

Erimitis Peninsula Locally Managed Marine Area (LMMA) Management Plan

Appendices

Appendix 1 : Map of the potential anchoring zones for boat cruises and sailing boats.



Appendix 2: List of all species identified during UVC in the years 2023 and 2024

Scientific Name	Common name	IUCN Status	Legal Status	
Animalia				
Mamalia				
<i>Delphinus delphis</i>	Common Dolphin	DD	Directive 92/43/EEC Annex IV, Bern Convention Annex II, Bonn Convention Annex I & II, ACCOBAMS, ASCOBANS, CITES Annex II, Regulation No 1320/2014 Annex A, Barcelona Convention (SPA/BD Protocol) Annex II, Greek Presidential Degree 67/81	10
<i>Monachus monachus</i>	Mediterranean Monk Seal	VU	Directive 92/43/EEC Annex II & IV, Bern Convention Annex II, Bonn Convention (CMS) Annex I & II, MSeal, CITES Annex I, EU No 1320/2014 amending EC No 338/97 Annex A, SPA/BD Protocol Annex II, Greek Presidential Degree 67/81.	9
<i>Tursiops truncatus</i>	Bottlenose dolphin	DD	Directive 92/43/EEC Annex IV, Bern Convention Annex I (Resolution 6) & II, Bonn Convention Annex I & II, ACCOBAMS, ASCOBANS, CITES Annex II, Regulation No 1320/2014 Annex A, Barcelona Convention (SPA/BD Protocol) Annex II, Greek Presidential Degree 67/81	3
Reptilia				
<i>Caretta caretta</i>	Loggerhead Turtle	NE	CITES Annex I, Directive 92/43/EEC Annex II & IV, Bern Convention Annex I (Resolution 6) & II, Bonn Convention Annex I & II, EU Regulation No 1320/2014 Annex A, Barcelona Convention (SPA/BD Protocol) Annex II, OSPAR Convention, Greek Presidential Degree 67/81	4
<i>Chelonia mydas</i>	Green Turtle	NE	CITES Annex I, Directive 92/43/EEC Annex II & IV, Bern Convention Annex I (Resolution 6) & II, Bonn Convention Annex I & II, EU Regulation No 1320/2014 Annex A, Barcelona Convention (SPA/BD Protocol) Annex II, Greek Presidential Degree 67/81	7. 8
Actinopterygii				
<i>Aidablennius sphyinx</i>	Blenny Sphinx	LC		2
<i>Anthias anthias</i>	Sea perch	LC		1
<i>Apogon imberbis</i>	Cardinal Fish	LC		2
<i>Argyrosomus regius</i>	Meagre	LC		2
<i>Atherina boyeri</i>	Big-scale Sand Smelt	LC		2
<i>Balistes capriscus</i>	Grey Triggerfish	DD		2
<i>Belone belone</i>	Garpike	LC		2
<i>Boops boops</i>	Bogue	LC		2
<i>Bothus podas</i>	Wide-eyed Flounder	LC		2
<i>Centrolabrus melanocercus</i>	Black-tailed wrasse	LC		11
<i>Chelon labrosus</i>	Thicklip Grey Mullet	LC		2
<i>Chromis chromis</i>	Damselfish	LC		2
<i>Conger conger</i>	Conger	LC		1

<i>Coris julis</i>	Mediterranean Rainbow Wrasse	LC		2
<i>Coryphaena hippurus</i>	Common Dolphinfish	LC		2
<i>Coryphoblennius galerita</i>	Montagu's Blenny	LC		2
<i>Dactylopterus volitans</i>	Flying Gurnard	LC		2
<i>Dentex dentex</i>	Common dentex	VU		11
<i>Dicentrarchus labrax</i>	Capemouth	LC		1
<i>Diplodus annularis</i>	Annular bream	LC		2
<i>Diplodus puntazzo</i>	Sharpsnout Seabream	LC		2
<i>Diplodus sargus</i>	White seabream	NE		2
<i>Diplodus vulgaris</i>	Common Two-banded Seabream	LC		2
<i>Epinephelus costae</i>	Goldblotch grouper	DD		1
<i>Epinephelus marginatus</i>	Dusky Grouper	EN	Bern Convention Annex III, Barcelona Convention (SPA/BD Protocol) Annex I	2
<i>Gobius cobitis</i>	Giant Goby	LC		2
<i>Gobius geniporus</i>	Slender Goby	LC		2
<i>Gobius incognitus</i>	Incognito Goby	NE		2
<i>Gobius luteus</i>	Golden goby	LC		1
<i>Labrus merula</i>	Brown wrasse	LC		1
<i>Labrus mixtus</i>	Cuckoo wrasse	LC		1
<i>Labrus viridis</i>	Green wrasse	VU		1
<i>Lagocephalus sceleratus</i>	Silver Puffer	NE		2
<i>Lepadogaster purpurea</i>	Shore Clingfish	LC		2
<i>Lithognathus mormyrus</i>	Striped Seabream	LC		6
<i>Mugil cephalus</i>	Black true mullet	LC		1
<i>Mullus barbatus barbatus</i>	Red Mullet	LC		2
<i>Mullus surmuletus</i>	Striped Red Mullet	LC		2
<i>Muraena helena</i>	Black Moray	LC		2
<i>Mycteroperca rubra</i>	Mottled Grouper	LC		5
<i>Oblada melanurus</i>	Saddled Seabream	LC		2
<i>Oedalechilus labeo</i>	Boxlip Mullet	LC		2
<i>Pagellus acarne</i>	Axillary Seabream	LC		2
<i>Pagellus erythrinus</i>	Becker	LC		2

<i>Parablennius gattorugine</i>	Tompot Blenny	LC		2
<i>Parablennius sanguinolentus</i>	Rusty Blenny	LC		2
<i>Parablennius zvonimiri</i>	Zvonimir's blenny	NE		2
<i>Pomatomus saltatrix</i>	Bluefish	LC		2
<i>Pseudocaranx dentex</i>	White Trevally	DD		2
<i>Pterois miles</i>	Devil firefish/Lionfish	LC		11
<i>Salapia pavo</i>	Peacock Blenny	LC		2
<i>Sarda sarda</i>	Atlantic bonito	LC		11
<i>Sarpa salpa</i>	Karantenn	LC		2
<i>Sciaenops ocellatus</i>	Brown meagre	NT		6
<i>Scorpaenopsis diabolus</i>	Madeira Rockfish	LC		5
<i>Scorpaenopsis diabolus</i>	Small red scorpionfish	LC		6
<i>Scorpaenopsis diabolus</i>	Large-scaled scorpion fish	LC		1
<i>Seriola lalandi</i>	Greater amberjack	LC		1
<i>Serranus cabrilla</i>	Comber	LC		1
<i>Serranus scriba</i>	Painted Comber	LC		5
<i>Siganus luridus</i>	Dusky Spinefoot	LC		2
<i>Siganus rivulatus</i>	Marbled spinefoot	LC		11
<i>Siganus sp.</i>				11
<i>Sparidae sp.</i>				11
<i>Sparisoma cretense</i>	Parrotfish	NE	Greek Presidential Degree 67/81	5
<i>Sparus aurata</i>	Gilt-head Seabream	LC		2
<i>Sphyrna tiburo</i>	Yellowmouth Barracuda	LC		2
<i>Spicara maena</i>	Blotched Picarel	LC		11
<i>Spicara Maena</i>	Blotched Picarel	LC		11
<i>Spicara smaris</i>	Picarel	LC		11
<i>Spicara sp.</i>				11
<i>Symphodus mediterraneus</i>	Axillary Wrasse	LC		2
<i>Symphodus melanocercus</i>	Blacktailed Wrasse	LC		6
<i>Symphodus ocellatus</i>	Ocellated Wrasse	LC		2
<i>Symphodus roissali</i>	Five-spotted Wrasse	LC		2
<i>Symphodus rostratus</i>	Pointed-snout Wrasse	LC		2

<i>Symphodus</i> sp.				11
<i>Symphodus tinca</i>	East Atlantic	LC		2
	Peacock Wrasse			
<i>Synodus saurus</i>	Atlantic lizardfish	LC		1
<i>Thalassoma pavo</i>	Ornate Wrasse	LC		2
<i>Trachinotus ovatus</i>	Pompano	LC		2
<i>Trachinus araneus</i>	Spotted Weever	LC		2
<i>Trachinus draco</i>	Greater weever	LC		11
<i>Trachinus</i> sp.				11
<i>Trachipterus trachipterus</i>	Mediterranean	DD		2
	Dealfish			
<i>Trachurus trachurus</i>	Atlantic Horse	LC		2
	Mackerel			
<i>Tripterygion melanurus</i>	Small Triplefin Blenny	LC		6
<i>Tripterygion tripteronotum</i>	Peperoncino	LC		1
<i>Uranoscopus scaber</i>	Atlantic stargazer	LC		1
<i>Xyrichtys novacula</i>	Cleaver wrasse	LC	Greek Presidential Degree 67/81	2
<i>Zeus faber</i>	John Dory	LC		11
Annelida				
<i>Eupolymnia</i> sp.				11
<i>Hermodice carunculata</i>	Bearded Fireworm	NE		1
<i>Protula intestinum</i>	Blood Red	NE		1
	Tubeworm			
<i>Protula tubularia</i>	Smooth Tubeworm	NE		6
<i>Sabella spallanzanii</i>	Mediterranean	NE		6
	Fanworm			
<i>Serpula vermicularis</i>	Serpulid Worm	NE		6
<i>Spirorbis (Spirorbis) spirorbis</i>	Sinistral Spiral	NE		1
	Tubeworm			
Arthropoda				
<i>Maja crispata</i>	Lesser Spider Crab	NE		6
<i>Pachygrapsus marmoratus</i>	Marbled Crab	NE		6
<i>Perforatus perforatus</i>	Barnacle	NE		6
<i>Scyllarides latus</i>	Mediterranean	DD	Directive 92/43/EEC (EU Habitats Directive) Annex V, Bern Convention Annex III	5
	slipper lobster			

Bryozoa					
<i>Electra posidoniae</i>	Neptune Grass Sea Mat	NE			6
<i>Myriapora truncata</i>	False coral	NE			11
<i>Reptadeonella violacea</i>		NE			6
Cnidaria					
<i>Actinia equina</i>	Beadlet anemone	NE			1
<i>Anemonia viridis</i>	Snakelocks anemone	NE			1
<i>Balanophyllia (Balanophyllia) europaea</i>	Tooth coral	LC	CITES Annex II		6
<i>Clavularia crassa</i>		LC			
<i>Condylactis aurantiaca</i>	Golden anemone	LC			11
<i>Hoplangia durotrix</i>	Carpet coral	DD	CITES Appendix II: International trade monitored		11
<i>Leptopsammia pruvoti</i>	Sunset cup coral	NE	CITES Appendix II: International trade monitored		11
<i>Parazoanthus axinellae</i>	Yellow cluster anemone	NE			11
<i>Pennaria disticha</i>	Feather hydroid, christmas tree	NE			11
<i>Thecocalus sp.</i>		NE			1
Echinodermata					
<i>Antedon mediterranea</i>	Mediterranean feather star	NE			5
<i>Arbacia lixula</i>	Black sea urchin	NE			6
<i>Coscinasterias tenuispina</i>	White sea star	NE			1
<i>Echinaster (Echinaster) sepositus</i>	Red starfish	NE			1
<i>Holothuria forskali</i>	Sea Cucumber	LC			1
<i>Ophiaster ophidianus</i>	Purple seastar	NE	Bern Convention Annex II, Barcelona Convention (SPA/BD Protocol) Annex II		1
<i>Ophioderma guineense</i>	Brittle Star	NE			1
<i>Paracentrotus lividus</i>	Purple sea urchin	NE	Bern Convention Annex III, Barcelona Convention (SPA/BD Protocol) Annex III		1
<i>Sphaerechinus granularis</i>	Violet sea urchin	NE			1
Mollusca					
<i>Arca noae</i>	Noah's Ark shell	NE			2

<i>Bolinus brandaris</i>	Purple dye murex	NE		11
<i>Callochiton spp.</i>		NE		1
<i>Cerithium nodulosum</i>	Giant knobbed cerith	NE		2
<i>Cerithium vulgatum</i>	Horn Shell	NE		2
<i>Chama gryphoides</i>	Jewel boxes	NE		2
<i>Columbella rustica</i>	Rustic Dove-shell	NE		2
<i>Conus ventricosus</i>	Mediterranean Cone Snail	NE		2
<i>Cratena peregrina</i>	Tricolor nudibranch	NE		11
<i>Diadora spp.</i>				1
<i>Donacilla cornea</i>	Corneous wedge clam	NE		2
<i>Episcomitra cornicula</i>	Little trumpet mitre	NE		2
<i>Felimare picta</i>	Regal Sea Goddess	NE		2
<i>Flabellina affinis</i>	Mediterranean flabellina	NE		11
<i>Glycymeris glycymeris</i>	European Bittersweet Clam	NE		2
<i>Haliotis tuberculata</i>	Green Ormer	VU		2
<i>Hexaplex trunculus</i>	Banded murex	NE		6
<i>Lepidochitona cinerea</i>		NE		1
<i>Lithophaga lithophaga</i>	Date Shell	NE	CITES Appendix II: International trade monitored	2
<i>Luria lurida</i>	Cowry	NE		11
<i>Muricidae spp.</i>	Murex Snails			2
<i>Octopus vulgaris</i>	Common Octopus	LC		6
<i>Osilinus turbinatus</i>		NE		1
<i>Ostrea stentina</i>	True Oysters	NE		2
<i>Patella caerulea</i>	Rayed mediterranean limpet	NE		2
<i>Patella caerulea</i>	Mediterranean Limpet	NE		2
<i>Patella rustica</i>	Rustic Limpet	NE		2
<i>Patella vulgata</i>	Common limpet	NE		1
<i>Phorcus spp.</i>				2
<i>Phorcus turbinatus</i>	Turbinate Monodont	NE		2
<i>Pinna nobilis</i>	Fan Mussel	CR	Directive 92/43/EEC (EU Habitats Directive) Annex IV, Barcelona Convention (SPA/BD Protocol) Annex II, Greek Presidential Degree 67/81	2

<i>Pinna rudis</i>	Spiny Fan Mussel	NE	Bern Convention Annex II, Barcelona Convention (SPA/BD Protocol) Annex II	2
<i>Semicassis undulata</i>	Mediterranean bonnet snail	NE		2
<i>Sepia officinalis</i>	European Common Cuttlefish	LC		2
<i>Spondylus gaederopus</i>	European Thorny Oyster	NE		6
<i>Steromphala spp.</i>				2
<i>Thuridilla hopei</i>	Sapsucking slug	NE		11
<i>Tonna galea</i>	Giant Tun Snail	NE	Bern Convention Annex II, Barcelona Convention (SPA/BD Protocol) Annex II	2
<i>Umbraculum umbraculum</i>	Umbrella snail	NE		11
Porifera				
<i>Agelas oroides</i>	Orange elephant ear sponge	NE		11
<i>Aplysina Aerophoba</i>		NE	Barcelona Convention (SPA/BD Protocol) Annex II	1
<i>Axinella cannabina</i>	Orange Candlestick Sponge	NE	Barcelona Convention (SPA/BD Protocol) Annex II	11
<i>Axinella polypoides</i>	Common antler sponge	NE	Bern Convention Annex II, Barcelona Convention (SPA/BD Protocol) Annex II	11
<i>Axinella verrucosa</i>	Finger sponge	NE		11
<i>Chondrilla nucula</i>	Potato sponge	NE		6
<i>Chondrosia reniformis</i>		NE		1
<i>Clathrina clathrus</i>	Yellow lattice sponge	NE		11
<i>Cliona celata</i>	Boring sponge	NE		6
<i>Cliona schmidtii</i>	Sponge	NE		6
<i>Cliona viridis</i>	Sponge	NE		6
<i>Crambe crambe</i>	Orange-red encrusting sponge	NE		1
<i>Hemimycale columella</i>	Crater sponge	NE		1
<i>Ircinia spp.</i>		NE		1
<i>Ircinia variabilis</i>	Sponge	NE		6
<i>Oscarella lobularis</i>	Bubble oscar sponge	NE		1
<i>Petrosia (Petrosia) ficiformis</i>		NE		1
<i>Sarcotragus spinosulus</i>	Black Leather Sponge	NE		6
<i>Scalarispongia scalaris</i>	Leather sponge	NE		11

<i>Spirastrella cunctatrix</i>			NE	6
<i>Spongia officinalis</i>	(<i>Spongia</i>) Greek sponge	bathing	NE	11
Tunicata				
<i>Aplidium tabarquensis</i>			NE	11
<i>Halocynthia papillosa</i>	Tunicates		NE	1
Plantae				
Chlorophyta				
<i>Acetabularia acetabulum</i>	Mermaid's glass	wine	NE	2
<i>Caulerpa cylindracea</i>			NE	11
<i>Codium bursa</i>	Basquet beret		NE	1
<i>Codium fragile</i>	Dead Man's Fingers		NE	1
<i>Flabellia petiolata</i>	Fan weed		NE	11
Hydrocharitaceae				
<i>Halophila stipulacea</i>	Broadleaf seagrass		LC	11
Rhodophyta				
<i>Asparagopsis taxiformis</i>	Red Sea Plume		NE	11
<i>Corallina officinalis</i>	Common Weed	Coral	NE	2
<i>Dasya corymbifera</i>			NE	1
<i>Florideophyceae spp.</i>	Florideophycean Algae			2
<i>Galaxaura rugosa</i>			NE	2
<i>Jania rubens</i>	Fine coral moss		NE	1
<i>Liagora ceranoides</i>			NE	2
<i>Liagora viscida</i>			NE	2
<i>Lithophyllum incrustans</i>			NE	1
<i>Lithophyllum sp.</i>				11
<i>Peyssonnelia spp.</i>				2
<i>Peyssonnelia squamaria</i>			NE	11

<i>Tricleocarpa fragilis</i>		NE		2
Tracheophyta				
<i>Cymodocea nodosa</i>	Little Neptune Grass	NE	Bern Convention Annex I, Barcelona Convention (SPA/BD Protocol) Annex II, EU Regulation (1967/2006/EC)	1
<i>Posidonia oceanica</i>	Neptune Grass	LC	Directive 92/43/EEC (EU Habitats Directive) Annex I, Bern Convention Annex I, Barcelona Convention (SPA/BD Protocol) Annex II, EU Regulation (1967/2006/EC)	5
Chromista				
Ochrophyta				
<i>Colpomenia sinuosa</i>	Oyster thief	NE		1
<i>Cystoceira spp.</i>		NE		1
<i>Dictyota dichotoma</i>	Brown fan weed	NE		11
<i>Padina pavonica</i>	Peacock's tail	NE		2

Appendix 3. List of the Minimum and Maximum Landing size, and the spawning season proposed for the commercial species caught in Erimitis peninsula. A full guide list can be found [here](#).

Specie	Minimum Landing size (cm)	Maximum landing size (cm)	Spawning season
<i>Seriola dumerili</i>	95		June-July
<i>Dentex dentex</i>	36		May-June
<i>Sciaena umbra</i>	23		May-June-July
<i>Dicentrarchus labrax</i>	50		December-January-February
<i>Coryphaena hippurus</i>	65		May-October
<i>Belone belone</i>	32		March-April
<i>Epinephelus marginatus</i>	50	80	Protection of all breeding sites
<i>Epinephelus costae</i>	45	60	July-August
<i>Epinephelus aeneus</i>	60	80	March-May
<i>Pomatomus saltatrix</i>	26		May-June
<i>Sarda sarda</i>	40		May-August
<i>Belone belone</i>	30		April-August
<i>Trachurus mediterraneus</i>	20		April-September
<i>Trachurus trachurus</i>	22		All year around except August and September
<i>Oblada melanura</i>	20		March-June
<i>Sparus aurata</i>	25	30	October-January
<i>Sphyrnaena sphyrnaena</i>	28		May-August
<i>Ethynnus alletteratus</i>	60		May-September
<i>Diplodus vulgaris</i>	18		December-January
<i>Diplodus sargus</i>	23		January-April
<i>Pagellus erythrinus</i>	15		May-November
<i>Seriola dumerili</i>	88		May-September
<i>Lithognathus mormyrus</i>	20		May-September
<i>Sepia officinalis</i>	20		All year around
<i>Loligo vulgaris</i>	25		All year around
<i>Pagrus pagrus</i>	18		March-May
<i>Palinurus elephas</i>	90		August-November

Appendix 4. Methodology for monitoring activities

Appendix 4.1 Underwater Visual Census (UVC)

Fish fauna monitoring activity will be conducted using underwater visual census method and the help of SCUBA equipment. In each season four dives will be conducted (two

dives in Posidonia meadows and two dives in Rocky reefs). Surveys will be standardized by conducting them at similar times of the day in selected depths (<10 m, 10-20 m, and >20m) and locations. At each type of habitat (Posidonia meadows or Rocky reef). Three transects of 25m long (5m wide) at each depth range will be performed having a total of 9 transects per habitat. Habitat affiliation will be taken into consideration for the assessment of the ichthyofauna on Posidonia meadows and Rocky reefs. This includes abundance (total number of individuals) and size (to the nearest 1 cm of total length).

Appendix 5. [Code of Conduct for Sustainable Tourism](#)

Code of Conduct for Sustainable Tourism

This code of conduct outlines the best practices require for all users. Boaters, hikers, tour operators, divers and general public all have a role to play. The adherence to these guidelines is a vital contribution to the collective effort of protecting Eremitis peninsula.

Article 1. Marine habitats

1.1. Anchoring and mooring

Irresponsible anchoring causes damage to the seagrass meadows, affecting the integrity of the habitats.

- Mooring buoys: Whenever available, you must use the official environmentally friendly mooring buoy provided by the LMMA.
- No anchoring on seagrass: Anchoring on Posidonia meadows should be avoided. When possible visually confirm you are dropping anchor on a sandy bottom.
- Anchor handle: Lower your anchor vertically (do not drop it while moving) and pick it up vertically to avoid dragging.

1.2. Responsible boating

- Speed limit: Keep speed limits accordingly with the LMMA management plan, to protect wildlife.
- Minimize Noise: Avoid excessive noise from engines or music, to prevent disturbances to wildlife.

Article 2. Preserving Coastal and terrestrial habitats

2.1. Respecting landscape

- Designated Trails: When hiking or exploring, you should stay on marked paths. Being off trail causes soil erosion, damages rare and endemic plants, and could potentially disturb wildlife.

- Leave nature as you find it: Do not pick wildflowers, herbs or any plants. Leave rocks, pebbles, and shells in their natural place. You should not alter the landscape; this includes building stone stacks.
- Cultural heritage: Do not touch, move, or vandal archaeological ruins, stone walls, or other ancient artifacts.

2.2. Fire prevention

- No open fires: The use and/or creation of campfires, bonfires or BBQs (disposables and permanent) should be avoided outside of official designated areas.
- No fireworks or flying lanterns: The use of fireworks or sky lanterns is banned.
- Cigarettes: Never discard cigarettes butts on the ground. Ensure is completely off and pack it out with your rubbish.
- Report smoke: If you see any sing of smoke or fire. Call immediately the Fire brigade at number 199.

Article 3. Wildlife interaction

3.1. Marine life

- Mediterranean Monk seal (*Monachus monachus*):
 - **Do not enter sea caves**, which are vital for pupping sites.
 - Maintain a minimum distance of 30 meters from any seal.
 - Move away cautiously if the animals show signs of disturbance (sudden change in behavior).
 - Avoid making noise in the presence of a seal on land and if at sea put your engine in neutral.
 - Refrain from feeding, touching, or swimming with monk seals, and keep pets at a distance, as they might be carriers of dangerous diseases to the seal.
- Sea turtles
 - In water, slow your vessel and allow turtles to pass.
 - On nesting season (May-September), do not use bright lights at night, and never disturb marked nets.
- Dolphins and Whales
 - Approach slowly and parallel, never head-on.
 - Stay back 100 meters
 - Always put your engine in neutral when cetaceans are near.
 - Refrain from feeding, touching, or swimming with wild dolphins or whales.

3.2. Terrestrial and coastal wildlife

- Do not feed animals: Feeding animals makes them dependent, alters their behavior, and can harm their health.
- Give animals space: You should observe reptiles, birds and mammals from a respectable distance. Do not disturb dens, nets, or burrows.
- Bird colonies: Avoid approaching nesting colonies or nests, especially during spring. Keep noise to a minimum when close to nests.

Article 4. Waste and pollution, “Leave no trace” commitment

4.1. Solid waste management

- Take it with you: All waste (including food scraps, packaging, and cigarettes butts) should be taken with you for disposal in designated bins.
- Nothing left behind: Don’t throw, bury, or leave any form of waste in the sea or on land. This includes organic waste like fruit peels.

4.2. Pollution prevention

- Vessels: you should use only biodegradable cleaning products
- On land: use designated toilets facilities.
- Sunscreen: Avoid using sunscreens containing oxybenzone and octinoxate.