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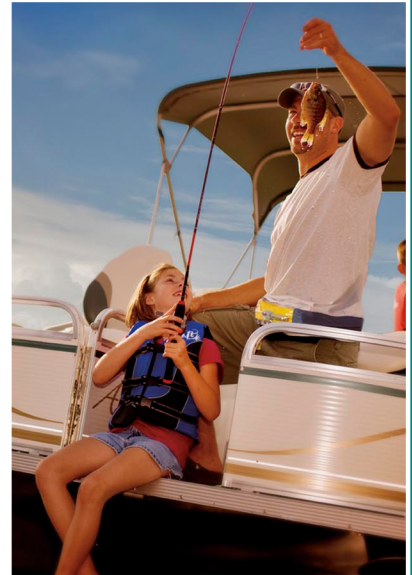
## Fishing in Warm Weather

Because the hot summer sun is harmful, your skin must be protected as much as possible when fishing. Long pants and long shirtsleeves provide better protection than shorts and shortsleeved shirts. Lightweight and light-colored clothing reflects the sun and is cooler. Dark clothing is warmer because it absorbs heat.

Even in warm weather it's a good idea to take a sweater or jacket and rain gear. Even though it may be warm during much of the day, many fishing trips begin early when it's still chilly and end late in the evening when it get cool.

Western-style hats offer good protection from glare and against sunburn. Lightweight, light-colored, baseball-style caps are also popular and will help keep you cooler. In tropical areas, such as Florida and the Gulf Coast, some saltwater anglers put a cloth on the back of their caps to keep their necks from getting sunburned. Hats also protect your head from hooks on poor casts.

A pair of high-top sneakers is ideal for protecting your feet from sharp rocks and glass while wading in the summer. They will also protect your feet while you are fishing from the bank. When on a boat, wear shoes designed to keep you from slipping on a wet boat deck.



Content Courtesy of the Future Fisherman Foundation

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