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10 Best Sun Shirts of 2024

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Save

Sun shirts shield your skin from harmful ultraviolet (UV) rays that penetrate light-colored, loose-weave clothing. This reduces your risk for sunburns, photoaging (premature aging of the skin caused by sunlight or UV exposure), and [skin cancer](#). The most effective sun shirts are lightweight, breathable, and have a UV protection factor (UPF) of 30 or greater.

To come up with this list, I leaned into the knowledge I acquired during my six-year tenure at the Skin Cancer Foundation. I also interviewed dermatologists and sun shirt manufacturers about UPF ratings, protective fabrics, and important features. Based on these insights, we've chosen the Mountain Hardwear Men's Crater Lake Hoody as our best overall pick. It has the marks of the best sun shirts: It is breathable, provides full upper-body coverage, and carries the Skin Cancer Foundation's Seal of Recommendation.

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Best Overall

Mountain Hardwear Men's Crater Lake Hoody »

**PROS:**

- ✓ UPF 50+ protection
- ✓ Lightweight, breathable fabric
- ✓ Three-piece hood provides neck, ear, and scalp protection
- ✓ Low-profile thumbholes shield the backs of hands
- ✓ Skin Cancer Foundation Seal of Recommendation awardee

CONS:

- ✗ Not waterproof
- ✗ Few colors

[Buy From Mountain Hardwear](#)

This Mountain Hardwear Men's Crater Lake Hoody's UPF factor is 50+, meaning that it shields your skin from 98% of the sun's rays. "A UPF of 50 means only 1/50th of the sun's UV rays get through," explains dermatologist

Dr. Hannah Kopelman of Kopelman Aesthetic Surgery. A UPF of 40 to 50+ is rated as excellent by the [American Society for Testing and Materials \(ASTM\)](#). This sun shirt is designed to have a loose fit, which is a plus for sun protection. Too-tight clothing, on the other hand, strains and pulls when worn, causing the fabric’s fibers to loosen apart, which allows more UV light to touch your skin.

The Crater Lake Hoody is lightweight and soft. The hood shades the face while protecting the back of your neck, ears, and scalp. It also has an adjustable high-neck design for even more coverage. Additionally, the low-profile thumbholes shield the backs of your hands. This vulnerable part of the body is particularly susceptible to sunburns and photoaging.

Specs

List Price:	\$70
Material(s):	Polyester and elastane
Weight:	5.29 oz.
UPF:	50+

[Buy From Mountain Hardwear »](#)

Best Budget

Baleaf Women’s UPF50+ Crew Neck Sun Shirt »

**PROS:**

- ✓ Affordable
- ✓ UPF 50+ protection
- ✓ Quick-dry fabric
- ✓ Inclusive sizing

CONS:

- ✗ No neck guard or thumbholes
- ✗ Not waterproof

[Buy From Amazon](#)

Don't be fooled by the Baleaf Women's UPF50+ Crew Neck Sun Shirt's budget-friendly price tag – it offers plenty of protection with a UPF of 50+. Available in a wide range of colors and sizes (XS to 3XL), it suits the needs and preferences of many wearers. It's lightweight and has flatlock seams for ideal comfort. Flatlock seams don't have the cordlike appearance of traditional seams and are often used in sportswear because they're smoother, preventing uncomfortable friction.

The raglan sleeves – a style with no seam at the shoulders and a wider underarm area – and the four-way stretch fabric allow for a full range of motion, making it a good choice for playing tennis, [kayaking](#), and other

outdoor sports. The fabric is soft as well as protective. Users say it keeps them cool in heat and dries quickly.

The shirt doesn't have thumb holes or a neck guard, so don't forget to use sunscreen on those vulnerable areas. "UPF clothing is not a replacement for sunscreen," says dermatologist Dr. Parth Patel of PS Dermatology and Surgery. Patel recommends using sunscreen with SPF 30+ in conjunction with tightly woven clothing for optimal sun protection. "Reapplying sunscreen every two hours, or more often if sweating or swimming, is essential. Any moisture, whether it's water or sweat, will decrease the effectiveness of sunscreen," he says.

Specs

List Price:	\$25
Material(s):	Polyester
Weight:	5.3 oz.
UPF:	50+

[Buy From Amazon »](#)

Best for Hiking

Insect Shield Elements Lite Shirt »

**PROS:**

- ✓ Repels mosquitoes, ticks, and other bugs
- ✓ Quick-dry, moisture-wicking fabric
- ✓ Mesh vent for cooling
- ✓ Four-way stretch
- ✓ Available in men's and women's sizes

CONS:

- ✗ Runs small
- ✗ Lower UPF compared to others on list

[Buy Women's From Insect Shield](#)[Buy Men's From Insect Shield](#)

Available in both men's and women's sizes, this Insect Shield Elements Lite Shirt has a bunch of hiker-friendly features including a zippered pocket and a hook-and-loop closure pocket for safe storage. It also has mesh ventilation

at the back cape and a four-way stretch design that’s flexible enough to accommodate a range of arm movements and climbing.

It has a UPF rating of 30+, which is lower than the UPF of other sun shirts on our list. However, according to the ASTM, UPF ratings that range from 25 to 39 are classified as “very good.” Clothing with this rating allows 1/30th (about 3%) of the sun’s rays to get through. Aside from offering sun and insect protection, this shirt is made from about 15 recycled bottles, making it a sustainable option that you can feel good about.

If you’re hiking, you’re going to need to protect yourself from insects as well as the sun. Insect Shield shirts have an Environmental Protection Agency (EPA) registered permethrin repellent built into the fabric. This helps protect your covered skin from illness-carrying ticks and mosquitoes, as well as ants and other bugs. According to the EPA, permethrin-treated clothing is safe for most people, including those who are pregnant or breastfeeding. However, tiny amounts of permethrin can leak out of fabric during washing. For that reason, garments with permethrin shouldn’t be washed with undergarments or with infant clothing.

Specs

List Price:	\$78
Material(s):	100% recycled polyester
Weight:	6 oz.
UPF:	30+

[Buy Women's From Insect Shield »](#)

Best for Women

Solbari Sun Protective Shrug UPF50+ Sensitive ...

**PROS:**

- ✓ Lightweight, breathable shrug design
- ✓ Retains full UPF 50+ rating even after extensive use
- ✓ Skin Cancer Foundation Seal of Recommendation awardee

CONS:

- ✗ Requires line-drying in shade
- ✗ Not available in men's sizes

[Buy From Amazon](#)

Sundresses and tank tops leave your chest, shoulders, and upper arms unprotected. For those times when a sports shirt won't cut it, this Solbari Sun Protective Shrug UPF50+ will come in handy. It provides lightweight, comfortable protection from the sun while keeping you cool. Ultraviolet A (UVA) rays, the main cause of early skin aging, can penetrate windows, according to [skincancer.org](https://www.skincancer.org). Some customers wear this shrug while driving to protect their skin from sneaky sun exposure.

It’s made with natural fibers, so it may be a good choice for those with sensitive skin or skin conditions like [eczema](#) or [psoriasis](#). It’s certified to retain its full UPF rating even after 50 washes and 120 hours of sunlight. This shrug received the Seal of Recommendation from the Skin Cancer Foundation. Plus, it’s one-size-fits-all, so there’s no guesswork needed for sizing.

Specs

List Price:	\$69
Material(s):	Bamboo viscose, cotton, and elastane
Weight:	8.82 oz.
UPF:	50+

[Buy From Amazon »](#)

Best for Men

Mountain Hardwear Men’s Canyon Long Sleeve...

**PROS:**

- ✓ Versatile rollup sleeves
- ✓ Adjustable neck-guard collar
- ✓ Moisture-wicking
- ✓ Wrinkle-resistant
- ✓ UPF 50+ protection

CONS:

- ✗ Can't be washed with fabric softener
- ✗ Not available in women's sizes

[Buy From Mountain Hardwear](#)

This relaxed-fit Men's Canyon Long Sleeve Shirt by Mountain Hardwear is both stylish and functional. It has adjustable sleeves that can be worn cuffed at the wrist for a dressier vibe or rolled up the arm and held in place with a button closure for a more casual look. Breathable, moisture-wicking fabric and mesh venting along the shoulders keep you cool in the heat. Plus, it has an adjustable neck-guard collar that protects the back of your neck from the sun. Made from tightly woven, UPF 50+ polyester, it's available in a range of colors including neutrals, earthy tones, and pastels.

Specs

List Price:	\$70
Material(s):	Polyester
Weight:	7.4 oz.
UPF:	50+

[Buy From Mountain Hardwear »](#)

Best for Golfing

Coolibar Men’s Victory Lap Short Sleeve Golf P...



- PROS:**

 - ✔ Specifically designed for golfing and outdoor activities
- CONS:**

 - ✗ Short-sleeved, standard-collar style provides moderate coverage

- ✓

UPF 50+ protection
- ✓

Quick-dry fabric
- ✓

Lightweight and breathable jacquard knit construction
- ✓

Skin Cancer Foundation Seal of Recommendation awardee
- ✗

Not water-repellant

Buy From Amazon

The average 18-hole golf game takes around four hours – that’s a long time to be outside under the hot sun, and remember that hazy and overcast conditions don’t protect you from sunburn. UV rays can break through haze and clouds, causing a nasty burn.

This collared Coolibar Men’s Victory Lap Short Sleeve Golf Polo UPF 50+ is highly protective of the skin it covers. It’s soft and lightweight, and it has moisture-wicking properties. It even features side vents that support easy golf swings. Just make sure to apply and reapply sunscreen to unprotected areas of skin like the back of your neck and your face, ears, and arms every two hours while you’re on the course.

Specs

List Price:	\$85
Material(s):	Polyester jacquard knit fabric
Weight:	8.8 oz.
UPF:	50+

Buy From Amazon »

Best for Kids

Cool Little Ones Animals Cool Little Tee »



PROS:

- ✓ Fun child-friendly print
- ✓ Moisture-wicking and quick-drying
- ✓ Made from 100% recycled materials
- ✓ Stretchy, soft fabric
- ✓ UPF 50+ protection
- ✓ Available in sizes 2T to 7/8

CONS:

- ✗ Pricey
- ✗ Short-sleeved design requires added sun protection for arms and hands

[Buy From Cool Little Ones](#)

Cool Little Ones – a moisture-wicking clothing line for kids – was created by a mom who noticed that her sons frequently sweated through their clothes

and wanted a solution. I purchased a shirt from this brand for my friend’s two-year-old daughter. She loves it – especially the fun print that features an array of zoo animals. Plus, she’s a fan of the shirt’s softness. Her mom likes that it protects her delicate skin from the sun even after a long sweaty day of play.

This Animals Cool Little Tee is made from UPF 50+ performance-grade Max-Dri tricot. Max-Dri is a moisture management technology that enables the fabric to dry quickly. The shirt material is also incorporated with an antimicrobial treatment that prevents odor and the growth of bacteria, fungi, and mold.

Specs

List Price:	\$36
Material(s):	Recycled polyester and spandex
UPF:	50+

[Buy From Cool Little Ones »](#)

Best Button-Up

Solombra by Sun Precautions Women’s Boyfri...

**PROS:**

- ✓ Can be worn as a tunic or beach coverup
- ✓ Maintains 100+ UPF protection after 500 washings
- ✓ Discreet underarm mesh guard
- ✓ Dense-weave fabric

CONS:

- ✗ Pricey
- ✗ Patterns cost more
- ✗ Nonstretch

[Buy From Sun Precautions](#)

Solumbra by Sun Precautions clothing is designed with sun-sensitive skin in mind. This Women's Boyfriend Shirt is made from a proprietary, patented fabric that retains its 100+ UPF rating after very extensive wear. Versatile in design, it can be worn as either a bathing suit cover-up or as a tunic if paired with leggings or pants. Standout features include a tailored collar for coverage and an underarm mesh to keep you cool in hot weather. This button-up shirt is stylish and comes in a variety of prints like gingham,

pinstripes, and a jaguar print, as well as two solid colors: white or mist. Keep in mind, though, that prints cost \$10 more.

Specs

List Price:	Starting at \$109.95 (white or mist)
Material(s):	Proprietary, patented fabric
Weight:	7.2 oz.
UPF:	100+

[Buy From Sun Precautions »](#)

Best Hoodie

Willit Women’s UPF 50+ Sun Protection Hoodi...



- PROS:

 - ✓ Hood protects neck
- CONS:

 - ✗ Runs small

- from sunburn

✗ May shrink if washed in hot water or dried on high heat
- ✓ Quick-dry, moisture-repellant fabric
- ✓ Low-profile thumbholes
- ✓ UPF 50+ protection
- ✓ Lightweight

Buy From Amazon

The Willet Women’s UPF 50+ Sun Protection Hoodie is made from lightweight, stretchy fabric that’s moisture-wicking and sweat-resistant. The hood and thumbholes protect vulnerable areas of skin: the neck and the backs of your hands, respectively. This shirt has flatlock seams and a tagless collar for optimal comfort. Take note: Users say this piece of clothing runs small. To avoid stretching the fibers and reducing your level of UV protection, size up by one or two sizes. Also, keep in mind that even a high-quality hoodie won’t provide enough shade to fully protect your eyes from the sun. For full coverage, wear a visor or sun hat under your hoodie. Alternatively, you can opt to wear UV 400-protective sunglasses.

Specs

List Price:	\$41
Material(s):	Polyester and spandex
Weight:	6.4 oz.
UPF:	50+

Buy From Amazon »

Best for Water Activities

Line in the Sand Paddle On Pullover »

**PROS:**

- ✓ UPF 50+ protection when wet or dry
- ✓ Quick-drying
- ✓ Hidden zipper pocket at waist
- ✓ Thumbholes

CONS:

- ✗ Pricey
- ✗ Mesh insets only available with certain colors

[Buy From Line In The Sand](#)

Skin cancer survivor Lynne O'Brien founded Line in the Sand to protect others and empower women to participate in water sports. "Sun shirts and other types of sun-protective clothing are a necessity on the water. If you rely solely on sunscreen you may miss areas of skin during application. This leaves you vulnerable to UV rays," she explains.

This shirt is a good choice for [fishing](#), swimming, surfing, or chilling out on a beach. It keeps skin cool in the sun, as well as protected. And even when wet, this Paddle On Pullover will still retain its full UPF rating to keep you protected. It also dries in a flash despite the fabric being relatively dense. I

wear this pullover while kayaking in urban lakes. The waters are calm, but I tend to get soaked anyway. I also wear it for comfort in my health club’s indoor pool, which is always freezing.

Specs

List Price:	\$140
Material(s):	Regenerated nylon
UPF:	50+

[Buy From Line In The Sand »](#)

The Bottom Line

Sun shirts that have a UPF of 30 or higher provide long-term and adequate protection against UV rays. This can help you avoid sunburning and photoaging. It also reduces your risk for skin cancer. The Mountain Hardwear Men’s Crater Lake Hoody, our best overall pick, delivers UPF 50+ protection. It also provides full upper-body coverage from the top of the head to the hands.

Things To Consider When Buying Sun Shirts

UPF Rating: The Skin Cancer Foundation will only provide its Seal of Recommendation to products that have a UPF rating of at least 30+. The ASTM ranks clothing with a UPF of 25 to 39 as “very good” and ranks clothing with a UPF of 40 to 50+ as “excellent.” Kopelman says, “Fabrics with a high UPF rating have been specifically treated or designed to block UV rays more effectively than tightly woven fabrics alone.”

Materials: Not every shirt has a UPF ranking listed. When shopping for sun-protective clothing, look for fabrics, like polyester, that have a tight weave or dense weight. Dark colors are also more protective than light-colored fabrics. Hold the garment up to the light. If you can see your hand through it, it probably won't protect your skin sufficiently. If you'll be on the water, try this test with a wet garment.

Styles: The best sun shirts are designed to protect maximum amounts of skin, including areas you may forget about when applying sunscreen. Hoodies that provide facial shade, neck coverage, and thumbholes are a great example. Since long-sleeved shirts provide more coverage, they're more protective than short sleeves.

Comfort and Fit: Loose clothing or form-fitting clothing that has four-way stretch is best. If your garment is tight or pulls on your body, the fabric may stretch, reducing your UV coverage.

Weight and Breathability: When you're out in the hot sun, you don't want to feel like you're wearing a winter coat. Lightweight fabrics with high UPF ratings have been designed to be breathable, moisture-wicking, and cool. Do keep in mind, however, that UV rays emanate from the sun in the winter just like they do during the summer. If you're skiing in high altitudes or skating on sun-reflective surfaces, you're at risk for UV exposure. In these instances, moisture-wicking, heavier-weight fabrics are best for both comfort and warmth.

How We Chose the Best Sun Shirts

To choose the sun shirts on this list, we consulted with [Dr. Hannah Kopelman](#), a dermatologist at Kopelman Aesthetic Surgery, and [Dr. Parth Patel](#), a dermatologist and Mohs surgeon at PS Dermatology and Surgery. We got their input about fabric choices, UPF ratings, special features, and style options suited for sun protection. We also spoke to Line in the Sand founder [Lynne Fletcher O'Brien](#) about skin cancer avoidance. O'Brien is a skin cancer survivor and board member of the Prevent Cancer Foundation. [Glenna Devonport](#), founder of Cool Little Ones, provided insight into sun-protective childrenswear features like breathability and sweat protection.

WHY SHOULD YOU TRUST US?

[Corey Whelan](#), a health writer and the author of this piece, has been researching, writing, and editing stories about skin cancer for more than a decade. Her past tenure at the Skin Cancer Foundation provided her with a passion for helping people avoid this potentially deadly disease. [Marlo Jappen Porto](#), the editor of this piece, is an editor for U.S. News 360 Reviews. She specializes in health-related topics, including fitness and sleep products.

FAQ

Do sun shirts really work?



What's the recommended UPF rating for sun shirts?



Why do some sun shirts have thumb loops?



How do you clean sun shirts?



Do sun shirts lose their protection over time?



About Our Team



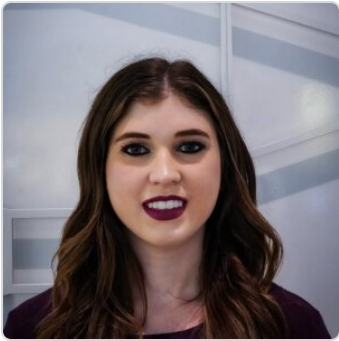
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Corey Whelan is a patient advocate, freelance health writer, and small business owner based in Brooklyn, New York. She specializes in reviewing consumer products that make people healthier, happier, and safer. Whelan contributes content to a wide range of sites including Verywell Health, Healthline, and Well+Good.

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