

## GolfGarb style advisor Weather protection gear

New to golf? Need some advice? Want to know more?

### Do I need to buy some waterproofs?

The simple answer is yes. If you are going to be playing golf in the UK you will want gear that protects you from the wind, rain and keeps you warm. The old adage 'there is no such thing as bad weather just bad clothing', definitely applies to golf. Getting your outerwear right will protect you from the elements and allow you to enjoy your game, whatever the weather.

### What do I need to buy?

There are a few different options:

- **Waterproof jacket and trousers** – these go over your regular golfing outfit and are designed for serious rain. If it says it is waterproof then that means that the fabric will be waterproof and that the seams will be taped to keep the water out. Zips are a major area for seepage, so look out for styles that have waterproof zips or a double backing. Some women prefer not to buy the trousers, but they are worth it if you plan to go out in all weather.
- **Windproof jacket or top** - these will keep you protected on a windy day. Many windproof garments are coated with Teflon or the equivalent and this will provide some protection from light rain, bear in mind though these garments will not have taped seams.

### What features should I be looking for?

There are a few fundamental things you should be looking for in a good set of waterproofs.

- **Lightweight** – you don't want to be wearing, or carrying, a heavy, bulky garment.
- **Breathable** – they should allow your skin to breathe so that as your body temperature warms up you don't get sweaty and damp which will then make you cold.
- **Movement** – they should be designed to move with you, not restrict you. Most good golf brands will take into consideration all the movements needed to play and engineer their garments accordingly, so it's worth paying more for a reputable brand.

### Details to look out for:

- Trousers should have zips or buttons at the hem to allow you to easily slip them over your golf shoes, but not so wide that they will flap in the wind.
- Stretch panels are often found in more expensive items and help the items fit and move better.
- If a garment does leak water it will most likely be on the seams or zips, so either pay more for a taped seam garment or look out for items that avoid seams at exposed areas such as your shoulders.
- Cuffs are important on a waterproof jacket. A snug fit will ensure they don't ride up your arms during your swing, there is nothing worse than the unpleasant feeling of cold rain running down your arm.
- A high collar will also help to keep the rain out, and a fleece lined collar is a nice luxury touch that feels snug in winter.
- Sizing - it's worth looking for adjustable tabs and toggles that can 'pull in' a garment for a more customised fit. This also works well when buying a jacket for all seasons as it will allow you to wear more layers in the winter.
- Waterproof warranty - many premium brands offer a three year warranty which gives peace of mind when spending that little bit extra.

### Useful tips:

- Most waterproofs will leak with age, but a quick wash with a non bio powder and a quick tumble dry on a low heat helps restore their waterproof qualities. Always check the care label first.
- Consider wearing a waterproof hat rather than cap. A bucket style with a wide rim all the way round will allow the rain to run away from your face onto the jacket.

### Glossary:

**Laminate fabric:** Means two or three layers of fabric are bonded together, each adding an important quality such as wind-resistance, waterproofing or soft touch.

**Hand warmer pockets:** Pockets are placed in a comfortable position to rest hands in (around the waist line), sometimes they may be lined in a brushed fabric for extra comfort.

**Micro Mesh:** Often used for a lining, this simply means the mesh holes are tiny, so has the benefit of being breathable, but will not snag so easily as an open mesh. Because of its construction it will also stretch well and move comfortably with you.

**Droptail hem:** This simply means that the back is longer than the front, so it will give more coverage over your bottom and hips.

**Convertible:** The garment may have a zip-out warm lining or zip-off sleeves, it will convert to another style.

**Storm Pockets:** A pocket design that will not let the rain in.

