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Subject: : Tips and Tricks

Topic: : Cold Feet

Re: Cold Feet

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URL:

Alot of the guys have it correct.

For Winter thru early Spring..Neoprene bootfoot waders in 5MM with thinsulate insulation and wool felt insoles a pair of polypropylene ,silk sock liners,and a pair of polypropylene/wool especially Merino wool socks that fit but are not tight are a great way to start as well as you can use them toe warmer pads that are disposable. For under layers polypropylene long johns or silk if you prefer are really hard to beat., Remeber to dress in layers make sure you have movement, if you don't you will get cold from circulation trouble.Also Chaz is correct there are Polar Fleece socks that are really warm as well.

For other layers get micro polar fleece followed by some more polar fleece...remeber that there are several weights of polar fleece to be had, Pick the right weight for the conditions you will fish or hunt in.Always wear jacket that covers below your belt line it will alllow your internal organs to stay warm.

If you get cold easily alot of times its because your core has cooled down and your body is trying to salvage heat from your extremities to keep your vital organs safe at the sacrifice of your fingers toes hands and feet. try using a neck gaitor or Balaclava made from polar fleece too.

Breathable rain jackets over your waders also help.

also get some disposable hand warmers for your pockets to keep warm. I know that the thermacare back heat pads are great for some who get cold,have a person i hunt with that uses them.