

Flies and Hooks			
	Fly Type	Hook Range	
Dry	Light Cahill	No. 10	No. 16
	Hendrickson	No. 10	No. 16
	Adams	No. 10	No. 16
	Royal Coachman	No. 10	No. 14
	Quill Gordon	No. 12	No. 16
	Badger Bivisible	No. 10	No. 14
	Muddler	No. 6	No. 10
	Grey Wulff	No. 8	No. 12
	March Brown	No. 10	No. 14
	Blue Dun Spider	No. 12	No. 16
	Irresistible	No. 8	No. 12
Wet	Multi-Color Variant	No. 12	No. 16
	McGinty	No. 10	No. 12
	Black Gnat	No. 10	No. 16
	Leadwing Coachman	No. 10	No. 16
	Wickham's Fancy	No. 10	No. 12
	Silver Doctor	No. 10	No. 12
	Grizzly King	No. 10	No. 12
	Black Woolly Worm	No. 8	No. 10
	Blue Dun	No. 10	No. 14
	Quill Gordon	No. 10	No. 16
	Dark Cahill	No. 10	No. 16
Gray Hackle Peacock	No. 10	No. 14	

Fly Casting Stages		
Stage	Rod Hand	Line Hand
Start	Rod at eye level. Line stripped off and through guides. Hold line with forefinger between grip and butt-guide. Relaxed stance. Weight on right hand side.	Reach for slack line. Pull line in smoothly.
Lift	Raise rod straight and smooth. Keep even with forearm. Pivot on elbow. Keep wrist stiff.	Continue to pull line downward evenly.
Stop	Hold rod at vertical position. Keep wrist stiff. Pause to allow line to straighten.	Stop pulling line. Hold slack off to side. Reach up even with reel. Begin pull.
Cast	Line pulls at rod. Swing arm downward straight. Tighten thumb squeeze. Cast 2-3' over target.	Continue to pull down. Pull to hip level. Leave go as rod swings forward.
Finish	Line extends completely. Keep wrist stiff.	Follow through back and up.

Balanced Fly Tackle Standard				
Length in Feet	Style - Pieces	Ferrule Size	Weight in Ounces	Line
7	2	11	3 3/8	HDH-HDG (6)
7 1/2	2	12	3 7/8	HDH-HDG (6)
7 1/2	2	13	4	HCH-HCF (7)
8	2	13	4 3/8	HCH-HCF (7)
8 1/2	2	15	5 1/8	HCH-GBF (7)
8 1/2	2	16	5 1/2	GEG-GBF (8)
9	2	16	6 1/8	GBG-GBF (8)
9	2	17	6 3/4	GBG-GAF (9)
9 1/2	2	17	7	GBG-GAF (9)
7 1/2	3	15-10	4	HDH-HDG (6)
8	3	16-10	4 1/2	HDH-HDG (6)
8 1/2	3	16-10	4 5/8	HDH-HDG (6)
8 1/2	3	17-11	5 1/8	HCH-HCF (7)
9	3	18-12	6	HCH-GBF (7)
9	3	19-13	6 1/2	GBG-GBF (8)

**Holding the rod:**

- Make sure your hand is relaxed
- Hold the cork handle lightly
- Thumb on top of grip, direct line with rod
- Squeeze with lower three fingers as you raise rod
- When vertical, stop the rod with your thumb
- Keep forefinger relaxed
- Apply thumb pressure as you bring rod forward
- Let the rod do most of the work

**Essential flies:**

- Hairwings
- Spiders
- Divided-wings
- Bivisibles
- Fan-wings
- Midges
- Hair-bodies
- Down-wings

Tippet and Flies		
Size	Low	High
0X	No. 2	No. 1/0
1X	No. 4	No. 8
2X	No. 6	No. 10
3X	No. 10	No. 14
4X	No. 12	No. 16
5X	No. 14	No. 18
6X	No. 16	No. 22

**BUYING TIP: Buy flies within the region you want to fish.**

Basic Equipment	
Rod	Beginner: 8 - 8 1/2', 4 1/2 - 5 oz. Advanced: 7 - 7 1/2', 9' +
Reel	3 - 3 1/2" diameter, 3 1/2 - 5 1/2 oz,
Line	(see tackle standards table)

Casting in Winds	
Cross-Wind	<ul style="list-style-type: none"> <li>• Put more force on side opposite the wind.</li> <li>• If possible, cast with pole on lee side.</li> <li>• Keep rod at a 45° angle quartering away from and a few inches in front of you.</li> <li>• Strengthen the backhand on the lee side.</li> </ul>
Head-Wind	<ul style="list-style-type: none"> <li>• Exaggerate the forward phase.</li> <li>• Keep elbow well separated from body.</li> <li>• Keep back cast high.</li> <li>• Bring hand forward to above eye level.</li> <li>• Give the line a strong pull in straightening.</li> <li>• Let the rod reach a horizontal position before releasing.</li> </ul>
Tail-Wind	<ul style="list-style-type: none"> <li>• Keep back cast lower.</li> <li>• Keep forward cast high.</li> <li>• Move the rod to the rear at below 45°.</li> <li>• Keep the path of your hand circular.</li> </ul>

Technique by Body of Water	
Lakes	<ul style="list-style-type: none"> <li>• Watch for lanes of debris between ruffled places.</li> <li>• Anticipate feeding path of fish.</li> <li>• Use a long rod.</li> <li>• Present fly 10-30 feet away.</li> <li>• Use a light line.</li> <li>• Leader must sink immediately.</li> </ul>
Large Pools	<ul style="list-style-type: none"> <li>• Look for conflicting currents.</li> <li>• Fish the head of a pool.</li> </ul>
Small Streams	<ul style="list-style-type: none"> <li>• Stay out sight.</li> <li>• Use rod that can handle light tackle, hold a line 20-30 feet in air with light cast.</li> <li>• Use a bushy divisible to hide the hook.</li> </ul>