



Pack Your SPF ... We're Headed to the Beach

We've rounded up a few of our favorite Boston area beaches for you to enjoy, sun-safely, of course!!

First things first -- your beach bag packing list:

- SPF 30 or higher
- Lip balm with SPF 15
- Wide-brimmed hat and sunglasses
- Beach umbrella
- Beach chair and towel
- Plenty of water and healthy snacks
- Trash bag to collect your garbage for easy clean-up when you're headed home (Leave no footprint!)



Dana-Farber conducts [free sun safety screenings](#) every summer at local beaches.

Boston has a number of great beaches nearby – here are our favorites:

Spectacle Island

Part of the Boston Harbor Islands National Recreation Area, Spectacle Island offers beachgoers a pebbly, lifeguarded beach, as well as five miles of hiking trails, a marina, and a visitor center. The island is a quick 30-minute ferry ride from Boston's Long Wharf. The island opened to the public in 2006, and has been a favorite spot for Bostonians ever since.

Carson Beach

Carson Beach is one of the four beachfronts along the South Boston shoreline. Carson Beach is a quick walk from the JFK/UMass Boston stop on the MBTA. The beach has a lifeguard and restrooms available for visitors.

Crane Beach

This white sandy beach in Ipswich, MA, is a favorite to many. It has been named “Best Beach of Boston” for three years in a row. The beach has lifeguards, restrooms, and a concession stand onsite. Pack up for the day, and head north to enjoy!

Wingarsheek Beach

Visitors to Wingarsheek Beach in Gloucester, MA, enjoy white sands and clear water. At low tide you’ll have the opportunity to climb on giant rocks to search for hermit crabs. This beach is great for families because of its calm waters, concession stands, and lifeguards.