

Polarized Sunglasses to See Better On Water

Is there anything more relaxing than spending a day out on the lake with a rod and reel, just soaking up the peaceful atmosphere, away from work, away from home, away from responsibility?

There are certain equipment that is standard in a tackle box, and nobody forgets the bait (we hope), but what about sunglasses? If there is one thing that is often forgotten – and is vital for your well-being – it is polarized sunglasses.

Why sunglasses? Why polarized? Choosing the right sunglasses is important for both your health and enjoyment. Sunglasses because the sun's harmful UV rays are multiplied when out on a fishing excursion as the glare from the sun bounces off the water. There are no trees. There are no buildings. There is no shelter. The sun beats down on you for hours, and bounces up at you from the water for hours. Over the years, too much exposure to UV rays can cause permanent damage to your eyes. Maximum protection from UVA, UVB and UVC light is your goal.

A few of the dangers include...

- Cataracts – a cloudiness in the crystalline lens of the eye, which reduces the light we see and can ultimately lead to blindness
- Pterygiums – small growths on your cornea
- Solar keratitis – sunburn right on the cornea, acute and painful, and perhaps a precursor to some of the other eye diseases the sun can create.
- Macular degeneration – a loss of vision in the center of the visual field that makes it hard to read, recognize faces, drive, etc.
- Pterygiums – small growths on your cornea
- Skin cancer around the eyes, where it is hard to apply sunscreen

Why specifically polarized sunglasses? The glare off the water can be blinding, and after a few hours it can be very tiring. A good pair of polarized sunglasses will block almost 100% of the glare that comes off of water. They, are designed with “vertical polarization”. Since the light bouncing off of the water is in the form of horizontally polarized light, they also allow fishermen to see down into the water helping them to spot fish. So, while polarized sunglasses are great for any activity that is surrounded by reflection, from cross-country-skiing to sailing, they are doubly useful for fishermen.

If you are fishing in shallow water, amber colored lenses will help you better see the fish. For instance, the bigmouth bass, which survives by blending into its background, can be easier seen through the yellow filter.

Polarized lenses will also help you see dead heads lurking just beneath the surface, so even boaters who are not fishing have a double reason to wear them – they reduce blinding glare that hurts your eyes, and they reduce blinding glare that keeps you from seeing below the surface.

So whether you are a weekend angler like me or a professional fisherman the most crucial piece of equipment in your tackle box should be a good pair of polarized sunglasses. And when off the water,, you might also be interested in a pair of Virage or DG celebrity sunglasses to complete your sophisticated and fashionable look.

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