



KNOWLEDGE CENTRE | GUIDE 07

Kit and Layering for British Weather

Practical clothing choices for running, cycling and outdoor activity.

DRESS FOR THE WHOLE ACTIVITY

The temperature at your front door is only the starting point. Wind, rain, sunlight, route exposure, effort and time outdoors all affect what you need. Choose a system you can adjust as conditions and body temperature change.

IN THIS GUIDE

Forecast and route • Layering system • Rain and wind • Warm weather • Outing essentials • Visibility • Skin comfort

Free, ungated practical guidance from SLIPSTREAM®

Prepare for the Weather. Stay Comfortable.

Start with conditions, route and effort

British weather can change quickly and local conditions may differ from the headline forecast. Check the forecast close to departure, look for weather warnings and think about the most exposed, highest, darkest or furthest part of your route.

Five questions before choosing kit

✓	WEATHER: What are the temperature, rain chance, wind speed, visibility and UV conditions?
✓	ROUTE: Is it exposed, shaded, remote, urban, high-level or likely to hold surface water?
✓	EFFORT: Will this be an easy walk, steady ride, hard run or stop-start session?
✓	TIME: Could the temperature, daylight or weather change before you return?
✓	BACKUP: Who knows my route, start time and expected return time if I am delayed?

Conditions change the decision

CONDITION	MAIN CHALLENGE	KIT PRIORITY
Cold and dry	Heat loss and wind chill	Adjustable insulation and wind protection
Wet and mild	Damp fabric and overheating	Breathability plus rain protection
Warm and sunny	Heat, UV and perspiration	Light kit, sun protection and fluids
Dark or foggy	Reduced ability to see and be seen	Visibility, lights and route choice

A FORECAST IS NOT A GUARANTEE

Carry enough protection for a reasonable change in conditions. In severe weather, changing the route, delaying the session or choosing an indoor alternative may be the best decision.

Build an adjustable layering system

Several purposeful layers are usually easier to regulate than one heavy garment. The exact materials and thicknesses depend on the activity, but each layer should have a clear job.

The three-layer principle

LAYER	PURPOSE	WHAT TO CHECK
Base	Moves perspiration away from the skin	Close enough to work without rubbing or restricting
Mid	Adds adjustable insulation	Warmth appropriate to effort and easy to remove
Outer	Reduces wind and rain exposure	Weather protection with useful ventilation

Fit matters as much as fabric

- Move your arms, shoulders, hips and knees through the activity range before leaving.
- Check whether hems ride, waistbands roll, zips press or seams sit on known hot spots.
- Make sure adding layers does not make shoes, gloves, cuffs or straps uncomfortably tight.
- Choose pockets or storage that let you remove a layer before you become excessively hot.
- Test the complete combination on a shorter session before using it for a long event.

START COMFORTABLY COOL

For continuous exercise, feeling heavily wrapped up before you begin may mean overheating once effort rises. Start with enough protection for safety, then use removable layers and ventilation to regulate comfort.

Rain, wind and changing temperatures

Rain can arrive with mild air, strong wind or falling temperatures. No single waterproof solves every situation: balance protection against the heat and moisture produced by your activity.

In wet conditions

✓	Use a suitable outer layer and ventilation for the expected intensity.
✓	Keep essential spare clothing and electronics dry in a waterproof bag.
✓	Choose socks and footwear appropriate to the surface and expected water exposure.
✓	Carry a dry base layer or spare socks when distance, remoteness or duration justifies it.
✓	Change out of damp clothing promptly after finishing.

In wind and cold

- Protect exposed hands, ears and head when conditions require it.
- Use wind-resistant layers on exposed routes, especially for cycling where speed increases airflow.
- Avoid clothing or unsecured items that flap, obscure vision or interfere with moving parts.
- Expect exposed outward sections and slower return sections to feel colder than sheltered hard-effort sections.
- Carry additional warmth if injury, a puncture or another delay could leave you stationary.

WET CLOTHING AND SKIN

Moisture changes how fabric moves across the skin. Check socks, seams, bra bands, waistbands, pack straps and saddle-contact clothing before relying on them in rain.

Warm weather, visibility and outing essentials

Warm conditions require more than simply wearing less. Consider shade, intensity, hydration, sun exposure and whether the route allows you to shorten or stop safely.

When it is warm

✓	Choose lightweight, comfortable clothing and plan harder activity for cooler parts of the day where possible.
✓	Carry enough water for the route, weather and effort, plus a sensible margin for delay or an unforeseen problem.
✓	Use shade, suitable clothing, a hat and sunscreen for sun protection.
✓	Reduce intensity or stop if you feel dizzy, weak, sick, unusually tired or very thirsty.

Be visible as well as comfortable

- Use bright or reflective clothing when light or visibility is reduced.
- Cyclists should use appropriate front and rear lights and check them before leaving.
- Choose a safer route or time if visibility, ice, flooding, wind or lightning makes the planned activity unsuitable.

Beyond clothing: carry the essentials

✓	SHARE THE PLAN: Tell a responsible person your route, start time and expected return time. Agree what they should do if you are overdue, and update them if plans change.
✓	WATER AND FOOD: Carry sufficient water plus an emergency reserve, and keep a compact high-energy snack or bar for an unexpected delay.
✓	SKIN COMFORT: Pack a tube of SLIPSTREAM ENDURANCE™ for familiar external friction points and reapplication when needed, following the pack directions.
✓	COMMUNICATION: Take a charged phone in weatherproof protection; consider extra power for a longer or remote outing, but never assume there will be a signal.
✓	NAVIGATION: Carry a suitable route map or downloaded offline map. For remote terrain, take appropriate backup navigation and know how to use it.
✓	PERSONAL BACKUP: Carry identification, emergency-contact details and essential medication. Match a small first-aid kit, whistle, light and emergency warmth to the route, duration and remoteness.

Your one-minute weather, kit and safety check

✓	FORECAST: Have I checked local conditions and warnings close to departure?
✓	ROUTE + SHARING: Where is the route most exposed or remote, and does someone know my route, start and expected return times?
✓	LAYERS: Can I add, remove or ventilate clothing as effort changes?
✓	WATER: Do I have enough for the planned outing and a reasonable delay?
✓	FOOD: Do I have an emergency energy bar or other compact snack?
✓	ENDURANCE + SKIN: Have I checked friction points and packed a tube of SLIPSTREAM ENDURANCE™ for familiar external areas and reapplication?
✓	BACKUP: Are my phone, navigation, ID, medication and route-appropriate emergency items ready?
✓	VISIBLE: Are my colours, reflective details and lights suitable?

Skin comfort: Begin with clean, dry and intact skin. Apply SLIPSTREAM ENDURANCE™ in small amounts and work it in until clear, following the pack directions. It cannot correct poorly fitting clothing, footwear or equipment.

Know when to change the plan

Stop, shorten or change the activity if conditions become unsafe, you cannot remain warm or visible, the route becomes hazardous, or you develop symptoms of significant heat or cold stress. In an emergency, call 999; use NHS 111 for urgent advice when the situation is not life-threatening.

Trusted resources

- [Met Office - weather warnings guide](#) • [Mountain Rescue England and Wales - staying safe](#)
- [Ordnance Survey - outdoor safety tips](#) • [NHS - heat exhaustion and heatstroke](#)

THE SIMPLE PRINCIPLE

Check the weather. Share the plan. Carry water, food, SLIPSTREAM ENDURANCE™ and essential backup. Match kit to route and effort. Stay visible. Change the plan when conditions demand it.

SLIPSTREAM® KNOWLEDGE CENTRE

Practical guidance for active living - education first, products second.

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Prepared August 2026. This guide provides general educational information and does not replace activity-specific safety guidance, professional instruction, weather warnings or individual medical advice. SLIPSTREAM ENDURANCE is a cosmetic skin-care product, not a medicine.