

Subject: : Tips and Tricks

Topic: : safety: fishing rough, remote topography

Re: safety: fishing rough, remote topography

Author: : troutbert

Date: : 2011/2/21 11:45:17

URL:

Quote:

k-bob wrote:

great thread. I have another reason to carry a lot of water on fishing trips: After hiking and fishing in ravines for hours, plus the 3-5 hour roundtrip drive, I sometimes get wicked charlie horse cramps... ouch! and more water helps with that.

I often get brutal leg muscle cramps too after these jaunts. Often when driving home, or when getting out of the car.

Drinking chocolate milk after hard exercise, for muscle recovery, is advocated by many runners and other athletes and trainers.

I've started drinking chocolate milk immediately after the hike and I think it does help.