



### Dealing with bad weather

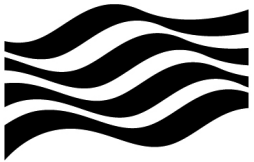
When you're out and about on the mountains the weather can change very quickly indeed, so it's essential to be prepared for such changes and to know exactly what to do if it does turn nasty.

One of the main issues up on the mountains is wind. It may be a calm day at ground level but up on the peaks the wind can be much stronger. The wind can be around two and half times stronger at the summit than at sea level. Wind speeds of around 30mph makes for difficult walking while 40mph will knock walkers off balance so it's a good idea to avoid exposed ridges during windy weather.

As well as wind speeds, consider the air temperature up on the mountains. It may be warm and sunny at sea level but as you climb there can be a 1°C temperature drop per 100 metres. This feels even colder when the air is wet and with the effect of wind this will add a further drop in temperature too. For example, an air temperature of 4°C will have a wind chill of -3°C if there was a 32mph wind. In these conditions a good waterproof jacket and trousers will reduce the chance of wind and wet penetrating through and it's always important to keep the body core dry and warm. In addition, hats and gloves will keep the extremities warm and dry too.

Visibility can change up on the mountains and low cloud is a common issue and can make navigation much harder. Low cloud makes obvious paths and trails hard to follow. Also the temperature drops and the air becomes damp. It's a good idea to always have good map and compass skills. You can develop these skills on coastal or low level paths so that should visibility be bad on the mountains, you are able to get yourself down safely.

Before heading out onto the mountains, check the weather conditions because they can change very quickly indeed. Keep your eye on those weather conditions throughout the day and if there is a deterioration then seek shelter, remaining there until there is an improvement or come down



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from the mountain. After all, it will always be there for another day. In the meantime for a more detailed forecast check out the [Met Office Mountain Area forecast web pages](#).