

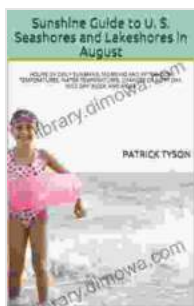
Sunshine Guide To Seashores And Lakeshores In August

August is the perfect time to enjoy the great outdoors and soak up some sun. And what better way to do that than by visiting one of the many beautiful beaches or lakeshores in the USA?

This guide will provide you with everything you need to know to plan your perfect summer getaway, including:

- The best beaches and lakes to visit in August
- What to pack for your trip
- Tips for staying safe in the sun
- And much more!

So whether you're looking for a relaxing beach vacation or an adventurous lakeside retreat, this guide has something for everyone.



Sunshine Guide to U. S. Seashores and Lakeshores in August (Sunshine Guides Book 1) by Sharon Marshall Lockett

★★★★☆ 4.5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 395 pages
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There are countless beautiful beaches to visit in the USA, but some of our favorites for August include:

- **Cape Cod, Massachusetts:** This iconic beach destination is known for its stunning beaches, charming towns, and delicious seafood.
- **The Outer Banks, North Carolina:** These barrier islands offer miles of pristine beaches, perfect for swimming, surfing, and sunbathing.
- **Myrtle Beach, South Carolina:** This popular beach town is home to a wide variety of attractions, including amusement parks, water parks, and golf courses.
- **Destin, Florida:** This Emerald Coast gem is known for its sugar-white beaches and clear blue waters.
- **Santa Monica, California:** This iconic beach town is home to a pier, an amusement park, and a variety of shops and restaurants.

If you're looking for a more relaxing vacation, consider visiting one of the many beautiful lakes in the USA. Some of our favorites for August include:

- **Lake Tahoe, California/Nevada:** This stunning alpine lake is known for its crystal-clear waters and snow-capped mountains.
- **Lake Michigan:** This Great Lake is perfect for swimming, boating, and fishing.
- **Lake Superior:** This is the largest freshwater lake in the world, and it's home to some of the most beautiful scenery in the country.

- **Lake Powell, Arizona/Utah:** This reservoir is known for its stunning red rock cliffs and clear blue waters.
- **Crater Lake, Oregon:** This deep blue lake is located in the caldera of a dormant volcano.

When packing for your beach or lakeside vacation, be sure to include the following items:

- **Sunscreen:** This is essential for protecting your skin from the sun's harmful UV rays.
- **Sunglasses:** These will help to protect your eyes from the sun.
- **Hat:** This will help to keep you cool and protected from the sun.
- **Swimsuit:** This is a must-have for any beach or lakeside vacation.
- **Towel:** This will come in handy for drying off after swimming.
- **Snacks and drinks:** These will help to keep you energized throughout the day.
- **First-aid kit:** This is always a good idea to have on hand in case of any minor injuries.

It's important to take precautions to stay safe in the sun, especially during the hot summer months. Here are a few tips:

- **Drink plenty of fluids:** Dehydration can lead to heatstroke, so it's important to drink plenty of fluids throughout the day.
- **Avoid spending too much time in the sun:** The sun's rays are strongest between 10am and 4pm, so it's best to avoid spending too

much time outdoors during these hours.

- **Wear sunscreen:** Sunscreen is essential for protecting your skin from the sun's harmful UV rays.
- **Cover up:** Wear a hat and sunglasses to help protect your skin and eyes from the sun.
- **Take breaks in the shade:** If you start to feel overheated, take a break in the shade to cool down.
- **Be aware of the signs of heatstroke:** Heatstroke is a serious medical condition that can occur when the body becomes too hot. Symptoms of heatstroke include dizziness, nausea, vomiting, and seizures. If you experience any of these symptoms, seek medical attention immediately.

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