

# What Are The 4 Best Summer Fabrics?

## 1. Cotton

Cotton is one of the best fabrics for hot weather. Not only is it cheap and hugely available, but it is also great for the heat. Cotton is soft, lightweight, breathable, and soaks up sweat, allowing heat to escape the body and for you to stay cool. It comes in countless styles and colors, meaning you can find a cotton garment to fit pretty much any need. There are also a variety of cotton blends that have different qualities. Cotton gets wrinkled, but a cotton polyester blend will keep you from having to iron. Cotton does have some downsides however. If you are sweating a lot, cotton tends to soak up moisture so it could become heavy and wet, it may also show moisture stains by your armpits or collar if you wear it in light colors.

## 2. Linen

Linen is another top choice for a breathable fabric to wear in hot weather conditions. It is also very light and is loosely woven which allows heat to escape from the body. It absorbs a lot of moisture and dries quickly, keeping you cool and dry. It tends to be stiff, but that also means that it is not sticking to your body. Linen also wrinkles often, but a lot of people like it, and view it as a part of the style and look of linen.

## 3. Rayon

Rayon is a man-made fabric blended from cotton, wood pulp, and other natural or synthetic fibers. It was invented as a cheaper alternative to silk (which also makes silk a good summer fabric). Rayon has very thin fibers, which allows it to breathe more than other fabrics and gives it a lightness that prevents it from sticking to a body in hot weather. Since it is so comfortable and cooling to wear, rayon is an especially good fabric for sportswear and summer dresses. While a great fabric for hot weather, rayon

can shrink when washed in warm water. You can hand wash in cold water, but it is recommended to dry clean rayon to avoid shrinkage or damage.

#### 4. Denim/Chambray

Denim is made from very tightly woven cotton, so it is breathable and sweat absorbent just like cotton. Denim tends to be a heavier fabric, which is why some people prefer chambray. Chambray is like an imitation denim, so it has all the same benefits as denim but is a lot lighter in weight.

