

# MORE FISH IN THE NET

Tips to improve your success on the water

## PREVENT HYPOTHERMIA

As it gets colder, be more conscious of your clothing choices.

We all know about dressing in layers, so that, as the day warms up, we can remove a layer or two to stay comfortable.

Of equal or greater importance, though, is what you wear under your waders.

While the air temperature may warm up from a frosty 30f to a pleasant 60f in a few hours, the water won't warm up much at all. When you find yourself standing thigh deep in icy water for hours on end, it can be deceptive as to how much body heat you are losing through your legs, and hypothermia can creep up on you unnoticed.

Two common sense steps can prevent this. First, keeping your feet warm should be a no-brainer. In winter, simply adding a warm pair of hunting socks or insole warmer pack to your foot gear will help immensely. Second, wear a moisture wicking base layer under your pants. A midweight polyester baselayer is good, but merino wool and silk are great.

## PACK A WINTER KIT

**ALWAYS** have a towel and spare change of clothes in your car. That way, if you take an unexpected dip (it's always unexpected), you can change into something dry. This may prevent an early end to your fishing day!