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Subject: : Tips and Tricks

Topic: : Sunglasses anyone

Re: Sunglasses anyone

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URL:

Here's some heresy for you: I've stopped using sunglasses in some fishing situations- in particular, brookie streams in the springtime, when there's a lot of water and a strong flow.

my reasoning:

- 1) they seldom help in spotting fish- when it's shady, it's just plain too dark no matter what, and sunglasses make things worse; when it's sunny, the water is so clear and shallow that it's fairly easy to spot fish- or their shadows- without the need for sunglasses to cut glare. And rising brook trout are almost always obvious.
- 2) sunglasses aren't usually necessary to read the stream bottom in shallow brookie streams; most often that can be done simply by reading the current and looking at the obstructions and stream cover, like boulders. The water is shallow and clear enough that it's easy to read the bottom at the tails of the pools, which is where it counts the most.
- 3) polarized sunglasses work pretty well to cut glare on smooth and glassy surfaces- but they don't help visibility much when there are churning currents, foam, and fast water. And broken surfaces like those account for at least half of the fishable water in brookie streams in the springtime.
- 4) Probably the best reason: it's more important to be able to see and track the fly and leader than anything else! If I can track where my fly is on the water more easily without sunglasses, I leave them off.

When the current flow and the water level dwindle down in those streams in the summer and fall, then it starts making sense to use sunglasses. And in most other situations, sunglasses still make plenty of sense. They can make a huge difference on a larger stream or river. Without them on Penn's, I feel really handicapped. But for small, high-gradient trout streams that are carrying a good head of water, I've found that sunglasses are often more of a hindrance than a help.

Also, once the sun goes off the water, it's time to take off the sunglasses. That should go without saying. But it took me quite a while to figure out something that basic.