

Cold-Weather Clothing and Safety

Hypothermia occurs when your body temperature drops below its normal range. When this happens, it causes stress on your body and can cause death. Cold water brings on hypothermia much faster than cold air. That's why it's important to be prepared with dry clothes—just in case you take an unexpected dip.

Carrying a spare set of clothes can be a lifesaver when fishing in winter. Include everything from underwear to a dry coat. In addition, you should carry a spare hat, gloves and socks. **These dry clothes could save your life!**

Before you go fishing, make sure you bring your life jacket, even if you'll just be fishing from shore. One great option for a life jacket in the winter is a "float coat." This type of life jacket looks just like a normal coat. It can keep you warm and floating at the same time!



Eat Right!

Shivering is one sign of hypothermia. The body is burning stored fuel and begins moving muscles to produce heat. Your body needs lots of stored fuel in the winter. That's where snacks come in.

Carbohydrates and fats are important to our bodies. Foods that are high in fats and carbohydrates are good winter snacks. Be sure to replace what you've burned by eating a balanced meal when you get home!