PENNSYLVANIA FISH & BOAT COMMISSION

PLAY

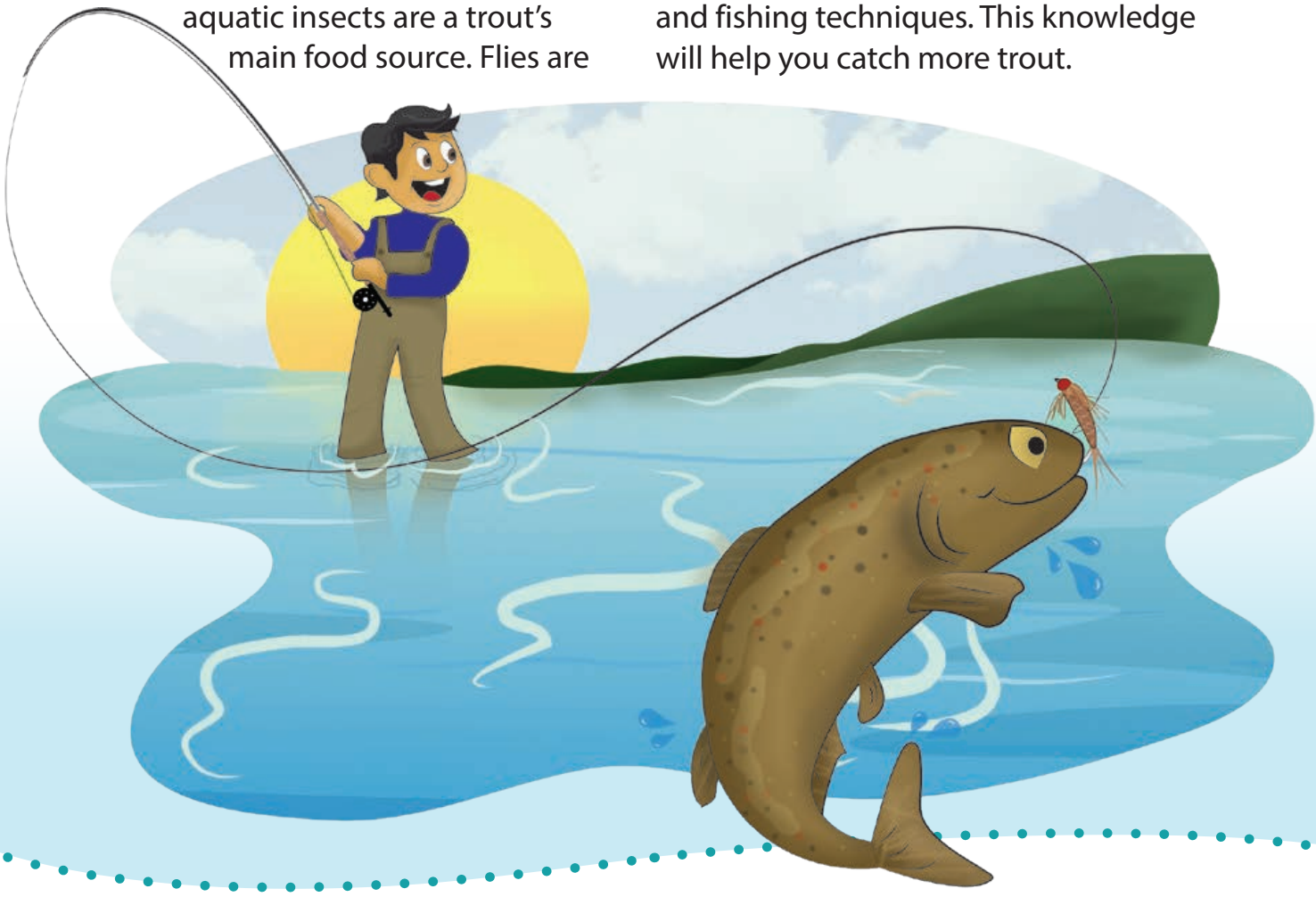
Spring 2022

Pennsylvania • League • of • Angling • Youth

Trout by Fly

Fly fishing is a fun and challenging way to catch many types of fish. Trout are the most popular fish to target when fly fishing. Flies usually imitate aquatic insects, baitfish, and worms. These aquatic insects are a trout's main food source. Flies are lightweight and cannot be cast with baitcasting or spinning rods. A specialized fly fishing rod, reel, and line is needed.

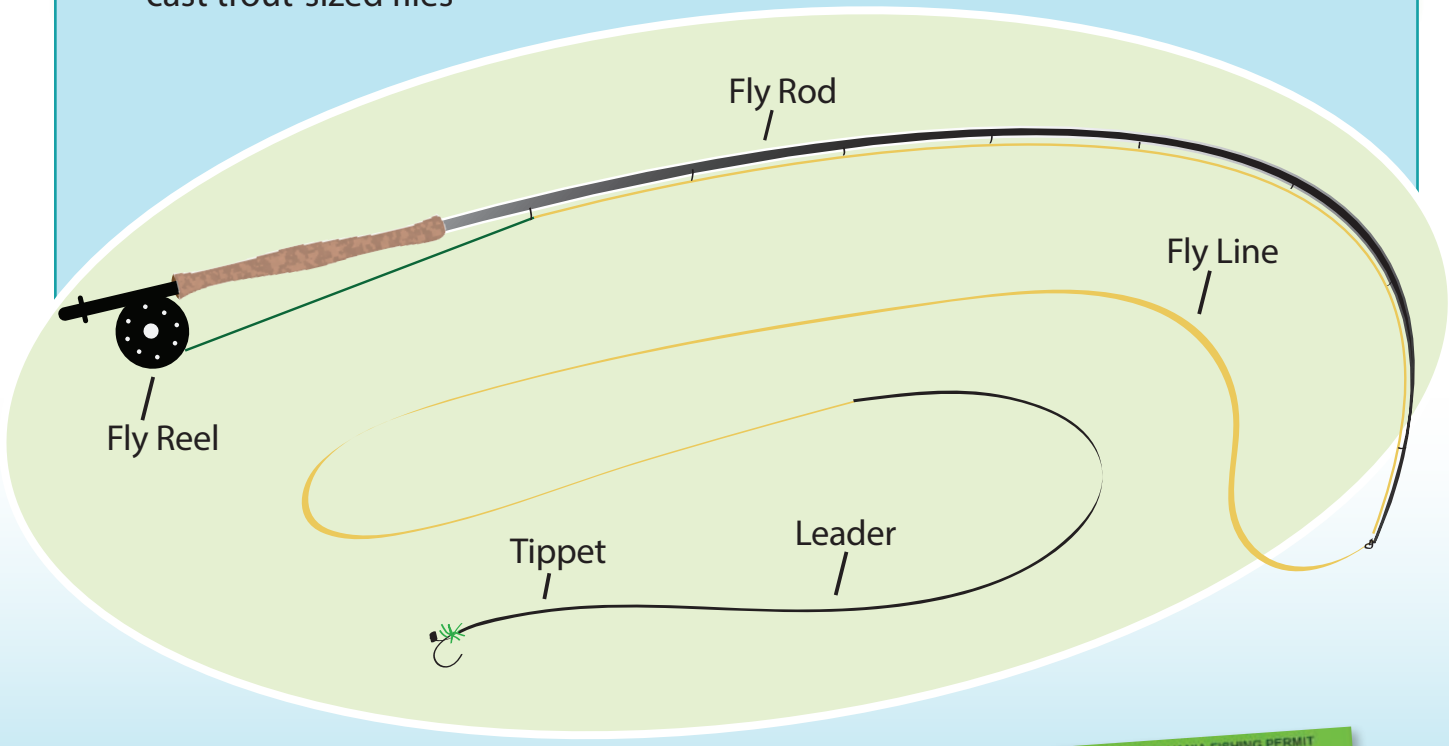
This article will introduce you to fly fishing equipment, types of flies, casting, and fishing techniques. This knowledge will help you catch more trout.



Cracking the Code

The list of equipment needed to start fly fishing for trout does not have to be long or confusing. The list below will help you "decode" confusing terminology.

- **Fly rod** - available in different lengths and is rated by "line weight"; common lengths range from 7½- to 9-feet
- **Fly line** - rated by weight on a numbered scale, with smaller numbers being thinner and larger numbers being thicker; 4, 5, or 6 weight line are all good options to cast trout-sized flies
- **Fly reel** - rated by line weight, the fly reel stores line and helps balance the rod near the handle
- **Leader** - tapered section of fishing line tied between the fly line and the tippet
- **Tippet** - Thin section of fishing line after the leader; flies are tied to the end of the tippet



A Pennsylvania fishing license and trout stamp is required for anyone 16 and older. Purchase fishing licenses and trout stamps at **HuntFish.PA.gov**.



- **Fly box** - for storage and organization of flies
- **Hemostats** - a tool that assists with fly removal from a fish's mouth
- **Line clipper** - tool that cuts fishing line
- **Micro splitshots** - small weights attached to the leader that sink flies
- **Fly floatant** - powder, gel, or liquid that helps dry flies float
- **Strike indicator** - small float attached to leader and used for underwater fly setups
- **Fishing vest** - provides storage for tackle and equipment
- **Waders, hip boots, or knee boots** - keep you dry in the water
- **Net** - helps you land and release trout





Types of Flies

It may be difficult to narrow down all the options for your fly box. There are three main types of flies: dry flies, nymphs, and streamers.

- **Dry flies** float on the surface and imitate adult insects.



- **Nymphs** are fished below the surface and imitate immature life stages of insects.

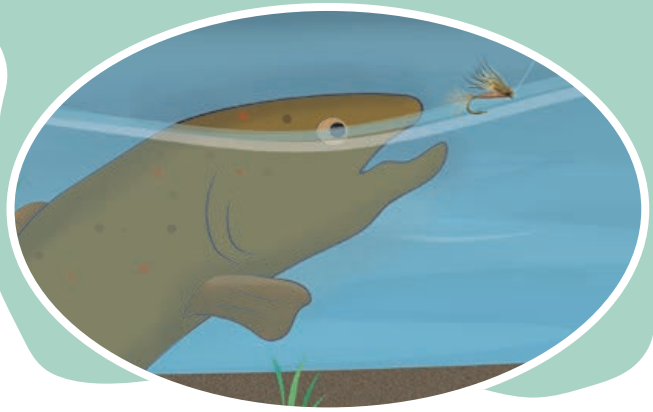


- **Streamers** are fished under the surface and imitate small fish and other swimming food.

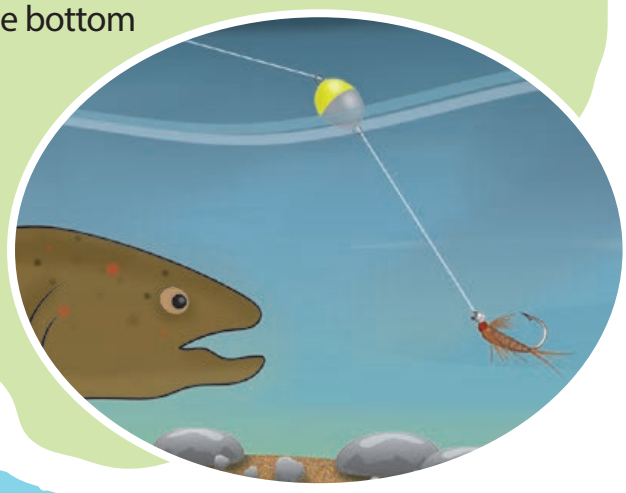


Techniques

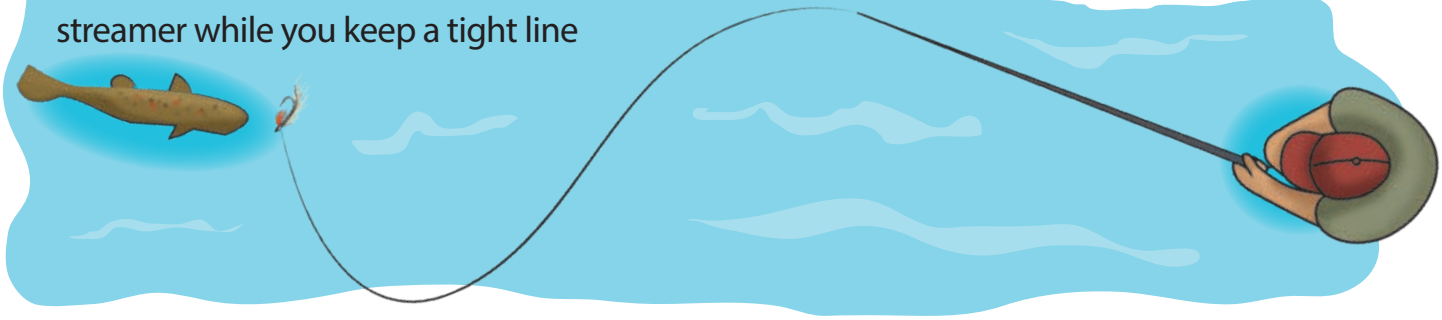
Dry fly fishing - casting upstream and allowing the fly to pass over feeding fish



Nymph fishing - allowing the nymph to tumble with the current, along the stream bottom after you cast; use a strike indicator on the leader to set the nymph at proper depth; splitshot on the tippet allows the nymph to sink to the bottom



Streamers - may be fished multiple ways in different water conditions; cast and work the streamer back towards you, or let the current determine the direction of the streamer while you keep a tight line



Where Trout Live

To find where trout live, you need to learn about a trout's habitat. Trout need cold water (less than 68 degrees F), cover, and food to survive. Cover is provided by large rocks, woody debris, undercut banks, and vegetation. Trout food is moved around by the stream current in the riffle, run, and pool sequence.

The "stream reader" illustration below shows this sequence, where trout may be found, and what type of flies typically work best.

Stream Reader

1 Riffles - rocky, shallow, and choppy water

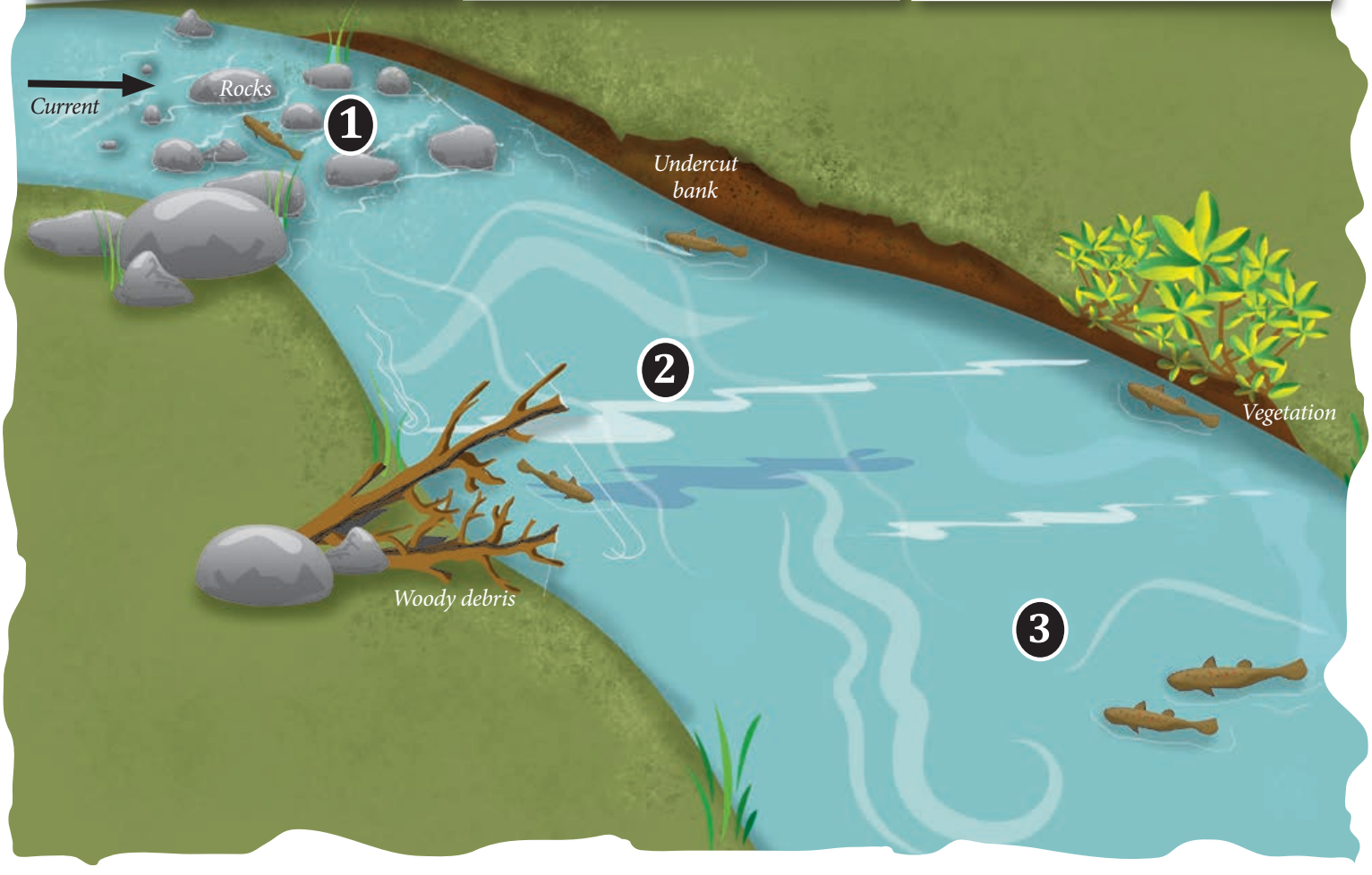
Types of flies: nymphs and streamers

2 Runs - slightly deeper water with even current

Types of flies: nymphs, streamers, and dry flies

3 Pools - deep water with little current

Types of flies: dry flies and streamers



Casting Class

There are a few important steps to casting a fly rod. Put these steps together and make your first overhead cast.

Starting Position

Stand with your feet at shoulder width and grip the rod lightly with your thumb on top of the handle. Your hand will be at waist level with the rod tip angled down.



Casting Sequence

1. **Backcast** - quickly lift the rod from the starting position to get the line moving off the water; continue to lift your hand and forearm to the side of your head; stop abruptly once the rod handle is almost in line with your nose
2. Pause
3. Hold your hand still and allow the line to travel overhead and almost straighten out behind you.
4. **Forward cast** - with your line behind you, quickly push your hand and forearm forward and stop suddenly and pause to allow the line to straighten out in front of you; to finish the forward cast, follow the line with the rod as it drops down onto the water.





Learn more about fly fishing at **www.fishandboat.com/LearningCenter/ActivitiesAndEducationPortal/FlyFishing/Pages/default.aspx**.

Fly Fishing Word Search

Find these fly fishing-related words in the following word search.

B	W	N	B	N	A	I	N	E	E	M	D	C	S	Z
E	F	K	N	Y	K	Z	C	V	Q	D	J	T	K	R
R	D	H	J	M	M	R	N	A	A	V	R	J	T	E
O	E	I	B	P	N	Z	X	S	S	E	Q	E	R	Z
K	I	D	F	H	W	M	R	E	A	T	S	J	O	N
R	S	C	A	S	H	E	S	M	T	A	I	H	U	X
G	W	F	L	E	D	G	E	N	E	S	N	N	T	M
K	L	X	Y	A	L	R	B	Q	P	Y	D	R	G	C
Y	B	I	W	N	S	F	V	C	P	Z	I	U	D	R
S	T	A	T	S	O	M	E	H	I	N	E	T	C	U
Q	S	W	D	U	Z	M	I	C	T	Y	T	V	F	Q
N	L	O	M	K	B	Z	M	E	G	O	O	U	N	D
C	Q	E	P	Z	O	M	J	X	A	X	J	H	R	G

Word List

- NYMPHS
- STREAMERS
- HEMOSTATS
- LEADER
- TIPPET
- WADERS
- NET
- CASTING
- TROUT
- FLY

*(**Hint:** Some words may appear backwards.)*

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