

It's summer o'clock!

By Chinenye Chukwu-Mba, June 26 2023.



Photo Courtesy: Thomas Barwick/iStock/Getty Images Plus

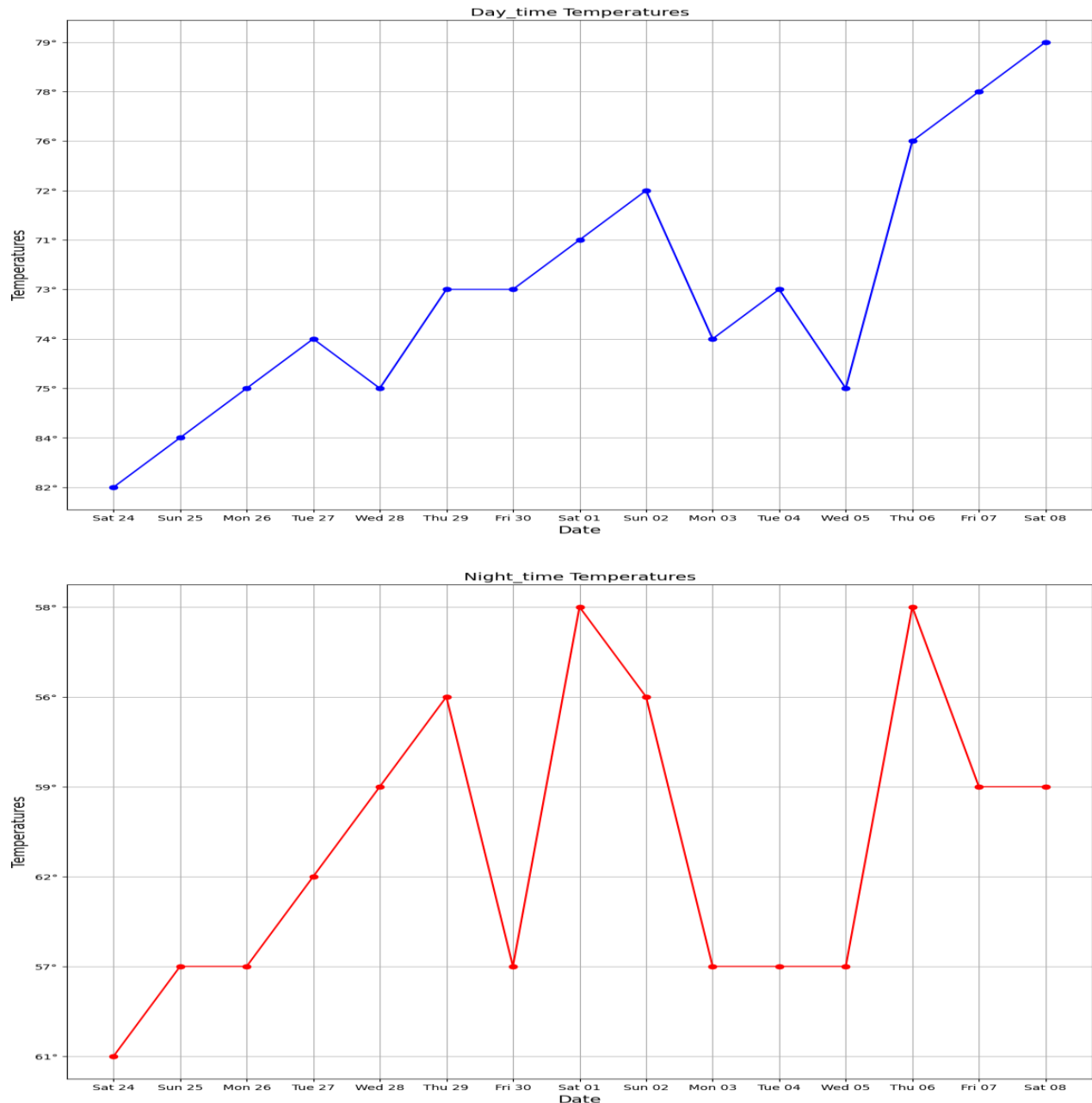
Are you coming to London this week for summer? Make the most of your trip using this detailed weather guide.

Out of the four seasons experienced by London, summer is the season with the most tourist visits. It is the perfect time to hit the pool and show off your style. London is the largest city and the cultural capital of the United Kingdom. Like any other real cosmopolitan city, the city has a large proportion of its population being foreigners, including Nigerians. These and the fact that there are several locations to visit in London for an exciting vacation, makes it a default travel destination for many. There is truly no better place to celebrate summer than in London.

London's summers generally bring mild weather and sunny skies but there could be exceptions. Last year, Londoners experienced two heat waves and record-breaking temperatures during summer. A heat wave is an extended period of unusually high temperatures and often high humidity, more than the normal maximum temperature that occurs in the summer season. Nearly all of London's rail transit was subject to delays or cancellation, and flights were grounded at Luton Airport. Huge disappointment for some tourists isn't it? Well, if you're hoping to get a lot of pool time in London this summer, you may need to put your ears to the ground, to avoid

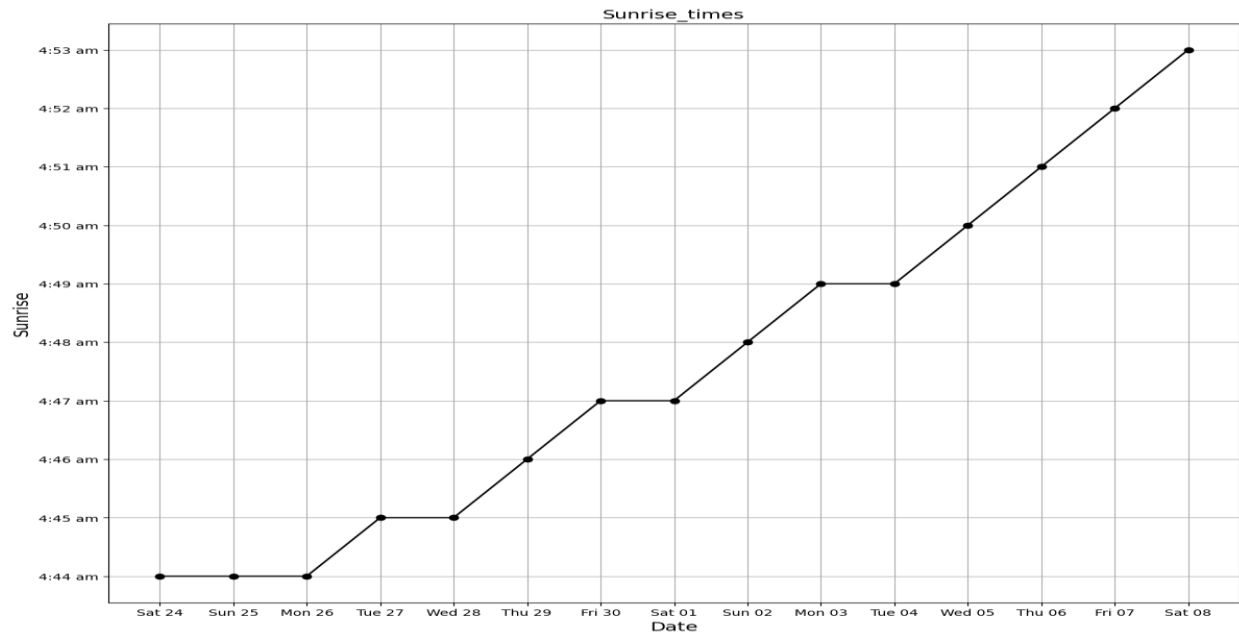
fixing your vacation at yet another wrong time or coming unprepared. There's a saying in England, There's no such thing as bad weather, only unsuitable clothing.

What weather's in store this week?

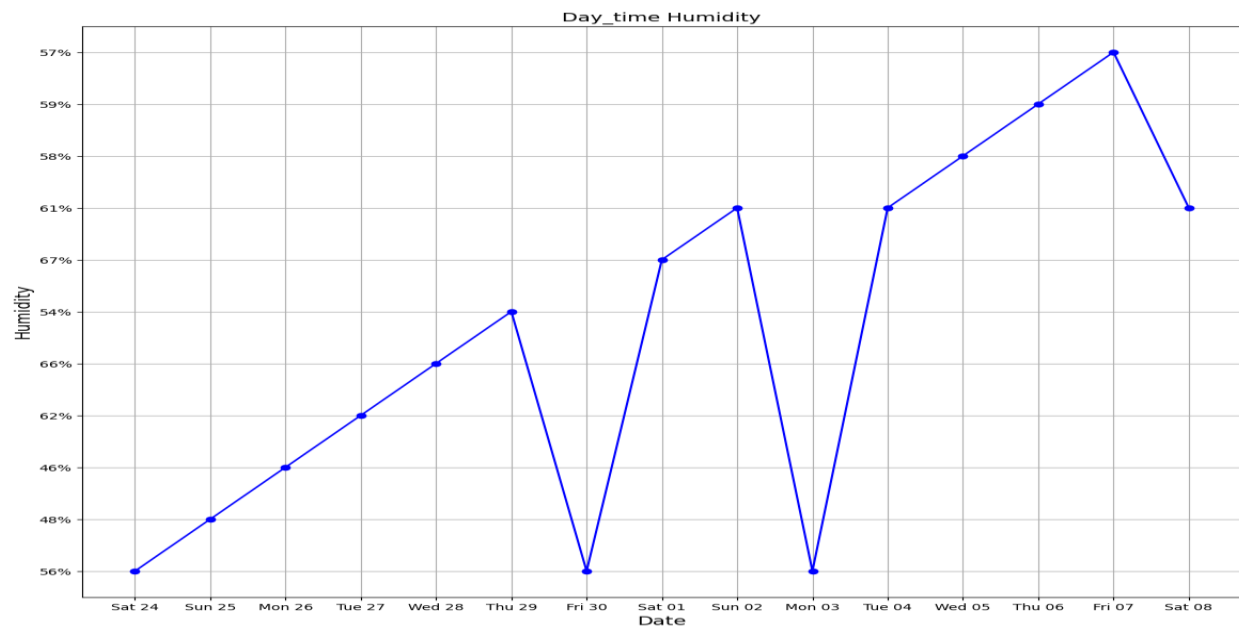


The lowest temperature during the day is estimated to be 79 degree Fahrenheit (26.1 degrees Celsius), which is higher than the average temperatures of around 70°F (21°C) to 73°F (23°C) degrees high and around 59°F (15°C) lows. If your flight is booked already, I recommend packing lots of light and breathable day wears. Don't forget to have your water bottle with you always as you'll be needing fluids to keep cool. As part of your itineraries, grab an ice cream crawl around Central London and rent a boat for a day to picnic on water. Avoid caffeine,

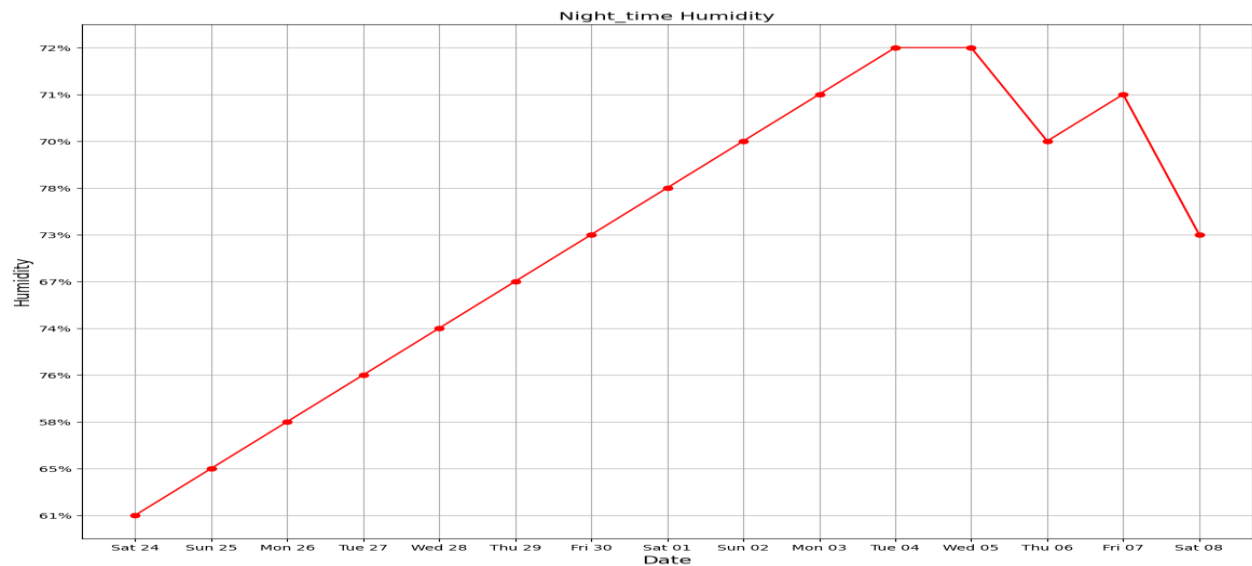
alcohol and sugary drinks because they cause you to lose more body fluid. Also keep out of the sun between 11am and 3pm unless absolutely necessary. This shouldn't stop you from enjoying under the sun anyways. Sunrise is predicted to happen as before 5am for the entire week. Thus, you'll still have ample time for your skin to make some D vitamin before it gets really hot. Don't forget to always apply and reapply sunblock.



There's a switch at night though as the temperature is expected to fluctuate between 58 (14.4°C) to 61 degrees Fahrenheit. Be sure to have a couple layers of blankets on your bed to accommodate the lowered temperature. Always dress in layers to be prepared and avoid sleeping naked. Take a lukewarm shower before bedtime to bring down your core body temperature.



Sadly, it's not just the heat that you'd be dealing with, the humidity isn't any better. It's going to feel like a steam bath in parts of the country over the next few days. Meteorologists are predicting an increasing "brutally" humid weather at night in many regions and a day time average of about 58%.



Too much heat can be dangerous, but when you combine it with high humidity, your body has an even harder time cooling itself off. The human body can bear very high temperatures (over 50 degrees Celsius) if humidity is low but the combination of high heat and humidity can get dangerous faster than previously thought. If you are asthmatic, drop inhalers at different strategic positions and be sure to inform your host and any other person who can be of help. If you or someone you are with shows symptoms of heatstroke, such as headaches, confusion, or vomiting, seek medical attention immediately.

In conclusion, you have been working tirelessly since January and this break is a much needed one. Make the very best out of it by planning well. Have a safe, healthy and memorable summer vacation in the British capital this week!