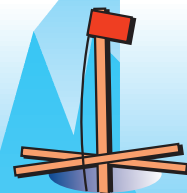


# Tips and Tricks: A Safety Checklist for Ice Anglers



Here are some tips and tricks to make your ice fishing days safer and more enjoyable.

## BEFORE YOU GO

### Always take a partner along.

✓ Let others know exactly where you are going and when you will return.

### Layer It

✓ Know how to dress for cold weather by using the layering system. Layering makes it easier to remove or put clothes back on if you get too warm or too cold. The first layer should be thermal underwear that wicks away perspiration. Your second layer should be insulating like fleece, wool or flannel pants and shirts. The outside layer should be a windproof and waterproof jacket or down-filled coat with a hood.

✓ Don't forget to wear a warm wool, fleece or knit hat. Avoid cotton because it's not a good insulator, especially when wet.

### Happy Feet and Hands

✓ Wear insulated waterproof or rubber boots.

✓ Wear liner socks and a pair of thick wool or non-cotton socks.

✓ Keep your boots loose to avoid cutting off warm circulation to your feet.

✓ Wear neoprene or waterproof nylon mittens to protect your hands from the icy water. Or wear thin

rubber gloves (hospital type) to allow flexibility, and then slip them under mittens.

### Things to Bring

✓ Small bag of sand to sprinkle around your ice hole for better traction.

✓ Extra dry clothes and socks in case you get wet.

✓ Energy-rich snacks and warm drinks to fuel you through the cold day.

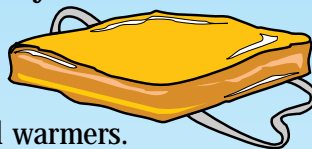
✓ A coil of rope to use in case someone falls through the ice.

✓ Small first aid kit in case you need to treat an injury.

✓ Matches stored in a waterproof container or 35mm film canister in case you need to start a fire.

✓ Home-made ice awls carried in an easily accessible outer pocket.

✓ **PFD seat cushion to use as a seat or flotation in case of an emergency.**



✓ Hand warmers.

### Watch Your Step

✓ Never fish on ice that's less than 4 inches thick.

✓ Avoid areas where there are feeder streams and springs.

✓ Avoid dark, honeycombed or porous ice.

### Oops!

✓ Don't panic if you fall through the ice. Remain calm.

✓ Use ice awls to pull yourself up onto the ice.

✓ No ice awls? Try "swimming out," which lets your body rise up and allows you to get onto firm ice.

✓ Use your legs to kick behind you to keep from being pulled under.

✓ If you can't get to safety, call for help.

✓ Slip your "loose boots" off to make treading water easier.

✓ Keep your clothes on because they will insulate you from the cold water.

✓ Once on the ice, stay low and distribute your weight over as much surface area as possible.

✓ If someone else falls in, always remember to use Reach (stick fishing, pole), Throw (rope, PFD, anything that floats), Row (row or push a boat), Go (call for help).

### Know when to quit

If you become wet, immediately change into dry clothes and seek warm shelter.

If you feel cold, it's because you are cold. Head home for some warm soup!!!

Watch out for frostbite (pale skin on exposed flesh). Treat it with warm water.

Watch out for hypothermia (shivering, loss of judgment). Treat it with warm fluids, dry clothes, a blanket and warm shelter.

Stop fishing if you become tired or cold. Remember that there will always be plenty of other days to go ice fishing.