

# Home Sunbed Prep Checklist

Everything to have ready before your TanBox sunbed delivery — so installation takes 15 minutes, not 45.

## 1. Room & space

- ☐ Lie-down sunbed: clear a flat area of at least 7ft × 4ft (~210cm × 120cm).
- ☐ Stand-up sunbed: clear at least 4ft × 4ft (~120cm × 120cm) plus 6ft 6in head-height (~2m).
- ☐ Hard floor preferred (laminated, tile, vinyl). Thick carpet is fine but place a board under stand-up beds if you have it.
- ☐ Allow 60cm of clearance around the bed so the lid/door can open fully.
- ☐ Pick a room with curtains or blinds for privacy.

## 2. Power

- ☐ A standard UK 13A 3-pin socket within 2m of where the bed will sit.
- ☐ Don't use extension leads — sunbeds draw too much current.
- ☐ Check the socket works (test it with a lamp or phone charger).

## 3. Access

- ☐ Measure your hallway and any doorways — minimum 75cm width for the lie-down bed in its carry cases.
- ☐ Stairs are fine if the route is clear. Tell us in advance if it's 2+ flights so we plan time.
- ☐ Move pets and small children into another room during install (15 mins).
- ☐ Parking: let us know if there's a tight spot or permit zone so we can plan a drop-off slot.

## 4. Skin prep — before your first session

- ☐ Shower and exfoliate to remove dead skin.
- ☐ Don't apply perfume, deodorant or oily moisturiser before tanning.
- ☐ Use a dedicated tanning lotion or accelerator — not regular sun cream (it blocks UV).
- ☐ Remove contact lenses and jewellery.
- ☐ Wear the UV goggles we supply — every session, no exceptions.

## 5. Safe sessions

- ☐ Start short: skin type 1 = 3 mins, type 2 = 5 mins, type 3 = 8 mins, type 4 = 10 mins.
- ☐ Wait at least 24 hours between sessions — your skin needs time to react.
- ☐ Don't double-up. More than one session a day damages skin and gives no extra colour.
- ☐ Drink water after a session.

- ☐ Stop and contact us if your skin feels hot, sore or itchy after a session.

## 6. End of hire

- ☐ Wipe the acrylic down with the cleaner we leave you.
- ☐ We'll text the day before collection with a 2-hour window.
- ☐ Leave the room access the same as on delivery day.

Questions? Call 07940 988851 or WhatsApp us. **TanBox Sunbed Hire** — [tanboxhire.co.uk](https://tanboxhire.co.uk)