



EXTREMITIES
GUIDE £36 ACTION
STICKY WINDY £28

Used by Claire Maxted, features writer
Used for 1 year 3 months

I can't think straight when my hands are so cold it feels like my fingernails are being pulled out. The good news is that 'glove layering' works just like your clothes layering system. My quick-drying, skinny Thinnys (right, £6) go on first. They've got a hole (from overuse and undercare with crampons and ice axes) in the index finger, which is handy for fiddly zips, but bad for cold, windy mountains – which is why I wear the wind-stopping Action Sticky Windys (middle) over the top. This makes a hand-warming combo now tough enough to take on scramble rock holds and sticky enough on the palm to grip a trekking pole, ice axe or bike handlebars. When these get wet, I upgrade to the Guide (left), plus a fresh inner if it's really cold. This Windstopper soft shell glove is super-comfy fleece inside and super-durable yet dextrous and grippy leather on the outside.

Verdict a great layering system for mild UK winters
Contact tel. (01733) 833300; www.terra-nova.co.uk