



TAKE ME FISHING™

Items Needed in All Weather

Sunscreen

Too much sun can cause skin cancer. A sunscreen lotion should be used to keep the sun's ultraviolet (UV) rays from reaching your skin. One with a Sun Protection Factor (SPF) of 15 on the label gives good protection.

Rainwear

All anglers must have rainwear. Several styles are available. A rain poncho is good, but many anglers prefer a two-piece rain suit with a jacket and pants.

Good rainwear is waterproof, not just water-repellent. It should have a full hood to protect your head, a storm flap over the jacket opening, a zipper, buttons or snaps, and elastic around the cuff and ankle openings to keep water out.

Sunglasses

Sunglasses protect your eyes against the sun's glare from the water. Many anglers like polarized sunglasses that reduce glare and let them see below the surface of the water to spot fish and other objects. Some sunglasses are treated to protect your eyes from the sun's harmful ultraviolet light rays.

Hip Boots and Waders

Hip boots and waders are designed to keep you dry and protect you against the chill of cool water. For cold water wading, wear insulated boots. Hip boots only come up to your hips and are held in place with belt straps. Waders come up to the top part of your chest. They are held in place by suspenders and you should wear a belt on the outside. They will protect you while surf fishing, wading a stream, or fishing in deeper water.

Under most circumstances, if you fall in the water with your hip boots on, do not try to remove them; first bend your knees. Air trapped in the boots will make them float at the toes. This can help keep you afloat as you paddle toward shore.

Content courtesy of the [Future Fisherman Foundation](#).