

Beginning Fly Fishing: National Capital Council Trout Unlimited

Knots: Learn from the Bottom Up

- ▶ **Arbor Knot** – Reel Spool to Backing
- ▶ **Albright Knot** – Backing to Back of Fly Line (can also use nail knot)
- ▶ **Nail Knot** – Front of Fly Line to Leader (or to leader connecting loop)
note: many modern lines have welded loops and don't need nail knots
- ▶ **Perfection Loop** – A great loop to put in Leader to “handshake” to end of fly line with a welded loop or an installed mono loop
- ▶ **Double Surgeons Knot** – Full strength knot to connect leader to tippet
- ▶ **Improved Clinch Knot** – Tippet to Fly

<http://www.flyfishingconnection.com/nail.html>

http://www.orvis.com/orvis_assets/files/index.html

Fishing Locations: Mark's Fishing Map

- ▶ <http://maps.google.com/maps/ms?hl=en&ie=UTF8&msa=0&msid=205866558051968429073.00049725c42fab6b81fa9&ll=38.693091,-77.900512&spn=1.543443,2.172546&z=9>

Gear List for the DC Area

Fly Rod Outfit: Have supplier help set this up; welded loops are better for beginners because they prevent the need for a nail knot

Leaders: I always keep at least three properly sized leaders with me

Tippet material: 3x, 4x and 5x

Floatant: Paste Type

Split shot or sink putty: Love the Orvis stuff, nice and sticky

Strike indicators: Great for beginners and tricky situations; putty type is flexible

Hemostats: Get burly ones so you can also use them to smash barbs

Nipper: Fancy nail clippers; these will save your teeth

Zingers: Little spool yo-yos to hold your hemostats and nippers. They don't float!

Fly Box: Crazy variety here. Simple foam boxes are the most flexible

Waders: Stockingfoot and breathable. I am very cheap but not so cheap as to use non-breathable waders

Wading Belt: you could die without it

Wading Shoes: I like the studded ones; boat owners don't! NO FELT

Eyewear: Polarized Sunglasses for daytime; clear for night

Hat: Pick something snazzy that makes a statement

Pack or Vest: Personal preference

Hydration: Don't ruin your day due to dehydration. This is a serious problem on the water. I like Katadyn squeeze bottles. You are basically walking around in spring water, might as well use it

Gearing up for specific water types

For Pond Fishing:

Conehead or beadhead Woolly Buggers 6-10

Nymphs 10-12

Bushy dries 10-12

Bass poppers

Anything you can steal from Spence or Jorgenson

3x (8lb) to 4x(6lb) 9' leaders and matching tippet

Probably won't need waders for most pond fishing.

For Streams:

Elk Hair Caddis 16-12

Hares Ear nymphs 16-12

Pheasant tail nymphs 16-12

Brown Stonefly nymphs 12-8

Stimulators 14-10

Ants 16-12

Beadhead Woolly Buggers 14-10

Prospecting dries 14-10

Standard Mayflies 14-12

San Juan worms and egg patterns if on stocked streams with rainbows.

4x (6lb) 7.5' to 9' leaders with matching tippet are a good choice

You may want a wading staff if water is swift.

For Local Rivers

Beadhead or Conehead Woolly Buggers 4-10

Sculpin patterns

Big bushy dries and terrestrials 10-4

Conehead rabbit strip flies 8-2.

3x (8lb) to 4x(6lb) 9' leaders and matching tippet

Wading staff is a good idea. I often wet wade the Potomac

Some other great resources:

NCC-TU outings : Come out with us. A great way to learn about fishing and conservation at the same time.

Orvis Fly Fishing 101 : Huge nationwide program from Orvis to do the same thing we are doing but better. Free clinics and best of all free on-water instruction. See Kurt in Bethesda store.