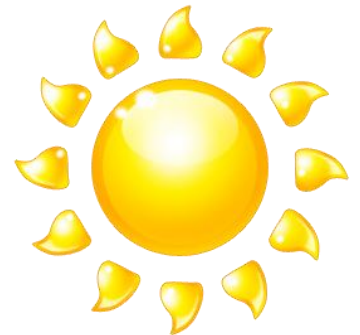
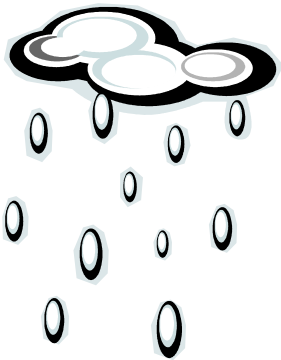


Outlook Adventures Scotland



Weather

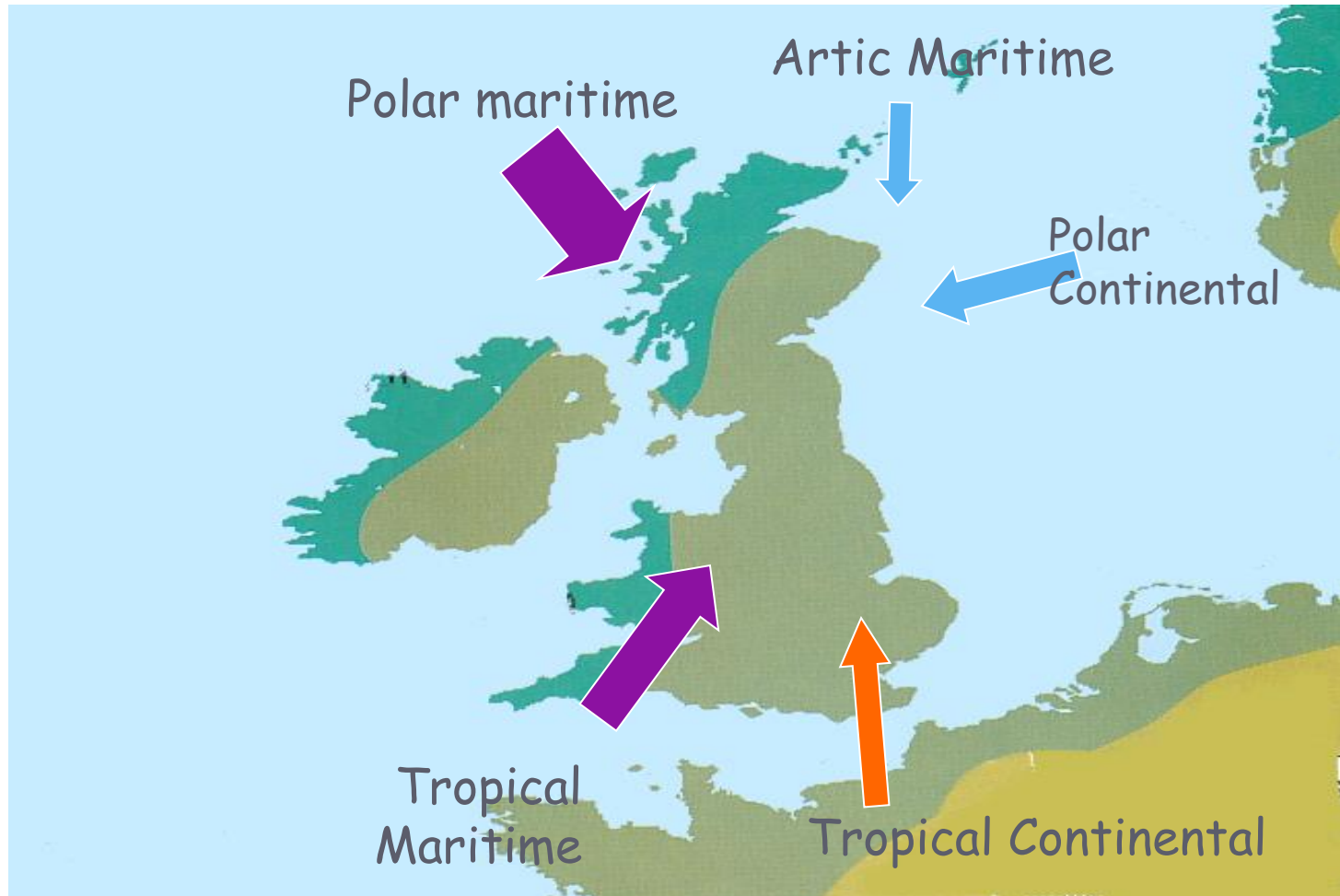


Aims of Session

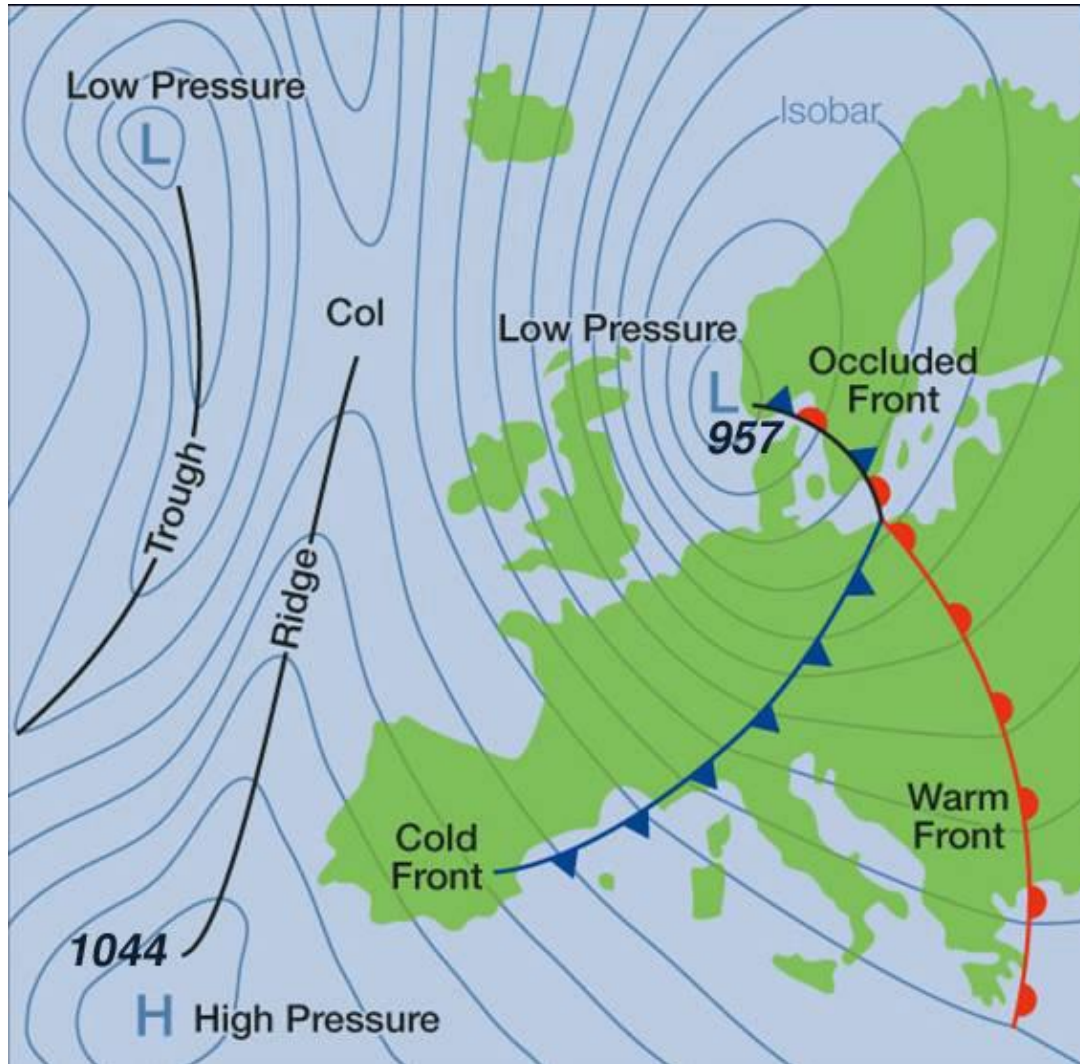
- Understand the effects that the weather has on you and your activities.
- Where to look for weather information
- How to interpret that information to make an informed decision about your activities



Where does our weather come from?



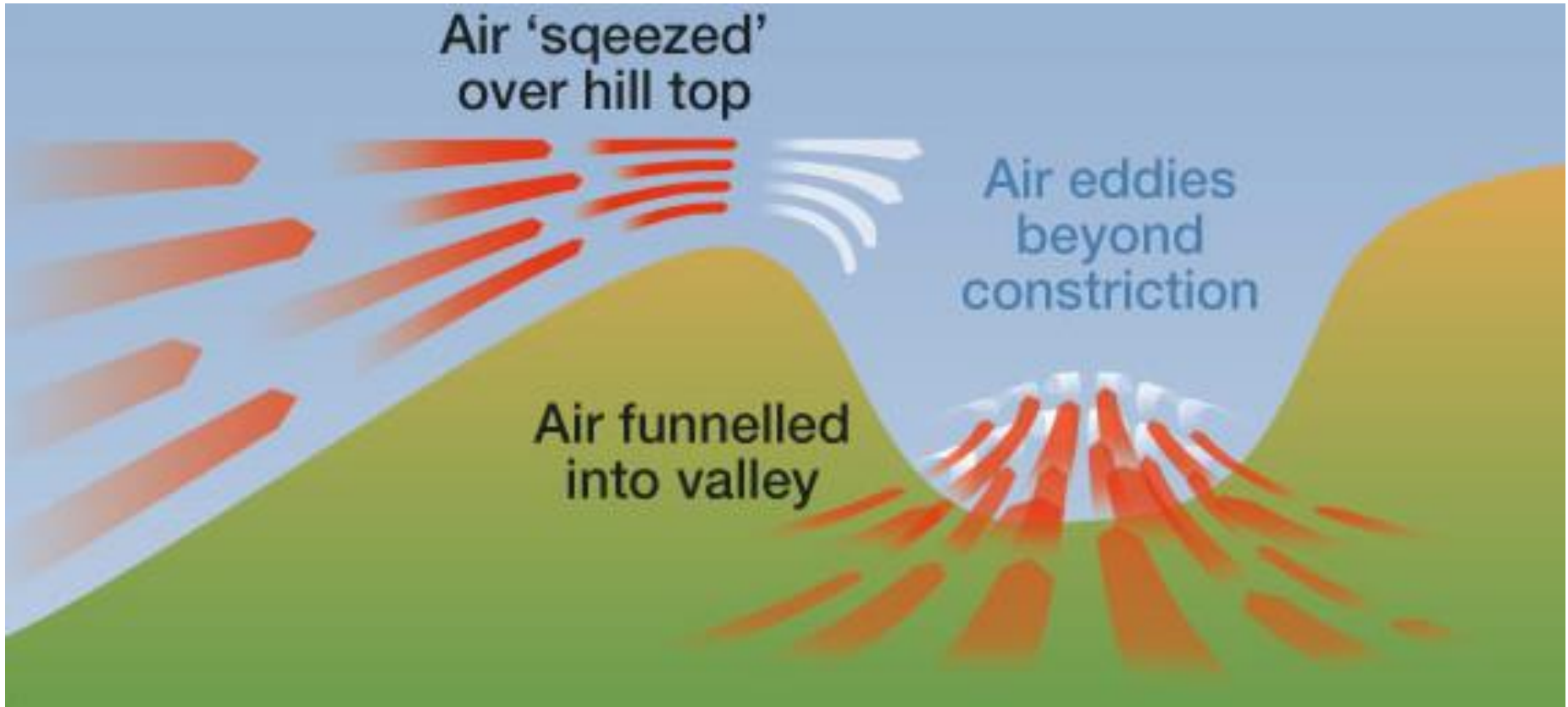
Air Pressure



Effects of Air Pressure

High Pressure	Low Pressure
Warm in summer Cold in winter	Colder
Clear skies	Cloudy
Calm	Windy; unsettled
Sunny	Rain or snow

The Effect of Wind in the Mountains



Wind and its effect on us!

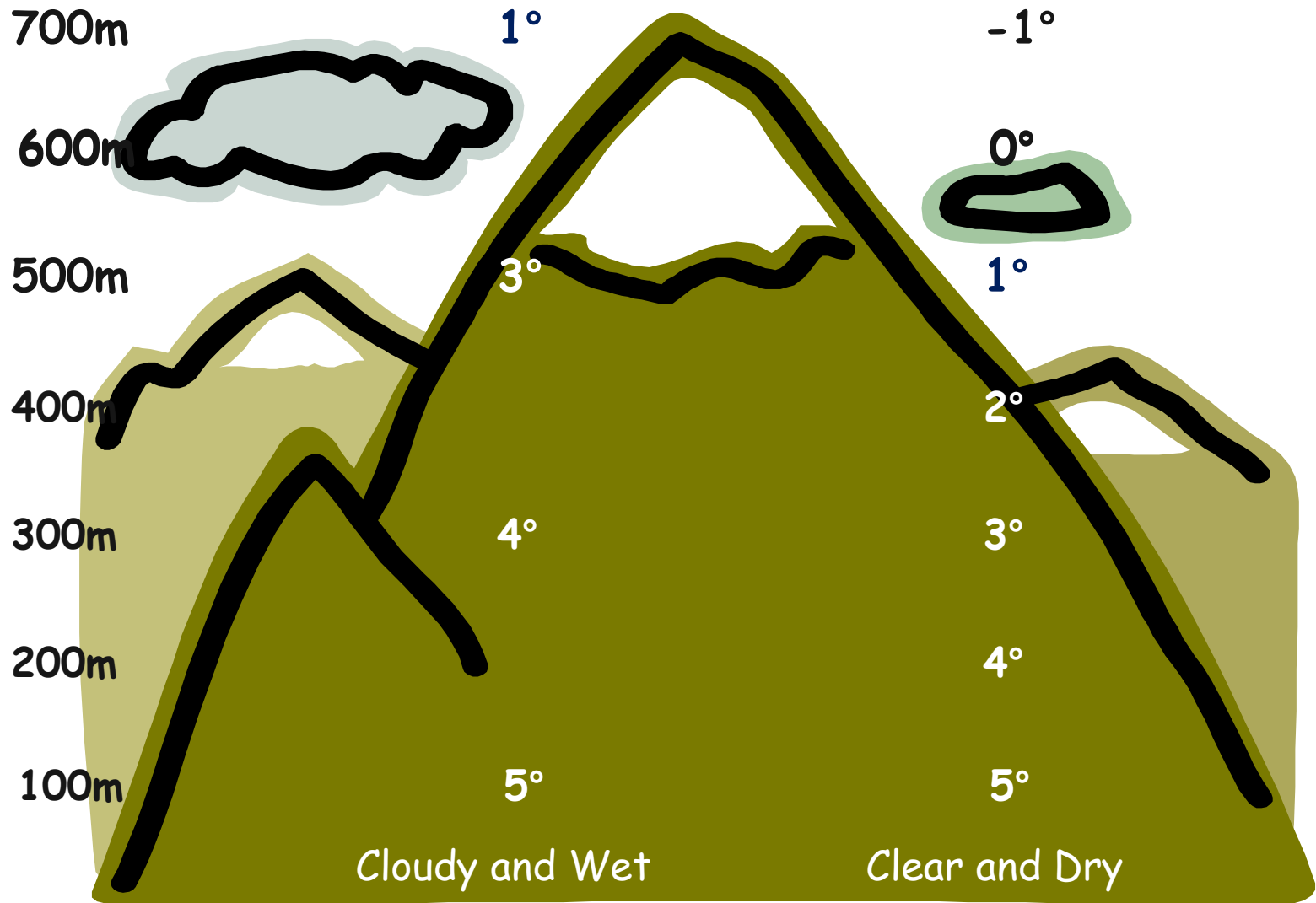
Beaufort Scale (Gale Force)	MPH	Effect	How cold does it feel
1 - 3	2 - 20	Nil, good walking day	+5
4	21 - 29	Wind chill cools you fast on the summits	-3
5	30 - 39	Extra care needed on ridges	-5
6	40 - 50	People lose balance and fall in gusts	-8
7	51 - 61	Horizontal rain	-12
8	62 - 74	Doubled over into wind	-15
9	75 - 87	Streams blow back up hill	-18
10	88 - 100	Effect trebled, you may be crawling	-20

Rain

- **Lowers morale**
- **Increases the risk of cold injury**
- **Slippery rocks**
- **Slower progress**



Temperature



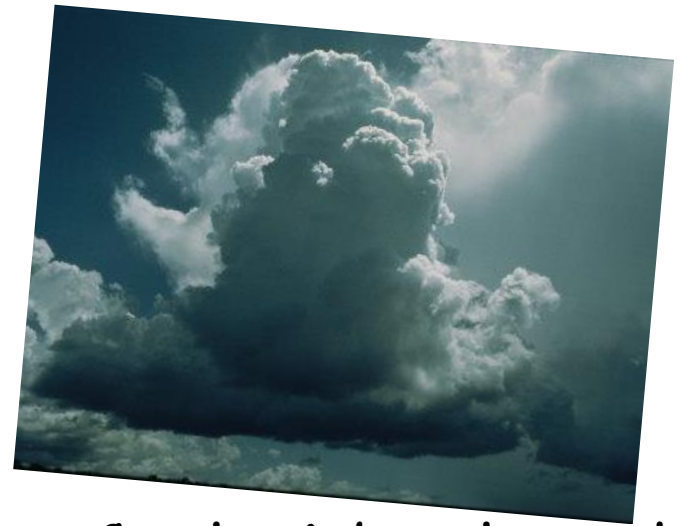
Sources of Information

- Internet
 - www.mwis.org.uk;
 - www.metoffice.gov.uk
- Tourist information
- Mountain rescue bases
- Newspapers
- Television & radio
- Look around!
- Check the forecast as close to the time of the expedition as possible to obtain the most accurate information.





Cirrus - thin, wispy, curly-shaped clouds



Cumulo-nimbus- large, dense, towering clouds that cause rain and thunderstorms

Clouds



Cumulus - puffy clouds



Stratus - Layered, horizontal clouds with a flat base

Read the Clouds

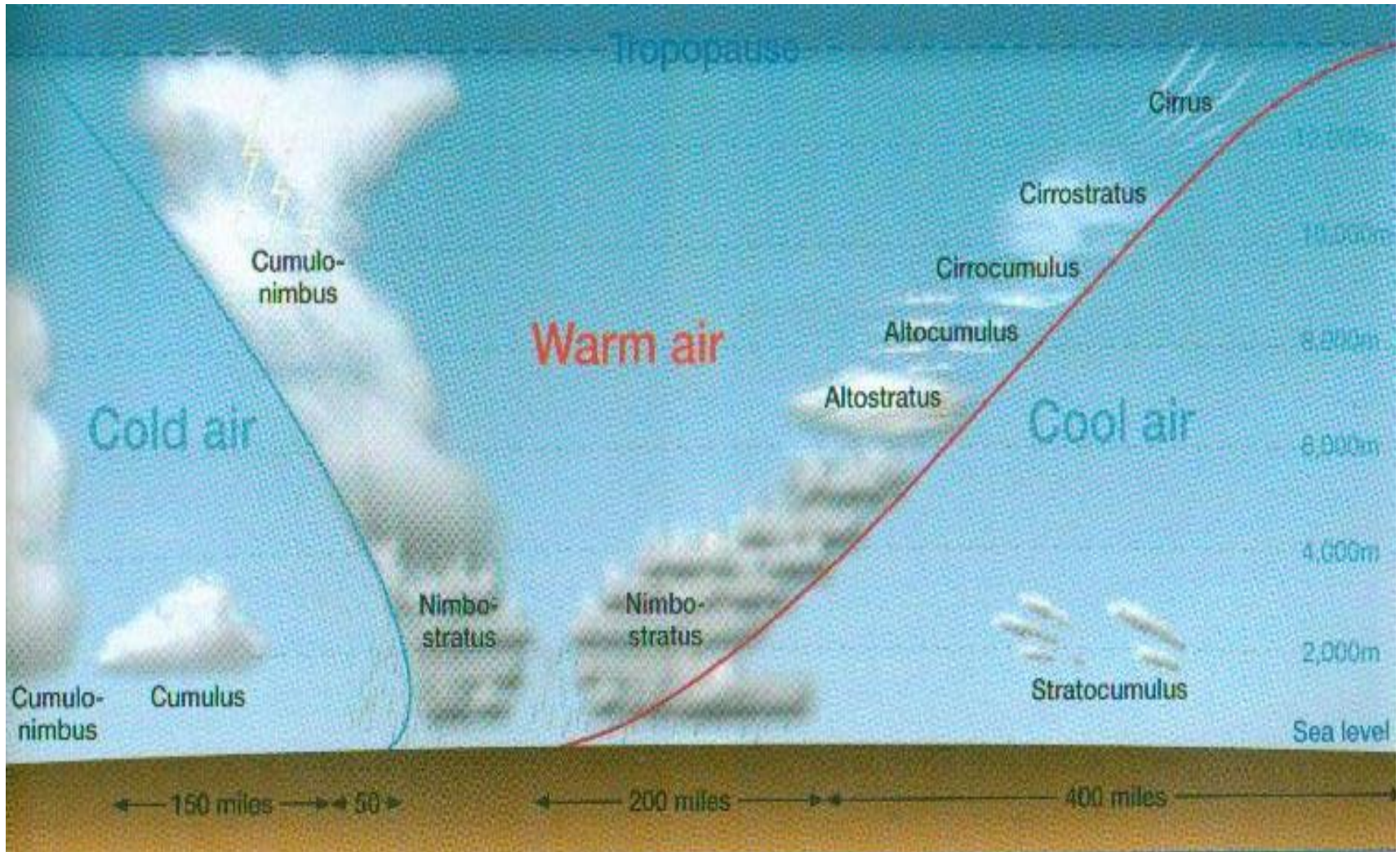
Cirrus clouds indicate fair weather in the immediate future – they can also be an indication of a change in weather within the next 24 hours.

Stratus are low-lying solid clouds they bring drizzle or light snow.

Cumulus clouds – if low clumps floating across the sky, there will be fair weather; vertical growth can indicate the start of a large storm.

Cumulonimbus clouds are cumulus clouds that have grown vertically. These clouds bring stormy weather such as rain, lightning and hail.

Predicting Bad Weather



Remember

- Hills are more likely to have their own micro-climate and localised wind.
- High pressure:
 - Summer - protect yourself against the sun
 - Winter - wrap up warm
- Low pressure:
 - Layers; wet weather gear
- Check the forecast before going into the hills
- Forecasts do not take account of wind chill
- Be prepared to change your plans in bad weather

