

Prepare The Family For Fun In The Sun

Bring The Right Gear For A Vacation On The Beach

(NAPSA)—Americans' affinity for sunbathing and water sports continues to grow. According to the Travel Industry Association of America, nearly 50 million people, or 35 percent of all travelers, plan to take a trip of 100 miles or more, one-way, to visit a beach this summer. To ensure your family brings everything needed for a good, healthy and safe time at the beach, Rubbermaid recommends creating a Beach Survival Kit with those items needed to protect family members from the sun's rays. In an easy-to-carry Rubbermaid basket, such as the Flex 'N Carry™, pack the following items:

- First aid kit—include aloe vera, Band-Aids, and aspirin
- One bottle of sunscreen per person per day—look for sunscreen that blocks UV-A and UV-B rays and reapply every few hours
- Sunglasses—protect the eyes and prevent skin from wrinkling
- Wide-brimmed hat—shades the shoulders, ears and scalp
- Beach towels—dry off after a swim or protect skin from the sun

Separately, every family will want to bring proper food and ample water to battle the heat. Fill an ice chest with beverages as well as easy-to-prepare light foods—fruits, vegetables, sandwiches and pasta salads—to nourish and hydrate your family throughout the day. Let family members choose their own drinks—juices, lemonade, iced tea—and put them in insulated Rubbermaid Cool Containers™ Water Bottles for cool stor-



age. Make sure that ice chest is packed properly. In an insulated cooler, place a combination of ice and ice substitutes, such as Rubbermaid Original Blue Ice®, along the sides to surround your perishable foods. Begin by placing heavier objects on the bottom to prevent softer items from being squashed. Then, to eliminate bacteria growth, separate perishables from non-perishables and pack food directly from the refrigerator or the freezer. Finally, to keep items cooler for longer, pack the ice chest to the top, minimizing air space by filling the rest with ice, and don't drain the water from just-melted ice—even the chilled water will keep the temperature low.

Finally, remember why you went to the beach in the first place—to have fun. Bring beach balls, footballs, paddle balls, goggles, flippers and assorted summer toys for an activity-filled day or take advantage of the tranquil environment by reading a book. Whatever the choice of entertainment, block out sometime for the entire family to spend time together.

For more information, visit www.survivethevacation.com.