



Summer conditions in the mountains

Most people are aware that the mountains are challenging during the winter months, but what can we expect during the summer time? In this video we look at the skills and equipment needed and what to expect on the mountains during the summer.

Firstly, let's look at what equipment you might need on the mountains. It's essential to always wear the correct footwear. This should be stiff soled walking boots with good ankle support and waterproof. Carry a map, compass and GPS so you can check your location and make sure you're staying on your chosen path. Mist and cloud can limit visibility even in the summer months, so good navigational skills are key. Carry a rucksack that allows your hands free to scramble over rocks. Clothing should be warm, windproof and waterproof in case the weather turns bad. Even in summer conditions the mountain tops can be cold, wet and windy, with temperatures on the summits nearly 10°C colder than at sea level so carry extra warm clothing in case you get cold. Although the daylight hours are long in the summer, it's a good idea to carry a head torch in case you get stuck in the mountains or take longer than you anticipated. Carry an emergency whistle, mobile phone and basic aid kit in case there is an emergency. In the summer months there is a risk of dehydration so carry lots of water, around 1-2 litres, and sun hats and sunscreen to protect you from strong sunlight. Should any member of your party experience symptoms of hyperthermia or heat stroke, you should stop immediately and rest and find shade. Drink plenty of water and dab the neck and head with water. Once the person has recovered, descend slowly. Young children are more susceptible to heat stroke so always carry more water than you think you'll need.

Being out on the mountains can be dangerous all year round so do make sure you stay safe and have the essential equipment and skills needed. For a detailed weather forecast why not visit the Mountain Area forecast pages on the Met Office website or click on the British Mountaineering Council website for more information on the skills and equipment needed.