

# Fashion Essentials for Beating the Desert Heat

Written by AZFoothills.com  
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Desert heat is unique for multiple reasons. It is unique because it is a dry type of heat, lacking in humidity and moisture. It is also unique because it is a type of heat that can reach extremes on the temperature scale. When dressing for the desert, it is not just about shorts, tank tops, and sandals.

Whether it's [trendy plus size clothing](#) or classic styles in regular sizes, there are certain essentials for building your desert wardrobe. Here are just a few desert clothing essentials that you may want to purchase if you want to live, work, or vacation comfortably in the desert.

## Essential No 1: Thin, Light Colored Basics That Cover Your Skin.

Dressing for [high temperatures](#) is not always about wearing as little clothing as possible every day. There are many times and places where this is not appropriate or feasible. It is also true that sun exposure can cause more damage than heat exposure on its own. By wearing thin, light-colored long-sleeved shirts and long pants on hot and sunny days, you can help yourself to stay cooler and more protected from the sun's harmful UV rays. Avoid black and dark-colored clothing, as it can absorb more heat from the sun, making you feel even more warm and uncomfortable outdoors.

## Essential No 2: A Good Wide Brimmed Sun Hat

It's essential to keep your face, eyes, and ears protected from the heat and sun in the desert. One way to do this is by adequately applying sunscreen often. A good, wide-brimmed sun hat that helps to shade your face can help with this as well. Even if you do not prefer a full sun hat, you can use baseball caps to help you live and work comfortably in the desert heat.

## Essential No 3: Clean, Dry Socks and Underwear

When dressing for hot weather, undergarments are just as important as the clothes worn over them. Staying cool and dry underneath your clothing will help you feel comfortable and cool no matter what you wear. Cotton socks and underwear will help you to stay cool and dry in desert climates. Moisture-wicking materials can have benefits as well.

## Essential No 4: Plenty of Swim Options

One way to cool off in the heat is to go for a swim. Ensure that you always have plenty of different swimwear options on hand for when you are not busy with work or other obligations. You can shop for swimsuits online or in boutiques and department stores close to you. Make sure that you have a variety of pieces on hand, including swim shirts and pool shoes.

## Essential No 5: Sunglasses with Full UV Protection

Protecting your eyes from the [harmful UV rays](#) of the sun is just as important as protecting your skin from the harmful UV rays of the sun. You cannot apply sunscreen to your eyes, so it is important to keep sunglasses on hand during the day. Keep extra sunglasses in your car, at home, and in your bags and backpacks so that you always have a pair available to you. You do not need to break the bank when shopping for sunglasses, but you should, at the minimum, check to ensure that they offer adequate protection. Darker lens tints and wraparound styles can be helpful for people with sensitive eyes.

If you live or work in the desert, you know just how hot the days can get, especially during the summer. Fortunately, there are some ways that

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you can stay comfortable and cool, no matter what the temperature or UV index is. Following these tips can help you dress more appropriately for desert heat, whether experienced with it or a complete newbie.