



Being well prepared for a mountain day increases your chances of enjoying it. Photo: Dan Bannister, Dreamstime.com

7 What to Wear

What you should wear on a mountain day is probably the question I get asked the most. That's because getting it wrong can, at best, spoil your day, and in the worst-case scenario, lead to much worse – but it's really not that difficult if you follow a few simple rules.

There's no need to spend a fortune on high-end outdoor clothing. You'll see people out in the mountains wearing waterproof jackets that cost £400+, and they are really good if you're going to be spending day after day outdoors in the rain. For most people, the raincoat you've got in the cupboard will do just fine, certainly in your early mountain walking days.

One of the best tips I can give is to visit your local outdoor shop. Whether it's a little independent store in your local town or a large chain such as Go Outdoors, the staff will be well used to people asking questions about what they need for the outdoors. So don't be afraid to ask.

Test out your gear before you really need it. Don't try out those new boots on a big mountain day. Give them a run-in around the neighbourhood first.