

## 5 smart ways to Keep the Fun in Fishing

**A day of fishing can provide hours of family fun. It's also a way to get plenty of physical activity. To make the most of your fishing hours, pay attention to nutrition and safety. These things are important before you start out and once you're on the water. The Scout motto of "Be Prepared" is always a good one to keep in mind. You may even make a few more catches!**

### 1. Eat breakfast.

Of course you are eager to start casting! A balanced breakfast is worth the time it takes before you start. For the most mental focus, enjoy a mix of carbohydrate and protein. A hearty bowl of oatmeal with raisins and nuts will stick with you for hours. A breakfast sandwich, wrap or burrito with eggs and some lean meat will also do the trick.

### 2. Carry smart snacks.

Maybe you're walking a stream or hiking to a mountain lake. If so, you'll need snacks that are big on nutrients and energy. They also must be easy to carry. Cheese, nuts and jerky are great choices. So are fresh and dried fruit. Are you packing a cooler for the boat or canoe? Bring cut-up veggies, fresh fruit and sandwiches on whole-grain breads, along with a few chips or sweets.

### 3. Hydrate, hydrate, hydrate.

Even a little dehydration can spoil an otherwise wonderful day. So drink plenty of refreshing fluids. This will help you avoid headaches and crankiness. On hot days, frozen water bottles are a perfect choice. They keep food safe and provide an ice cold drink. Save any alcoholic beverages for the end of the trip – they dehydrate you.

### 4. Practice sun protection.

Hot summer sun and the glare from the water can be very hard on the skin and eyes. This is true even on days that seem cloudy! So keep covered. Wear a hat or visor, a light, long-sleeved shirt and pants. Apply sunscreen before you get dressed so that you cover hard-to-reach areas. Reapply it every two to three hours throughout the day. You also need a good pair of sunglasses.

### 5. Be water safe.

Bad weather or an accident can happen anytime, so always practice water safety. Make sure that everyone has a properly-fitted life vest and that they wear it at all times. Choose snug fitting water shoes. It is easy to bang up bare feet. Plus, it is difficult to get around on slippery rocks without shoes. Be aware of lightning. If you see any, get off the water and get fishing poles on the ground.

