



WHAT TO WEAR ON THE GOLF COURSE

What to Wear Golfing

Golf is steeped in tradition and etiquette, so it's not surprising that there's a unique dress code to follow. Each course has its own requirements, but most follow a standard set of regulations when it comes to clothes.

If you're looking to take up golf or if you're heading to a new course, it helps to be prepared. Before you head out to the green, check out this guide on what to wear golfing.

How to Dress for Golfing

Although some clubs have relaxed their dress code regulations, golfing etiquette remains. You can respect the sport's traditions by showing up prepared and ready to play.

Golf Shirt

Both men and women are typically required to wear an understated, collared shirt while golfing and in the clubhouse. However, some clubs allow female golfers to wear a sleeveless top, particularly on hot days.

Since shirts should be tucked in at all times, many golfers go with a longer back hem to stay in place while playing the course. Long-sleeved and short-sleeved tops are acceptable but avoid loud patterns and sprawling logos. Also, never wear T-shirts, halter tops, tube tops, tank tops or anything that shows cleavage.

Golf Shorts

In warmer weather, golf shorts are a great alternative to long pants. They should fall no more than an inch or so above the knees. Make sure they have belt loops rather than a drawstring. Again, go with a semi-fitted look rather than tight or baggy. Don't wear cargo shorts or cutoff shorts.

Golf Pants

Your golf pants should be semi-fitted to provide unrestricted movement as you swing without appearing sloppy. They should also come with belt loops. Most golf clubs recommend khakis, beige or other light-colored pants, but some clubs allow for a bolder, single color pant. Regardless of what you wear, the legs of the pants should reach the top of your shoes and cover your socks.

Choose a breathable, synthetic material like polyester.

Slacks for golfing are another stylish option. Never wear denim jeans, sweatpants, leggings or yoga pants on the golf course.

Golf Skort or Skirt

While skirts are typically allowed on the golf course, they should be paired with spandex or tights for modesty. In warm weather, a longer skirt may suffice.

Skorts for golfing, on the other hand, are more functional and provide more versatility while remaining fashionable. Skorts are essentially shorts with an extra piece of fabric designed to make them look like skirts.

Just like with shorts, a skort should be no more than an inch or two above the knee. A general rule of thumb is that it should provide full coverage when bending or crouching. Go for gray, black or neutral colours.

Ankle-length socks

Socks should never be visible above the shoe, so an ankle-length option is best. Dark socks pair well with black shoes, but light colours work as long as they match your pants or shorts. Choose a moisture-wicking pair of cushioned socks with a secure grip to prevent slippage within your shoe.

Visor or Cap

Certain styles of headwear are allowed out on the green, but most clubs will require you to remove it when indoors as a sign of respect. On bright days, a good visor will keep the glare out of your eyes while a cap can block out rain.

Golfing in the Elements

Rain or shine, you can golf if you have the right attire. In wet conditions, you may want to layer up with a light jacket or windbreaker. In colder weather, keep warm with a collared button-down shirt or crew neck sweater. You may also wear a scarf or warm hat. When layering, fitted attire works best at regulating body heat, so avoid baggy or oversized clothes.

Golf Shoes

Professional golfers may wear steel spikes on their shoes, but most country clubs mandate soft spikes instead. Made of hard rubber or plastic, soft spikes provide traction on wet or soft turf without damaging the green. However, the stud pressure from golf shoes may cause pain in the balls of the feet.

Spike-less shoes offer optimal comfort but be sure to check the regulations of your golf course first. To be on the safe side, consider a shoe that comes with removable spikes. In some cases, you may be allowed to wear running shoes with a sturdy grip. However, never wear boots, sandals or heels on the course or in the club.

Golf Glove

Gloves are not usually mandatory, but most golfers choose to wear them to protect their hand against calluses and blisters. You should wear the glove on your non-dominant hand. For instance, a right-handed golfer would wear the glove on their left hand and vice versa.

Sunglasses

Traditionally, golfers did not wear sunglasses, but most clubs allow them now. Plus, a pair of polarized sunglasses can protect your eyes from UV rays.

Golf Bag

A sturdy golf bag is a must for carrying around such things as spare golf balls, tees, sunscreen, towels, water bottles and clubs.

Belt

Wear a belt that matches either your pants or shoes. In some cases, an understated pattern is acceptable, but not always.



**Proper golf attire is required
on all courses.**