

## Summer — MS style



Stay cool this season in light layers and sun-friendly basics. There are a variety of products available that can help you stay cool while easing MS symptoms in the summer heat, and many come in fun patterns and colors:

- Cooling scarves and neck wraps can be worn around the neck.
- Cooling bandanas can be wrapped around the head or neck.
- Cooling wraps can be tied around the wrist or ankle.
- Cooling inserts are small cooling packs that can fit inside a bra.
- Cooling vests and torso wraps can be worn around the upper body or over or under clothes.

Below are two recommendations from Dave Bexfield, founder of [Active MSers](#), who lives with MS and has tested many cooling products.

- Cooling cushions can be placed on chairs, beach towels, car seats and more.
- Sun-protective umbrellas can block UV rays to keep you cooler while you sit outside.

Find more tips and ideas in our [cool product guide](#).