Susceptibility of aluminium and its alloys towards hydrogen embrittlement has been well established. Still a lot of confusion exists on the question of transport of hydrogen and its possible role in stress corrosion cracking. This paper reviews some of the fundamental properties of hydrogen in aluminium and its alloys and its effect on mechanical properties. The importance of hydrogen embrittlement over anodic dissolution to explain the stress corrosion cracking mechanism of these alloys is also examined in considerable detail. The various experimental findings concerning the link between hydrogen embrittlement and stress corrosion cracking are also discussed.