beach**, Thatcher Road, Route 127A, Gloucester. Open 9 a.m. to 5 p.m. through September. Cost: \$15 per car on weekdays, \$25 per car weekends and holidays. Services: lifeguards, picnic tables, snack bar, showers and restrooms.

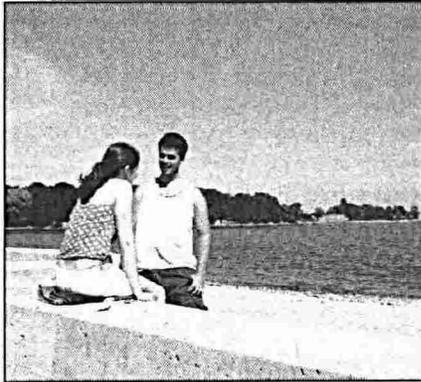


■ **Jenness State Park**, Route 1A, Rye, N.H. Open daily through Labor Day. Cost: Parking is \$3 per day or \$1.50 an hour on meters. Services: lifeguards, bathhouses.

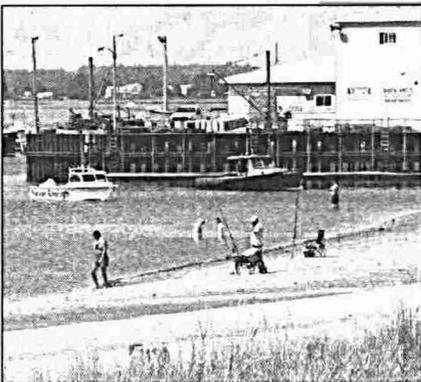


■ **Wallis Sands State Beach**, Route 1, Rye, N.H. Open daily through Labor Day. Cost: \$10 per car. Services: bathhouses, lifeguards and store.

Original source material contains defects.



■ **Dane Street Beach**, Dane and Lothrop streets, Beverly. Free on-street parking. Services: restrooms, lifeguards 10 a.m. to 5 p.m.



■ **Seabrook Beach**, Route 1, Seabrook, N.H. Open dawn until dusk. Nearby dunes and salt marshes for fishing, clamming, whale watches and more. Parking prices vary by lot.