

Fly Fishing with Chris Dore

Your FFF Certified Fly Fishing Professional

NZ Fly Fishing Equipment Advice

New Zealand is often known to experience four seasons in one day, and in fact, our nation's top musical band Crowded House soared to stardom with a song by the same name. Never underestimate the New Zealand Outdoors. Conditions can often be harsh and those who dare to venture out unprepared often experience close shaves. Even in the middle of summer it pays to be prepared and so below are some thoughts on what to bring with you on your fly fishing adventure with me.

Clothing.

Polypropylene, merino or similar thermal base layer will keep you warm and dry in cooler conditions, as well as wicker away moisture in warm conditions. Regulating your body temperature is important in the outdoors to help prevent hyperthermia or dehydration and a good quality base layer top and long johns is the foundation of comfort. I wear *Stoney Creek Powder Dry* long johns and T shirt and have done for a number of seasons. In warmer conditions, one can get away without the long johns.

Light, quick drying 'columbia' style trousers or shorts allow you to wet wade in comfort and do not become cumbersome as waders do when walking longer distances. We often wander a surprising number of K's over the course of the angling day and so being comfortable when in transit often makes for a more enjoyable experience.

A Buff is invaluable for protecting the back of the neck and for pulling up over the head and face in harsh sunlight or in sandfly affected areas. On hot days, dipping the buff in the river and replacing around the neck is rather refreshing and in cold winds, there's nothing like pulling it up, balaclava style and pushing through the elements. Likewise, lightweight UPF rated 'sun gloves' protect your hands from harmful UV rays, as well as pesky sandflies on our backcountry streams. I never hit the river without either. Check them out at www.buybuff.co.nz



A lightweight UV resistant shirt and warm fleece type top will keep you protected against the elements. Make sure your shirt is made of quality UV rated material to avoid nasty sunburn as the afternoon wears on.

A lightweight, waterproof jacket should always be carried in the daypack for if the weather turns on us. Many rain jackets nowadays are also windproof, and this can come in handy if a cool southerly blows.

Lightweight, comfortable footwear is a must. Whether specialist wading boots, lightweight hiking boots or just your favourite sneaker style footwear your shoes / boots must be worn in and allow you to walk throughout the day in comfort. A good pair of socks also aids in comfort and specialist hiking socks are more than worth the purchase. You *will* get your feet wet as we cross from beach to beach and all assistance, safety briefings and instruction will be provided when wading.

A good peaked, or wide brimmed cap is essential for shielding our face from the sun and providing shade to best maximise the use of our polarized sunglasses for spotting trout. If bringing a wide brimmed hat, make sure it has a good drawstring. I have seen many a hat fly off in the wind.

Personal Items.

You will require a small **daypack**. This is used to carry your bottled water, spare clothing and any other personal items you choose to bring. I can supply a small daypack if required, and a larger back pack for extended backcountry trips.

Sunscreen. High UPF rating is essential here in NZ. Even on overcast days, wind and UV rays will still affect you, and so I never hit the outdoors without wearing, and reapplying sunscreen. Likewise, bringing UPF lip balm is a good idea.

Insect repellent. Everyone reacts differently to different products and so I prefer clients to bring along their own repellent. Bushmans is a good kiwi brand and the spray is very easy to apply. I personally use a natural remedy called Tui and find it fine. Ultimately, if fishing our picturesque bush lined streams, sandflies will get you, and so by covering up in trousers, a long-sleeved shirt, buff and sunglasses our only real solution is to expose as little flesh as possible to these little critters.

Any **medication** or asthma inhalers which may need to be taken throughout the day must be carried in a waterproof, ziplock plastic bag or similar. Please advise me at the soonest via email if you have any medical or health issues that may need attention during our time on the water, so I can better prepare, plan and better understand anything which may occur whilst together.

I can supply all rods, reels, flies, leader and tippet, and polarized sunglasses if required, as well as a packed lunch and bottled water on all full day trips. High resolution digital images are also provided of your adventure and either emailed or loaded to CD Rom. I carry a comprehensive first aid kit, as well as a 406 MHz Personal Locator Beacon registered with Maritime Safety New Zealand and a cellular phone where service is available. Full safety briefings will be held en route to the river and emergency procedures discussed so we are all well prepared for if anything goes awry. Nothing beats preparation, experience and training in the New Zealand Outdoors, so you should feel secure that you are in good hands.



Having the right clothing and gear at hand can make or break a New Zealand outdoors experience. Carefully consider what to bring and please feel free to contact your guide for his advice.

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