

Preparation Key to Hot Weather Fishing

By: Doug Vahrenberg

As the weather is heating up you should take extra precautionary measures to prepare to enjoy the outdoors. Here are some tips to make the day more enjoyable.

1. **Dehydration**-Doesn't just happen it starts the day before. Make sure to drink plenty of fluids the night before planning a Hot Weather Fishing Trip. This does not include Alcoholic Beverages or Carbonated Beverages. Sports Drinks like Gatorade, Powerade provide more than just water for your body. They provide electrolytes and beneficial minerals to help keep you hydrated. Drink lots of water. The more you have to go to the restroom the better. It's a sign that you are hydrated. Make sure you drink plenty all day long to keep hydrated - in Severe Hot Temperatures your body can lose a Gallon per Hour of Fluids.
2. **Eat Right**- Eating healthy foods like fruits and vegetables will help provide the added energy to withstand the hot temperatures. I like to carry some fruit in the boat on hot days. I found frozen mixed fruit provides a refreshing snack and add energy during the heat of the day. Make sure you eat plenty of high energy snacks and good meals prior to exposure in the heat.
3. **Clothing**-Proper clothing will help reduce dehydration and heat exposure. Light colored clothes are a must. They help reflect sunlight and stay cooler. Wear light weight material. I have found that loose fitting long sleeve cotton shirts are cooler as they soak up the sweat and reduce exposure on severely hot days.
4. **Sunscreen** - Be sure to apply high SPF numbered sunscreen. I like to spray down before even heading out. Many sunscreens contain oil that heats up even worse when the sun shines directly on you. Make sure to reapply several times during the day for proper protection.
5. **On-the-Water AC**- Take an old hat or wash cloth with you and dip in the cooler or water. Then apply to your head. This will help cool the brain and your head acting like an Air Conditioner. This also works good on the neck and to wipe sweat from the face. Don't forget to reapply sunblock after wiping down as the water will remove the protective sunscreen. I like to lay the wash cloth or towel over my head and breathe through it. You get more oxygen per volume in cool air than warm air and it will help revive you.
6. **Frozen Bottles**- Freeze a few bottles of water and put in cooler. These help extend the life of your ice and can provide refreshment later in the day or they can be used to cool livewell water to protect your fish.
7. **Fish Care**- Make sure to take care of your fish. Add livewell water early in the morning as the surface temperature is cooler. Cool water with ice to reduce the temperature to hold more oxygen. Make sure to flush at least 1/3 of the livewell water every hour or two to remove fish waste products like ammonia. Use a good livewell formula to protect the fish - I prefer the U2 Pro Formula from Oxygenator (www.keepfishalive.com). When weighing in fish add plenty of water to the bag and keep off the hot ground. Fish use lots of Oxygen in a very little time. One or Two Gallons will only supply 10 pounds of fish enough oxygen for about 2 minutes.

By taking better care of yourself during the Dog Days of Summer you will enjoy the great outdoors more. Take care and Enjoy the Hot Fishing Action!

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