Why Choose Moisture-Wicking Fabric?

When you're breaking a good sweat, that sweat evaporates and produces a cooling effect. After skin temperature cools to a comfortable level, your body stops sweating.

It's a super-efficient process and one that an effective moisture-wicking fabric will complement.

Generally, you want moisture-wicking fabric on any apparel that touches your skin, like a base layer. You also want it on clothes you plan to wear while you're doing aerobic (sweat-producing) activities like hiking or running.

The 3 main differences between moisture absorbing and moisture wicking

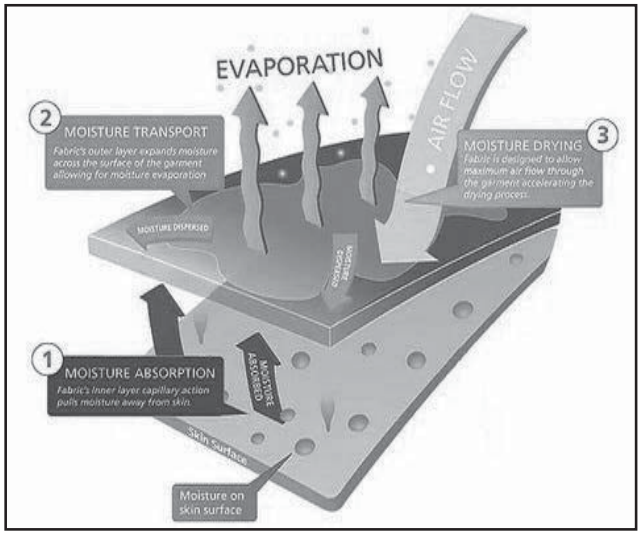
•Moisture absorbing fabrics will collect sweat more quickly and visibly reduce sweat patches whereas wicking fabrics are treated using specialist solutions that help the fibre absorb less moisture, essentially repelling it away from the body.

*Compared to fabrics that absorb sweat, wicking fabrics promote airflow and keep you feeling cooler because they help sweat leave your body more quickly, preventing that clammy feeling.

*When worn, wicking fabric feels lighter than moisture-absorbent fabric, keeping you more comfortable all day, particularly if you're active.

Is all polyester moisture-wicking?

One of the best-performing fabrics for wicking away perspiration is a synthetic blend of polyester and spandex. To produce athletic wear that is light, breathable, and moisture-wicking, polyester should, however, be combined with other fabrics for the best results.



Moisture wicking fabric is a kind of fabric that is commonly used in workout clothing and sportswear because the material is designed to pull moisture away from the skin. As such, the fabric draws sweat and perspiration off of the skin and out to the exterior of the fabric.

It is much easier for the moisture to evaporate on the surface of the fabric than when it is trapped between the garment and the skin.

Moisture wicking fabric is popular for the construction of workout clothes because it keeps people comfortable while they are exercising.

In addition to keeping people comfortable while they are working out, moisture wicking fabric can also be important in the prevention of hypothermia.

When people exercise outdoors in cold weather or participate in winter sports, they have to wear warm clothing, often in layers. Once they begin exercising, however, their bodies heat up and they may begin to perspire. In low temperatures, it can be dangerous for sweat to collect on the skin.

If, once the person begins to slow down, the sweat it cools or even freezes there on the skin, the person can become very cold very quickly. Imagine, for example, wearing a soaking wet undershirt in below-freezing temperatures.

Not only would it be very uncomfortable, but it could also cause serious illness, even death. When moisture wicking fabric pulls the sweat to the surface of the material, this problem is largely avoided.

There are many different kinds of garments that are made out of moisture wicking fabric.

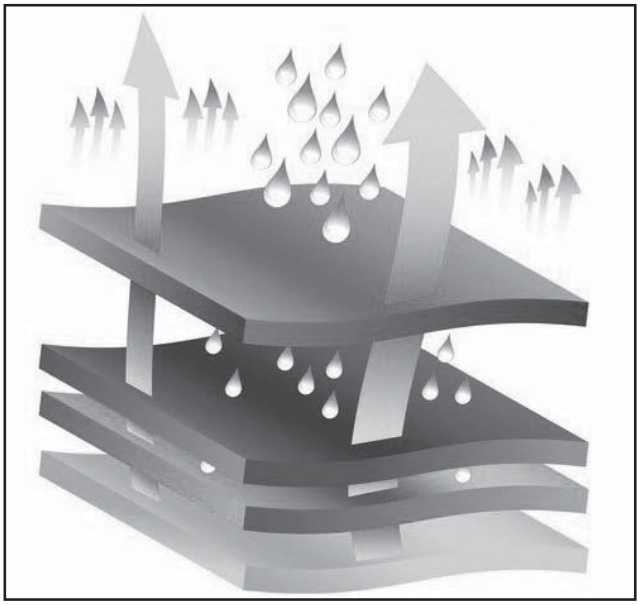
There are even undergarments such as sports bras that are made out of moisture wicking fabric. Long-sleeved shirts, t-shirts, polo shirts, and undershirts can all be found in moisture wicking fabric.

Pants such as running pants, trousers, and leggings area also made in moisture wicking fabrics. There are also pullovers, jackets, and fleeces that are made out of moisture wicking fabric.

These sorts of garments are often more expensive that garments made out of more common fabrics. This is because of the technology that goes in to creating fabric that can pull moisture away from the skin. However, they are not prohibitively expensive and are used by many people who enjoy fitness and the great outdoors.

Dr. F Nayeb Morad

Moisture Absorbing Fabric



A moisture-wicking fabric has two jobs: one is quickly moving (or wicking) sweat to the fabric's outer surface, and the other is drying rapidly so that your sweat doesn't saturate the fabric. The result is that you're more comfortable because your body can regulate its temperature efficiently and the fabric touching your skin has a dry, non sticky feel.

Fibres used to make clothing that absorbs moisture can hang onto and collect sweat.

Micropores, which are minuscule openings in the material, absorb water, which accounts for 99% of your perspiration, preventing it from evaporating. In essence, these micropores stop perspiration from seeping through to your clothing's other layers.

For instance, a shirt that absorbs perspiration will catch the sweat before it gets to the shirt, keeping you drier and preventing sweat stains on your clothing.

People wear cotton because it is one of the best fabrics for absorbing moisture, which helps avoid sweat stains.

Despite the fact that the words are occasionally used interchangeably, moisture-wicking fabrics work differently than fabrics that absorb moisture.

Which Fabrics Are Moisture-Wicking?

Most moisture-wicking fabrics are synthetics: When moisture gets absorbed into a fabric's yarns, it's trapped there instead of moving through the fabric. That's a recipe for poor moisture-wicking performance. Synthetic fabrics are "hydrophobic," which means they resist the penetration of water.

That's why you see a lot of synthetic fabrics, like polyester or nylon, excel at moisture wicking.

Wool is also considered moisture-wicking: Wool is a slightly different animal. It actually absorbs a small amount of liquid into the core of its fibers, but it also wicks moisture out through small openings within the fabric. The result is that the surface of wool yarns remains dry to the touch.

Cotton is the "anti-moisture-wicking" fabric: The classic example of a non wicking fabric is cotton, which gets completely saturated with sweat and then takes forever to dry. Initially, it makes you feel hot and sticky; ultimately, it leaves you feeling cold and clammy.

You can find cotton fabrics that have been specially treated to make them moisture wicking, but their performance lags behind synthetics and wool.