

Subject: : Beginner Forum

Topic: : Winter Fishing ..

Re: Winter Fishing ..

Author: : salmonoid

Date: : 2012/11/10 21:41:18

URL:

Quote:

djs12354 wrote:

Polar fleece is great stuff except for its lack of wind cutting ability. Put a nylon shell over it and it can keep you comfortable as part of a layering system.

I don't disagree with a fleece/breathable shell system, but I am also a fan of the PolarTec WindPro fabric. It does a much better job of blocking the wind than regular fleece. Gore makes a fabric call WindStopper, but I don't like it, as its not terribly breathable. Whatever you wear, make sure you adjust your layers appropriately. You don't want to be too warm (and sweat) as that will actually chill you. Pit zips, for instance, are a great thing to have on your shell. You also don't want constricting or super tight clothing, as that might inhibit circulation. No circulation to an area means that area might freeze. Especially be aware of this with socks. You might be tempted to double up on socks to keep your toes warm, but may end up killing circulation to your toes by doing that, and actually make them colder.

On the subject of cotton, I think that can be summed up in two words - cotton kills. Its not a fabric one should wear when out in the winter elements. You risk hypothermia if you're geared up in it in the winter time.