

# The Fitzpatrick Scale

					
<b>TYPE I</b>	<b>TYPE II</b>	<b>TYPE III</b>	<b>TYPE IV</b>	<b>TYPE V</b>	<b>TYPE VI</b>
Light, pale white	White, fair	Medium, white to olive	Olive, moderate brown	Brown, dark brown	Black, very dark brown to black
Always burns, never tans	Usually burns, tans with difficulty	Sometimes mild burn, gradually tans to olive	Rarely burns, tans with ease to a moderate brown	Very rarely burns, tans very easily	Never burns, tans very easily, deeply pigmented



# What is your Fitzpatrick Score?

## Eye colour

0. Light colours
1. Blue, gray or green
2. Dark
3. Brown
4. Black

## Natural hair colour

0. Sandy red
1. Blond
2. Chestnut or dark blond
3. Brown
4. Black

## Your skin colour (unexposed areas)

0. Reddish
1. Pale
2. Beige or olive
3. Brown
4. Dark brown

## Freckles (unexposed areas)

0. Many
1. Several
2. Few
3. Rare
4. None

## If you stay in the sun too long?

0. Painful blisters, peeling
1. Mild blisters, peeling
2. Burn, mild peeling
3. Rare
4. No burning

## Do you turn brown?

0. Never
1. Seldom
2. Sometimes
3. Often
4. Always

## How brown do you get?

0. Never
1. Light tan
2. Medium tan
3. Dark tan
4. Deep dark

## Is your face sensitive to the sun?







0. Very sensitive
1. Sensitive
2. Sometimes
3. Resistant
4. Never have a problem

## How often do you tan?

0. Never
1. Seldom
2. Sometimes
3. Often
4. Always

## When was your last tan?

0. +3 months ago
1. 2 - 3 months ago
2. 1 - 2 months ago
3. Weeks ago
4. Days

Score		
0 - 6	Skin Type I	
Always burns, never tans (pale white skin)		
7 - 13	Skin Type II	
Always burns easily, tans minimally (white skin)		
14 - 20	Skin Type III	
Burns moderately, tans uniformly (light brown skin)		
21 - 27	Skin Type IV	
Burns minimally, always tans well (moderate brown skin)		
28 - 34	Skin Type V	
Rarely burns, tans profusely (dark brown skin)		
35+	Skin Type VI	
Never burns (deeply pigmented dark brown to black skin)		