



**Blairvadach
Bytes**

Clothing for Adventures

Going outside during cold and wet weather doesn't need to mean you get cold and wet! With the right clothing you can enjoy the outdoors in any weather.

Follow these top tips and make life outside warmer, drier and easier.



- **Long thick socks if you are wearing wellies**
- **Tuck socks into trousers to stop socks disappearing to the bottom of your welly and your trousers riding up**
- **Avoid wearing cotton clothing. Cotton absorbs moisture (water) much more than clothes made with synthetic or wool**
- **Synthetic and wool clothing has better 'insulating' properties than cotton, even if it does get wet**
- **If you struggle with doing up zips, try keeping them zipped up at the bottom and putting them over your head like a jumper- great for when you have big gloves on!**

