



# Tips: Winter Clothing,

by Glenn

Deep in the bowels of my climbing pack live two garments that only see the light of day during the cooler months of the year: a softshell vest and a long sleeve micro-fleece pullover. During spring and summer, they act as little more than a buffer between valuable climbing equipment, the base of the climbing pack and the ground. In the winter months, practically

every pitch is climbed in them.

In combination with a base layer of merino wool or synthetic wicking material, the long sleeve micro-fleece and softshell vest will protect the wearer caught out on the walls in unpredictable weather changes, or pushing the last pitch as the light fades and the temperature plummets.

As conditions deteriorate, maintaining core temperature becomes the priority. However the physical nature of our pursuits, needing freedom of movement while suitably protected, is of equal importance.

I have chosen a softshell vest



***Lowe Alpine Wildcat***



***Mont Micro Jacket***



***Rab Ghost Jacket***

over a jacket so that the sleeves do not impede with jamming and thrutching. The sleeves of the micro-fleece can be rolled up over the forearms without cutting off the circulation.

Hard face technology materials provide durability in an abrasive environment, without compromising flexibility and breathability, as all materials stretch to accommodate the most extreme movements, and wick moisture to the outer layer where it evaporates. Various combinations of materials generally provide up to four times the wind resistance of traditional fleeces, and have been treated with a water repellent finish. While not fully waterproof, they provide adequate protection against all bar teaming downpours.

## Recommended Pullovers, Vests and Jackets:

- *Lowe Alpine Microgrid Zip Pullover m & w:*  
Aleution Microfleece, RRP \$119
- *Lowe Alpine Wildcat (m) and Ibex (w):*  
Stormweave Tech Stretch, RRP \$229
- *Mont Micro Jacket m & w:*  
T400 Microfleece, RRP \$99
- *Mont Slinx Pullover m & w:*  
Polartec Power Stretch RRP \$149
- *Mont Duo Jacket or Vest m & w:*  
Polartec Wind Pro RRP \$199 (jacket)
- *Rab Ghost Jacket:*  
Polartec Windpro RRP \$249
- *Rab Baltoro Lite Jacket:*  
Polartec Powershield RRP \$329