

Subject: : Tips and Tricks

Topic: : What do you eat while your are on the water?

Re: What do you eat while your are on the water?

Author: : jayL

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URL:

I pack the TP in my backpack for just that reason... A good breakfast keeps the energy going, but it can rear its ugly head as the day wears on.

For the pre-fishing meal, I like cheesy ham eggs with hot sauce, personally. That and a strong cup of black coffee. Perhaps that's why I can make it all day on just a sandwich or some sunflower seeds... Big breakfast is key.