

ela3783

I agree !! Had first hand experience with linen comfort in Greece and India during peak summers in each country . No matter how much one irons , linen always appears wrinkled . So why even bother - just wash , hang dry , wear and enjoy summers

Posted On 07/06/2024

Kim3490

Respectfully....it's merino wool. Yep....wool. After sweltering in the tropics, chasing birds, I finally got on board with a friend who has worn light weight merino wool. It dries quickly, helps the body regulate temperature and has made a huge difference in how I sleep as well. And it doesn't smell after one great big sweat fest either under 90's with high humidity or nighttime post menopause sleeping.

Posted On 07/06/2024

sue2613

I often wear a light weight wool gabardine in the summer. Your right it is very cooling. It is hard to find the same quality these days. It is important to wear loose clothing. That is why loose beach coverups over bathing suits work.

Posted On 07/06/2024

billstri

I have worn both cotton and Merino wool socks hiking. I find Merino wool works better and breathes better in shoes and is much more effective against blisters on long hikes in the Rocky Mountains than cotton, nylon, or cotton blends. It also dries out way faster when hiking after you step in a puddle of water or when they get soaked from a surprise rain. But cotton is more comfortable and breathes well in sandals that permit socks. Cotton can be organic, but wool is probably treated with chemicals, so I wear based on planned activity. In the summer when I can, I always wear sandals or barefoot. But I find when walking on rock hard solid ground like asphalt or concrete or tile, I have to severely restrict barefoot walking.

As for hiking in the heat, I always wear cotton clothing even though the experts warn against it. In the Rockies, the humidity is low and rain can occur when it is not predicted. Rain combined with low humidity can rapidly cool the air and if you are wearing cotton, the rain evaporates off the cotton making it very cold. Survival skills dictate when you hike in cotton jeans and it rains causing suddenly cold air that you remove the cotton jeans and hike in your underwear to prevent severe hypothermia. You don't have to do that for wool. Rain beads off bare skin and does not chill you like soaking wet cotton.

When I go for a walk or run in the city on a very hot day in the sun, I will put on a soaking wet cotton shirt that will keep me cool for up to an hour before it dries out. When hiking in the heat, cotton shirts absorb sweat and cool me better than synthetic shirts. When going for long walks in the hot sun, I notice a huge benefit in comfort wearing light color clothing over darker clothing. White is best, but after a few wash/wear cycles, it always fades to yellow making me want to toss it the following summer. White never stays white. Minimal clothing always seems best when rock climbing because it does not restrict movement.

Posted On 07/06/2024

TashuS

what I'd like to find are comfortable cotton or natural fabric bras for hot weather at a reasonable price. Any suggestions for places to find this?

Posted On 07/06/2024

sue2613

Find someone who sews and make a cotton knit bra. Or find someone knits or crochets and make a bra with organic cotton. Bikini top patterns can be used.

Posted On 07/07/2024

sue2613

You could sew one by hand.

Posted On 07/07/2024

dfghjk

<https://wearpact.com/>

Posted On 07/07/2024

ela3783

Try Amazon in UK or tropical countries

Posted On 07/08/2024

Catryna

TashuS Jockey.

Posted On 07/08/2024

Pjmont

Yep it's either linen/cotton, cotton (300- 400 Hz same as body frequency) linen (1000 Hz same as wool when worn together would cancel frequencies to below 15 Hz bringing body towards death freq.) or hemp. (near wool and linen). Why be lowered into death frequencies if you can buy wisely? Good my loose fitting black rock T's keep me cool and at frequency. Now someone tell J.P Reacts not to sell that other T-shirt materials.

Posted On 07/08/2024

Catryna

Don't forget the different vibrations of different fabrics. Linen and wool are the best for humans, 5000 mHz. Cotton and hemp coming in next. All others, do nothing but harm.

Posted On 07/08/2024

ela3783

Thanks for sharing your personal experiences . Wool or cotton , whichever one can afford are both natural fabrics

Posted On 07/06/2024

KyerVegan

If choosing cotton material, I'd get organic. Lots of pesticides used on commercial cotton. Remember, too that cotton can shrink quite a lot. If choosing linen and living in a hot climate, use cool temperatures when laundering. Living in the desert, I ruined some expensive natural linen bedding by washing and then hanging out in the summer sun. Read care instructions beforehand!

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