

Hickory NC Trout Unlimited January 2020 Newsletter



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As we move forward at Hickory TU we decided that we need to share more. Share more of our hearts, what's in our heads, share more laughter, share those crazy fishing stories. How can we become friends without sharing more of who we are inside with each other? So this month at our January meeting we are not having a meeting at all. We are having a time of fellowship and sharing and we are calling it a Reel Fun Time. Your invitation is directly beneath this column in hopes that you take us up on the opportunity to come to share a little of yourself with us. Bring anyone you want with you or simply come alone, either way, you will find an old friend or make a new one.

Happy New Year!!

The tug is the drug,
Jackie Greene

A LINE FROM THE PRESIDENT

So here we are. Not only a new year but a new decade. Where has the time gone? I know that we say that often, but it is so true. It seems to me that time is moving so fast that I feel if I close my eyes for just a few seconds that I've missed something exceedingly important.

My New Year's wish for you is that you find a way to slow down. Slow down and enjoy a quiet moment. Even when I say or think those words my mind automatically envisions River Solitude. With a rod in my hand and no thoughts lurking except making a good cast and landing that fly gently in the perfect spot. Patiently waiting for that tug that makes my cold feet and hands thaw instantly. The river that is constantly moving somehow almost stops time for those few who step into it. Winter fishing is such a blessing, the trout are merely a bonus to the solitude.

It is so simple, that secret we Fly Fishermen share. Maybe the simplest form of serenity. The healing of spirit and mind achieved only by standing in running water. So I guess my New Year's wish for you would be to get out there, stand and stare at God's beauty and know in your heart that this is the best life we can hope for. No money, no prestige, no job, no one else can give to you what you can give to yourself, a moment of pure peace while we let the river have its way and wash away the stress. A different person steps out of the river leaving behind the negative and moving forward with new strength. It's amazing what a little time fishing can accomplish.



A REEL FUN NIGHT OUT



Cast into 2020 with Hickory TU's New Year Party

Come Join fellow Fly Fisher enthusiasts for a get acquainted evening. Meet, mingle and trade fishing stories with current and prospective members as we get to know each other better.

We will have a special "Draw-Down" door prize for the last name swimming in the Kreeel!

You must be present to win!

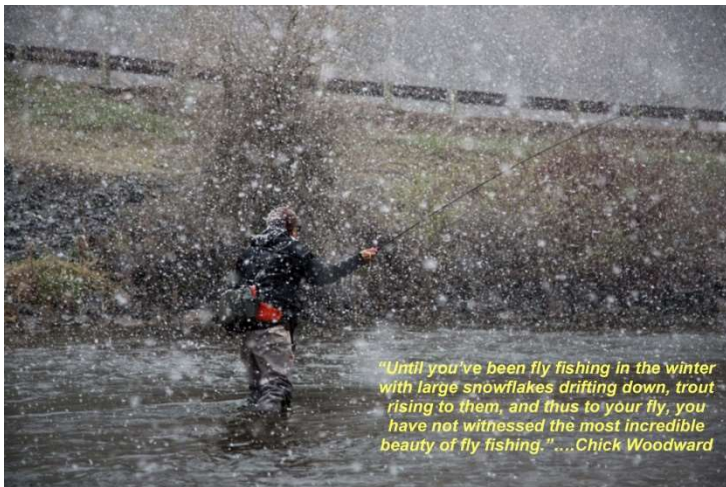
This no-cost event will include heavy hors-d'oeuvres and a one drink ticket per person.

When: January 21st
Where: Market on Main's
Main Street City Club
Time: 6-9 pm
Parking: At 325 1st Ave SW
Downtown Hickory

It is a MUST that you email your RSVP with names of those attending to:
hkynctu@gmail.com

You are receiving this newsletter either as a member or prospective member of the Hickory NC Chapter 032 of Trout Unlimited. If you do not wish to receive this newsletter, please respond by email to HkyNCTU@gmail.com and let us know.

QUOTE OF THE MONTH



"Until you've been fly fishing in the winter with large snowflakes drifting down, trout rising to them, and thus to your fly, you have not witnessed the most incredible beauty of fly fishing." ...Chick Woodward

Some of you may find this hard to believe, but it's from a real life experience. Several years ago when my son was a student at App State I went up to see him the week after Christmas. We went fly fishing on the Watauga right near Hound Ears which was still public at the time. Large, beautiful flakes started drifting down and the trout started rising to them. I tied on an elk hair caddis and caught three fish. A day I'll never forget. An aside: My son and I both had fly rods break that day from ice that formed in the ferrule and expanded.

Tight Lines & Road Kill

Dampening Your Enthusiasm

As soon as Editor Chick told me we'd devote this edition to cold weather fishing, I knew exactly what I should tell you. If you fish in the cold you surely need to know how to fend off hypothermia. Here's a true story with an appropriate moral to help you in that regard.

Sam and Phil are a couple of my multi-decade fishing buddies. We used to go somewhere out west every fall. We've fished some of the most beautiful and productive waters anywhere to be found and learned a lot in the process.

Many years ago, we went to Yellowstone the first week in September. We put down in a dive motel in West Yellowstone. Amenities be damned, just a cheap place to sleep from when we got in late 'till we went out early next day. Our heat oozed like a fumarole from some contraption in the wall that burned kerosene. I don't even think we had a TV, or maybe it just didn't work.

After just a day or two, we awoke one morning to an inch or two of fresh snow. After breakfast at a café of similar quality to our motel, we built a snowman on top of our car, put a twig rod in his hand, and tied him a wooly bugger to the end of his line.

Phil, whose enthusiasm can be dampened pretty easily in the cold, announced he'd be staying in the room all day. Sam and I decided we hadn't come 2000 miles to one of the best places to fish on earth just to stay inside all day. So, we put

on many layers, grabbed our gear, and set out, leaving Phil curled up under a blanket.

We set out for a spot on the upper Yellowstone River, just downstream from LeHardys Rapids. We chose that spot based on only one pertinent criterion: the water was only a short walk from a turnout! The drive from W. Yellowstone is about an hour and a half. Unfortunately, that time span did not budge the temperature a bit. I think the entire time we were out the temp swung widely from 31.9 to 32.1 degrees.

Waders and jackets on, rods strung, we headed for the bank. I got in about 200 feet upstream from Sam, and we both waded out 30 feet or so to the seam between the midstream current and still water. Made sense to us surely that's where the fish would be. The sky provided about the same variability as the temp: ice cold drizzle, light snow, sleet – each equally miserable.

We both chucked a variety of nymphs and streamers attached to lots of ballast. For an hour or more the only thing we got was much colder. Sam and I would frequently glance toward the other to be sure he had not discovered some lucky charm. Nothing had produced even a hallucination of a fish.

I finally saw something! Not fish, but something brown and rectangular out in the current, maybe 30 feet away. I figured it was a mirage conjured by my hypothermal suspended animation. I looked toward Sam and his rod flailing was unaltered.

A couple minutes, I looked again, and ... no Sam! Squinting, I spotted a hat and two knees at least a hundred yards downriver. "Oh, crap, Sam froze to death," stunned my sluggish brain!

I hurried to the bank and ran down to where Sam was just crawling out of the river. "Drowned rat" would have been a compliment. It took no persuasion from me for Sam to call it a day! Back to the dive to awaken Phil and huddle near the fumarole – a very enticing thought.

The moral to the story: when you're fishing in the snow, up to your derriere in ice cold water, and a wooden fly box floats by, no matter how nice it looks and how much you want it, don't step out to get it!

by Joel Miller

THE
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<https://flyfishingshow.com/atlanta/>

Rockhouse Creek Erosion Control



The major rainfalls of this past year not only did major damage along Wilson Creek, they also did damage to the feeder streams and created some longer term effects to Wilson Creek. Earlier this year two major landslides were found along Rockhouse Creek that feeds into Lost Cove Creek just above where it feeds into WC at Edgemont. The landslides left a great deal of exposed soil that with every rainfall is feeding sediment into the stream that works its way downstream.



Jeff Wright and Andy Brown, TU SE, arranged a work-day to implement temporary controls until a more permanent repair can be made. Brandon Harrison, Terry Jennings, and Chick Woodward

stepped up from the Hickory TU chapter and Josh Schriver and Scott Bracy stepped up from the Rocky River Chapter out of Charlotte. Everyone met on Saturday morning, December 21 at 8 AM at the picnic pavilion in Mortimer and headed up to Rockhouse Creek.



The group split up into two teams and headed to the two landslides that needed the temporary repairs. Both slides started at the road and went down the hill a major distance toward the creek. Pickaxes, shovels, and silt fencing had all been prearranged by Jeff. The biggest feat of the day was getting down and back up the steep slope with the gear, but once everyone had reached the work site the project went very quickly thanks to the fact we were working in fresh loose soil that was quite easy to trench. By 10 AM the silt fence



was in place to control the silting until a more permanent fix can be made.

We would like to thank Jeff, Andy and the volunteers for their assistance in protecting the great resource we have in Wilson Creek. There is a great deal more work anticipated in the Wilson Creek watershed and if you would be willing to volunteer, please contact Jeff at jeff.wright@tu.org.

TOM ROSENBAUER'S 7 TOP WINTER FLY-FISHING TIPS

Author [Phil Monahan](#) Posted on [January 22, 2013](#) Categories [Fly Fishing](#)



Trout will bite even on snowy, frigid days, if you know what fly patterns to throw.

photo by Paul Schullery

'Tis the season for winter fly-fishing. Here are seven tips to get you started, as well as my favorite fly patterns:

1. Pick the right place. Best winter rivers are Colorado tailwaters like the South Platte, Yampa, Frying Pan, or Gunnison; Montana tailwaters like the Bighorn and Madison; Wyoming rivers like the Snake River in Jackson; Idaho tailwaters like the South Fork and Henry's Fork of the Snake; the Provo and Green in Utah, Great Lakes tributaries, and the upper Sacramento in California. As you can see, a fishing trip can often be combined with a ski trip. (*Editor's note: Or maybe just book a trip to the Caribbean. See our December issue at www.hkynctu.org/past-newsletters/*)

2. Slow and deep is best. Use a strike indicator and weighted fly, or weight on the leader and the high-stick method, which keeps most of your fly line off the water. Dead drift is critical in winter because trout won't chase a fly in cold water.

3. Swing with a sinking-tip line. Although dead-drift nymphing is best, if you prefer to swing a fly for trout or steelhead, use a sinking tip line with a very strong mend at the beginning of the cast so your fly swings slow and deep.

4. Look for rises. Occasionally trout will rise during the winter, almost always to small midges or olive mayflies. A small midge emerger or a tiny olive mayfly emerger will be the only dries you'll need to carry.

5. Stay in bed in the morning. You'll see the most surface activity mid-afternoon on sunny days, or, surprisingly, all day long on gray snowy days without wind.

6. Light tippets are usually more productive in winter. The flies are small and water is clear. I use 6X Mirage for trout fishing and 4X Mirage for steelhead under most conditions.

7. Know where the fish hold. Fish tend to "pod up" in winter in deeper, slower water. Once you catch one try not to disturb the water and continue to fish in the same place. Fish the slow water thoroughly, but move often if you aren't connecting.

Best Flies for Winter Fishing

Nymphs:

[English Pheasant Tail Nymph](#) sizes 18 and 20. This version is far more effective than the bulkier American version for imitating the slim Blue-Winged-Olive mayflies and small brown stoneflies common in winter. [Disco Midge](#) sizes 20 and 22. Imitates tiny midge pupae that hatch all winter long, particularly in western tailwaters. You can fish this one in the surface film for risers, but it's usually more effective deep, with Sink Putty on the leader (as are all of the nymphs listed here) [Flashback Scud](#) size 16. In spring creeks and tailwaters that hold tiny freshwater crustaceans called scuds, this fly is essential.

[Micro Stone](#) size 14. Small stoneflies often hatch during the winter, so the nymphs are active in cold waters.

[Vernille San Juan Worm](#)

. This fly in both red and tan imitates aquatic worms that get washed from the streambed when water rises slightly during dam releases on tailwaters.

Dries:

[ICSI \(I Can See It\) Midge](#)

. Gray, size 22. A floating midge pupa pattern you can spot on the water because of its orange parachute post.

[Griffith's Gnat](#)

size 20. Great when adult midges skitter across the surface, especially when they form clumps.

[Cannon's Bunny Dun](#)

, Baetis. Sizes 18 and 20. My favorite imitation out of many for winter Blue-Winged-Olive hatches.

Streamers:

[Bead Head Flash Zonker](#)

. White, size 8. This fly has become one of the favorite streamers of the fly fishers on our staff. It's particularly effective in tailwaters, where light-colored shad and alewives get washed through turbines.

[Moto's Minnow](#), Dark. Size 10. This small dark fly wiggles in even the slightest breath of current, important

when you are fishing nearly dead-drift in winter. Its coloration is a perfect imitation of the sculpin, a small baitfish common in freestone streams.

Editor's Note: I was up on Wilson Creek a couple weeks ago fishing my rod & reel with fingerless gloves. When I lost my fly I had to warm my hands for about five minutes before I could feel enough to tie on a new one. I got a Tenkara rod for Christmas last year but had not thought about its winter benefit until I read this next article. Tom Rosenbauer's article suggests high sticking which is perfect for Tenkara and the thought fishing with full gloves sold me. If it drops below freezing, the lack of reel and eyes freezing up is just a bonus. I will have my Tenkara rod along for the next trip.

TENKARA AND WINTER: A PERFECT PAIR

by Ben Kryzinski - Thursday, Dec 11th, 2014

Photo: Daniel Galhardo.



Winter is a great time to go fly fishing. While far too many anglers are busy at the vice instead of on the water, trout keep doing what they do, albeit a bit more slowly and methodically. And so there are trout to be caught and far fewer anglers to compete with. But winter fly fishing comes with its own set of difficulties and frustrations, chief amongst them those that come when temperatures drop below the freezing mark. Freezing temperatures bring ice, which wreaks havoc on fly rods, lines and reels. Colder temperatures also make an angler's exposed hands and fingers not only unpleasant but potentially dangerous.

If only there was a way to go fly fishing in winter while avoiding all of these common aggravations. Well, perhaps there is: Tenkara. By nature, Tenkara fishing can offer a respite from many of the complications that a traditional fly rig faces when hitting an icy stream.

No Guides

The first casualty in a fly angler's arsenal in frigid winter temperatures is the guides on their fly rod. As the wet fly line slides through the guides, water is transferred to the guides and in minutes they begin to develop an icy crust. Before long, they're caked. Lines stick, casting goes to pot, leaving the angler to repeatedly clean and treat the guide to prevent icing. Because Tenkara rods use a fixed, level line attached to the tip of the rod, they have no guides for ice to collect on.

No Reel

Frozen reels can be a bane to winter fisherman in search of sizable quarry like steelhead, where a functioning reel is required in order to land a fish. The same can be true for the trout fisherman, but most often frozen reels are a nuisance when trying to perform basic line management like stripping off more line for a longer cast, or even spooling up line simply to move downriver.

In tenkara fishing, there are no reels.

Warm Hands

Stripping a wet fly line quickly leads to wet, cold hands. Cold hands are unpleasant, potentially dangerous (think frostbite) and almost always mean shorter days on the water. Trying to handle a fly line with gloves, even a good pair of fishing gloves, isn't often a recipe for success. Handling fly lines with your hands in your pockets is even more difficult. Unfortunately, those are the only two ways of keeping your hands warm when fly fishing in winter.

Tenkara rods only require one hand for casting and retrieving a fly. You don't strip line with a tenkara rod, you just raise the tip to retrieve the fly. Because there's no line to strip, gloved hands aren't an impediment, leaving anglers free to wear even bulky, heavily insulated gloves. If you still prefer to go gloveless, most people quickly learn to cast and fish with either hand so if one hand gets cold just switch hands and stash the other one in your pocket to warm it up.

ADVICE FROM THE VISE

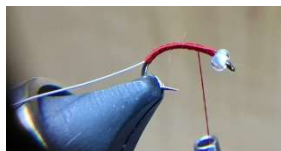
Welcome to January's edition of Advice for the Vise and new decade of fly fishing! It's been a really interesting past 10 years as we have seen new materials and techniques that have elevated the craft.

Cold weather is upon us and the fish are in energy conservation mode for the next 60 days or so. This month we are going to tie a great style of fly and a really simple pattern, the Midge. Imitating the greater family of Chironomidae, these 16-22 are very small larva that feed for 1-3 years in cold clean water on vegetation. Because they are so small they easily drift along the bottom and make an easy meal for trout as they drift along to the fish, saving the fish the energy expenditure to go and find food. I love fishing these in the winter and catching a 14 inch fish on a size 18 or 20 is still pretty darn satisfying.

I'm tying the Blood Midge this month. The insect actually forms some hemoglobin molecules that give it the red color. I think it makes it easier for the trout to spot, as it's always been a producer. Starting with a curved nymph/scud hook such as a TMC 2488 in 16-24, I pinch barbs in the vise on these hooks unless I can find barbless. I'm using a white glass bead, but any small size bead makes a fine head. Thread is 14/0 Veevus and the body is red midge rib. I will tie two variants of this pattern that I often fish in tandem. One with a white ultra wire rib and one with a mirage tinsel underbody.



Start with taking wraps from the bead backwards until the thread is aligned with the point and trim out the tag.



With touching wraps, cover the wires from the bead to the bend. Then tie in the vinyl rib, from the bead to the bend and back, the goal here is an even and smooth.



With touching wraps, wrap the vinyl rib end to the bead and capture it with a thread wrap. Counter wrap the white wire evenly and capture that, helicoptering the wire off.



Whip finish, and you have a finished fly.



For a bit of a variant, I take the same configuration without the rib and make a reflective underbody. Start the fly the same way but in this case tie in the vinyl ribbing first, followed by some medium Mirage tinsel.

Wrap the tinsel to the bead and capture it with a few thread wraps.



Wrap the red vinyl over the tinsel, capture with a few thread wraps and whip finish.



I like the way this one catches the light and gives a bit of flash to attract that winter fish's attention to an easy meal.

Stay warm out there, but don't give up on winter fishing. It's one of my favorite times to be on the river, crowds are down and on a clear winter day I can't think of a better place to be than in the solace of standing in a trout stream.

I'd love to hear your feedback and I'm always happy to answer any and all questions, give a lesson, or just talk fly fishing. Don't hesitate to contact me at jacobsforkflytying@gmail.com or check out some of my current ties on Facebook and InstaGram at Jacobs Fork Fly Tying.

Dave Everhart

**CATCH AND RELEASE CONCERNS
FOR WINTER FISHING**

It's not just extremes in heat that can be fatal to fish
by Matthew Reilly –
Hatch Magazine, Thursday, Jan 18th, 2018

FROZEN FISH

There's much debate within the fishing community over the ethics of fishing during specific times of the year and targeting fish during critical points in their life cycles. The spawn, post-spawn, low water, warm water—some even contest the act of fishing when air temperatures drop below the freezing mark. While such a self-imposed prohibition may seem a bit harsh, the motive is true.

Ever marvel at how quickly ice forms in your guides and your fly line turns into a frozen toothpick when angling in sub-freezing conditions? Or how cold your hands get after you get them wet? Fish are cold-blooded, and likewise their internal body temperatures are dictated by the temperature of their environment. Thus, while keeping fish out of the water for extended periods of time should always be avoided, special care should be taken when temperatures are below freezing. In particular, cold temperatures can cause severe damage to soft tissue, like eyes and gills, which are essential for survival.

To this end, whenever possible, keep fish in the water while handling, and unhooking them. You've heard of the "hold your breath when you pull a fish from the water" idea. Now imagine you're soaking wet and your body temperature is plummeting. If you want to take a picture, keep the fish in a net while preparing the camera. It takes a second to release the shutter. Lift. Snap. Lower. Life. Snap. Lower. Release.

REMOVE GLOVES

I rarely fish with gloves. Some like them. Regardless, it's easy to be tempted to ignore effective catch and release practices in favor of warm, relatively dry, gloved hands.

It's best to remove any kind of glove and wet your hands before handling a fish, for a photo or otherwise, as cloth is extremely adept at removing the protective slime layer that shields the fish from harmful fungi, bacteria, and ectoparasites. What's more, imagine what those fish slime-covered gloves would have your truck smelling like by the first warm morning of spring.



<https://flyfishingshow.com/atlanta/>

HILLTOP FLY TYERS'
Fly Fishing Show
Jan. 17-18, 2020 9 a.m.- 6 p.m.

WHERE: **HillTop Auto Repairs**
577 Upward Road, Flat Rock, N.C.
I-26, Exit 53

Daily admission:
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**CASTING CAROLINAS
2020 EVENTS**

March 6-8: SC Coastal Retreat, Johns Island SC

(taking applications on www.castingcarolinas.com on Jan 1)

April 3-5 Alumni Staff Retreat, Wildacres Retreat Center

(for women who've already attended a regular retreat-contact Starr@castingcarolinas.com)

May 22-24 NC Spring Retreat, Lake Logan Center

October 9-11 NC Fall Retreat, Lake Logan Center October 24 Tie One On Tournament in Cherokee

Casting Carolinas is a free program for women cancer survivors. To apply for a future retreat or to volunteer to help out, sign up at www.castingcarolinas.com.

A CLEAN WILSON CREEK TOURNAMENT

March 21 and 22

Two person Teams

\$150 per team.

Registration will open later in January.

More details will be on the link but teams must register on Flycomps to be able to sign up.

Registration is free.

<https://www.flycomps.com/events/wilson-creek-cleanup-2-3-21-2020>

Registration generally fills up within 15 minutes after it opens. Brandon Harrison gave some advice if you seriously want to enter this contest. Sign up on Flycomps right now and become familiar with the site. When registration opens at midnight, January 25, be sitting at your computer and logged in to flycomps to be ready to register for the tournament.

COME VISIT OUR FACEBOOK PAGE

I follow a dozen different fly fishing blogs and post many of them on our Facebook page. Many of these articles are too long to include in the newsletter so never make it here. Recently I posted a blog on fly fishing for big bluegill. It turned out to be one of the most followed posts we've ever had. There are also posts on targeting fish in small streams, how to tie a Tenkara fly, and even a bit of humor thrown in. Please visit our page at: <https://www.facebook.com/nwctu/> and be

sure to like and follow the page so you will be kept up to date on the latest posts.

CHAPTER WEBSITE

Be sure to visit our website to find out about upcoming fly fishing events like the Hilltop Fly Tyers' and the Atlanta Fly Fishing show. <http://www.hkynctu.org/calendar/> and if your group has an upcoming fly fishing event, we'd be pleased to include it on our calendar. Just send us your information to HkyNCTU@gmail.com.

NEWSLETTER CONTRIBUTORS INVITED

If you have a great day on the river, please send us a photo to share at HkyNCTU@gmail.com

If you have success on your trip, please share it with us.

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Fly Fishing on a Winters Day - Tips to staying warm on the water



The warm weather has come and gone. Those comfortable days of wet wading in water shoes, shorts, shirts and caps have faded away, yielding to waders, and jackets and the colors of fall. Beautiful leaves line the banks, dropping into the water and invariably ending up on your fly at some point in time. In all the beauty that is painted before you and the peacefulness it brings, it also signals the turning of the temps. Yes, summer is gone, fall has blessed us with her beauty and now comes those harsh days of winter. Those wonderful brisk days will soon lead to cold, neoprene waders, coats, gloves, icy roads, snow lined banks, water freezing in the slow moving areas of the creek, less crowds and fish that seem to love it as the snowflakes hit the water.

Ah yes, it brings back those fond, not so fond memories of standing in the water, the guides on the rod freezing up, those trembling hands and cold fingers that are doing all they can to tie on a new tippet or changing to a new fly. Your breath freezing and for those of us that have beards, goatees and moustaches, we all know that feeling of icicles clinging to them. Fishing becomes a challenge not to mention if you accidentally take a dip. This I can attest to and I am sure that many others have at one time or another. It was a cold day and I was fishing some waters new to me. Fishing started off good until, I leaned a little forward to make the perfect cast to a would be brown, a little step with the cast, a rock shifting below my feet and a splash that followed, followed by another splash as I attempted to lift myself out of the water. I gathered myself up, looked around to see who may have been watching (although, I had not seen a soul all morning) and I went on about my fishing but not before the brown or others had darted away as I spooked them off in the process. Later I began to get even colder and finally ended my day. Driving home in damp clothes, I later ended up with a trip to the Dr. and pneumonia. That was a day and a valuable lesson indeed that I have remembered for years to come and that changed my way of thinking, both how I fish and how I dress.

There are several things to keep in mind as we enter the creeks and rivers to chase those trout that we love so much. The first areas that we lose the heat from on our bodies are our feet, hands and our head. Once those areas get cold, we start to shiver to the bone and that will ruin any good fishing trip in a skinny minute. The first thing to do is have a few layers of protective clothing under your pants and shirt, such as thermal underwear and warm socks, like wool socks (hunting socks). To each there are personal preferences as to what you wear over, such as jeans, sweat pants and sweat shirt etc. and either waterproof, breathable waders or neoprene waders. Then your preference of jacket to wear, a warm cap, toboggan, gloves and a face shield, fleece neck gaiter, but thicker for warmth or scarf.

Tips:

Check your waders for holes and pin holes and repair as needed. You can do this in many ways from submersing in water to the best way that I like. Take a flash light and go to a dark room or closet and put them inside the waders and look for the light to shine through. Check your boots to make sure they are in good shape and will not fall apart on you. Make sure that you have both gloves and that one has not fallen by the way side. I always keep a spare in the truck for that "just in case" you lose one on the trail. Keep chapstick handy, it is not only good for the lips but a little on the guides of the rod helps to keep them from icing.

There are various styles of caps and toboggans to wear and gloves on the market.

Here are a list of a few caps that will keep your head warm:

1. [Simms-Exstream-Windbloc-Beanie](#)



2. [Carhart-fleece-hat-2-in-1-headwear](#)



3. [Simms-Exstream-Hat](#)



Next will be your hands.

This narrows things down a bit as you need something that will keep your hands warm and water resistant and will allow the use of your fingers when needed.

There are several types of gloves listed and it really is a matter of preference.

All gloves are bulky and you will have to figure out what works best for you and keep your hands warm.

1. Finger tip gloves where all of the fingers are exposed. They are nice but fingers will get cold.

[Simms-Mens-Guide-Windblock-Half-Finger-Mitten](#)



2. Gloves that have the thumb, middle and index fingers that can be exposed. These are nice and can be capped over to keep them warm and then exposed as needed.

[Simms-Mens-Guide-Windblock-Flex-Glove](#)



3. Gloves that fold over to expose the fingers. These are more cumbersome and usually not waterproof.

[Simms-Mens-Guide-Windblock-Foldover-Mitten](#)



4. Neoprene gloves with slits for the fingers to be exposed. These are what I like to use. They give me the ability to quickly pop out my index and thumb finger so that I can quickly adjust or retie my fly or tippet without having to take off my gloves off.

[Glacier-Glove-Pro-Angling](#)



Next is the socks that you wear.

You want to layer your socks but not so much that you cut off the circulation to your feet.

Here are a few ideas of what can be done.

First Layer: [17" Tall Polypropylene Liner Sock](#) (Great insulation that's thin and is moisture wicking)

Second Layer: [23" Tall \(above knee\) Wool XL Thick sock](#). (Extra long wool sock is a must)

Third Layer: [Simms Neoprene Guard Socks](#) (Nothing fights heat loss from cold water like an extra layer of neoprene).

Authors Note:

I have found the 3.0mm WETSOX Frictionless Wetsuit Boot Socks are a nice addition to my other socks for keeping dry and warm. They come in Black, Green and camo. Search around on Amazon

[Frictionless-Wetsox](#)



Another thing that I have done is buy a pair of 3.0mm neoprene wetsuit pants. These are wonderful and can be used for kayaking in the winter too. Worn with the Wetsox and warm hunting socks, all fit comfortably under my waterproof breathable waders and boots.

[Lemorecn-Neoprene-Wetsuit-Pants](#)



There are a few other things to do to help keep you warm on those cold winter days, such as eating properly before you leave and carrying food with you.

When the temperature drops and cold weather sets in, fuel your body with food that can help raise your body temperature and make you feel warm. In general, foods that take longer to digest can help raise your body temperature and make you feel warmer. Thermogenesis is the process of your body producing heat caused by food metabolizing. Here are some foods and things that can help keep you warm in cold weather.

1. Start out with a nice cup of coffee or hot Ginger tea. Ginger is known to be good for digestive health and can stimulate thermogenesis. The caffeine in coffee will increase your metabolism.
2. Eat a nice warm breakfast before you head out. Oatmeal or cream of wheat are an excellent choice and they will make you feel full.
3. Bananas have a lot of vitamin B and magnesium, which are important for your thyroid and adrenal glands to function properly. These glands help regulate body temperature. Eat one with your breakfast but some are superstitious, so don't take one with you on the trip. You may be asked to throw it away.
4. Red meat, such as beef, lamb and pork, is a good source of iron. Iron is an important mineral to help carry oxygen throughout your body. People with low iron may notice cold hands and feet or feel tired easily.
5. Sweet potatoes and other root vegetables need more energy to move through the digestion process, which raises your body temperature.
6. Eggs are a powerhouse of energy and are also rich in proteins and vitamins which help in keeping the body warm.
7. Take a thermos with coffee to drink during the day. Invest in a good thermos that will keep it warm for hours. You can also take soup but it will get colder quicker, so make sure you eat it before then.
8. Snacks during the day will help to keep you warm such as cheese sticks, jerky, dried fruits, nuts, crackers and pieces of chocolate.

Last but not least, be a boy/girl scout. Take a big warm jacket or throw blanket in the truck and a change of clothes and warm socks, first aid kit, bottle of water and a few snacks in a "GO-Bag". You never know what the weather will do or that unexpected dip that may happen or even a break down and no one around and no cell signal. Being able to change and get into dry clothes to get warm quickly and a few snacks makes a world of difference. It does not take long for hypothermia to kick in.

Winter fishing can be a lot of fun if you stay warm. I am out there all winter long and enjoy every moment. See you on the water-Tight lines.

"On the Line with Charlie Walker"