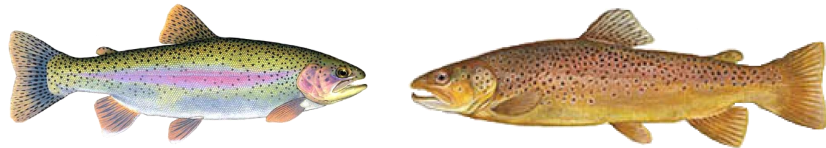


How 2 Fly Fish for Rainbow and Brown Trout

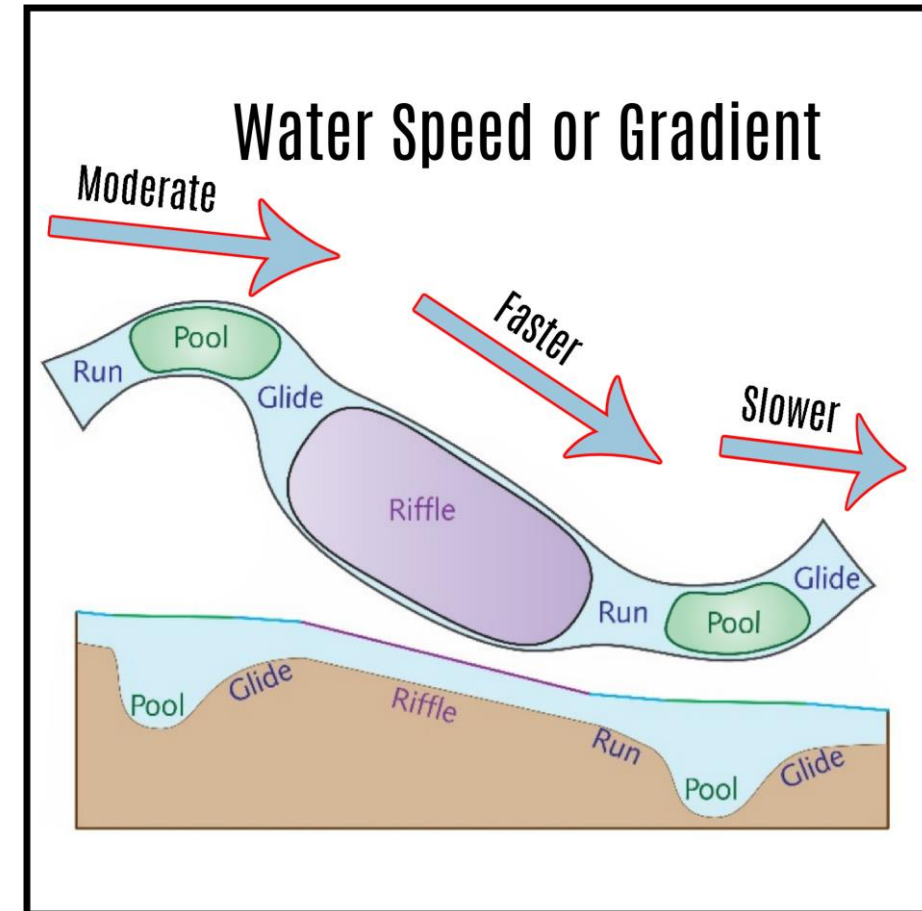


Have you ever learned and lived something and then realized you have so much more you can learn? That's what fly fishing for trout is to me. Rainbow and Brown trout are what I live to fish for. I've been known to get up at 2 am drive hundreds of miles to get on the water an hour before dawn. I average +50 solo days a year chasing just trout.



Where do Rainbow and Brown Trout Live?

This is what hooked me, trout are an outcome of clean, cool rivers and lakes. Tree lined banks, flowing water add boulders and mountains and you'll probably find trout. Trout like temperatures from cool a 45 to under 70. Fighting a trout in +70-degree water is most likely going to be lethal. Rivers and streams that cycle through the riffle, run, glide/pool sequence create different habitats that promote oxygenated water, food and shelter.



Guide Secret – Optimal feeding temperature for trout is 65 to 68 degrees F. Learn to carry a thermometer and take notes.

How 2 Fly Fish for Rainbow and Brown Trout



Gear and Setup

Most of my trips chasing trout are day long wading trips. My gear setup allows me to be super flexible and setup for; **1. Dry Fly, 2. Streamer and 3. Nymph**. The next pages will describe how I can carry a single rod and fish each technique.

Recommended Gear:

- Fly Rod - 6wt Med Fast Action, 8.5 to 9 foot.
- Reel – Large arbor with adjustable disc drag.
- Fly line – Weight forward floating line. A medium fast action 6wt rod usually balance well with a 6 weight line. (Get a decent quality branded line in the \$50 range.)



Guide Secret – Fly Lines, for many years I used a fly line I sold. It cost \$15, it worked okay. If your starting out, spend a little more it makes a huge difference. Durability, flexibility and “slickness” increase distance without over reaching your skill.

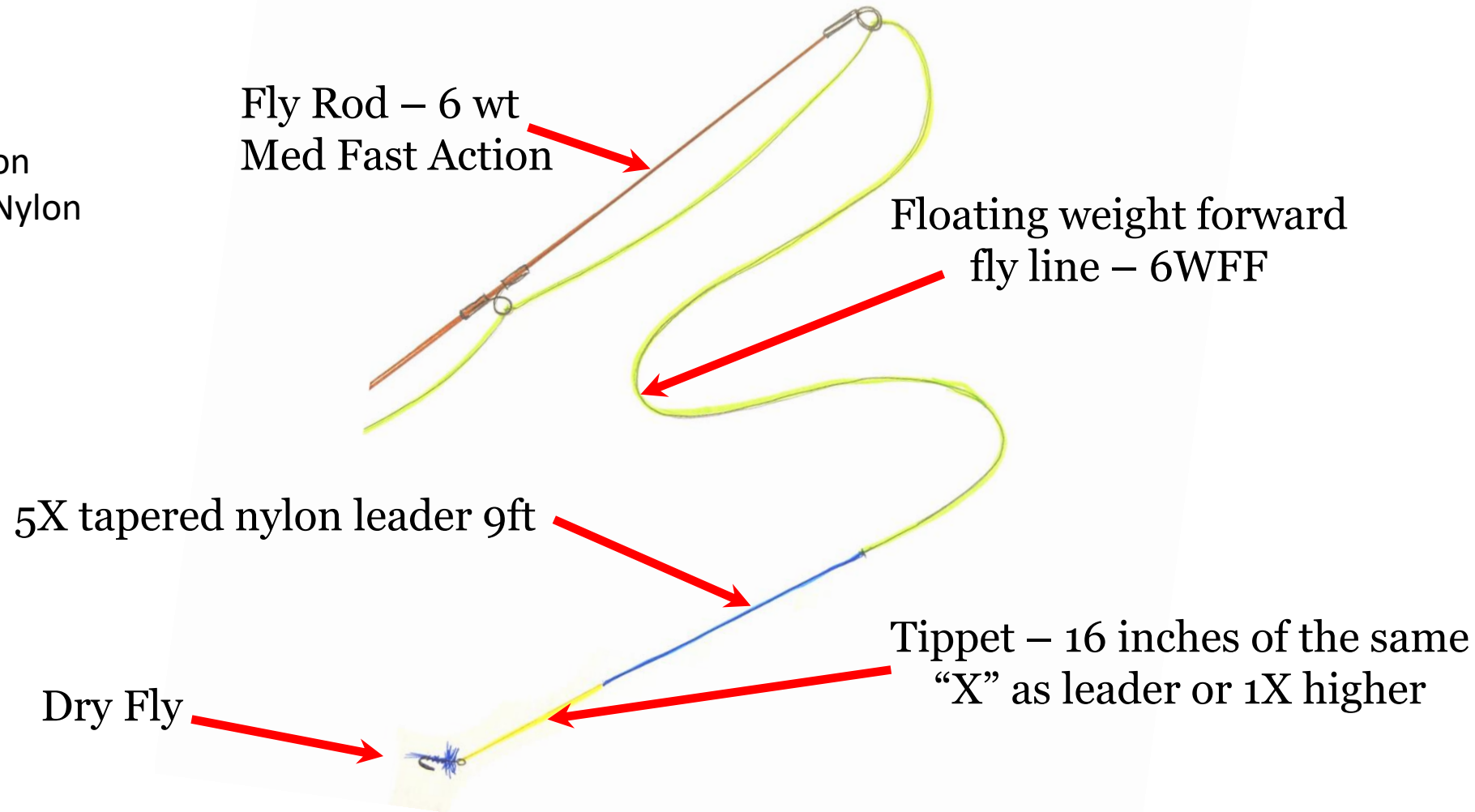
How 2 Fly Fish for Rainbow and Brown Trout



1. Dry Fly Setup

Recommended Gear:

- Leader – 5X Tapered Nylon
- Tippet – Either 5X or 6X Nylon



How 2 Fly Fish for Rainbow and Brown Trout



1. Dry Fly Setup - Flies

Recommended Gear:

- Fly Dressing is a MUST – GINK
- Have a small absorbent cloth to help dry your fly

Flies:

- Parachute Adams size 14 to 18
- Elk Hair Caddis size 14 to 18
- Griffiths' Gnat size 18 to 20
- Blue Winged Olive size 14 to 18
- Light Cahill size 14 to 18
- Foam Beetle size 14 to 18
- Hopper size 6 to 12
- Attractor like Madam X (rubber legs) size 8 to 10
- Attractor like Kaufmann's size 8 to 10



Parachute Adams
Size 14 - 18



Elk Hair Caddis
14 - 18



Griffith's Gnat
18 - 20



Blue Wing Olive
Size 14 - 18



Light Cahill
Size 14 - 18



Dave's Hopper
Size 6 - 12



Olive Madam X
Size 8 - 10



Attractor - Kaufmann
Size 8 - 10



Foam Beetle
Size 14 - 18

Guide Secret – Get some “insider” tips from a local fly shop. My home water has a combination hopper, stimulator and skunk called a Skopper. Looking at it, you'd think – no way. That fly has saved the day a couple times.

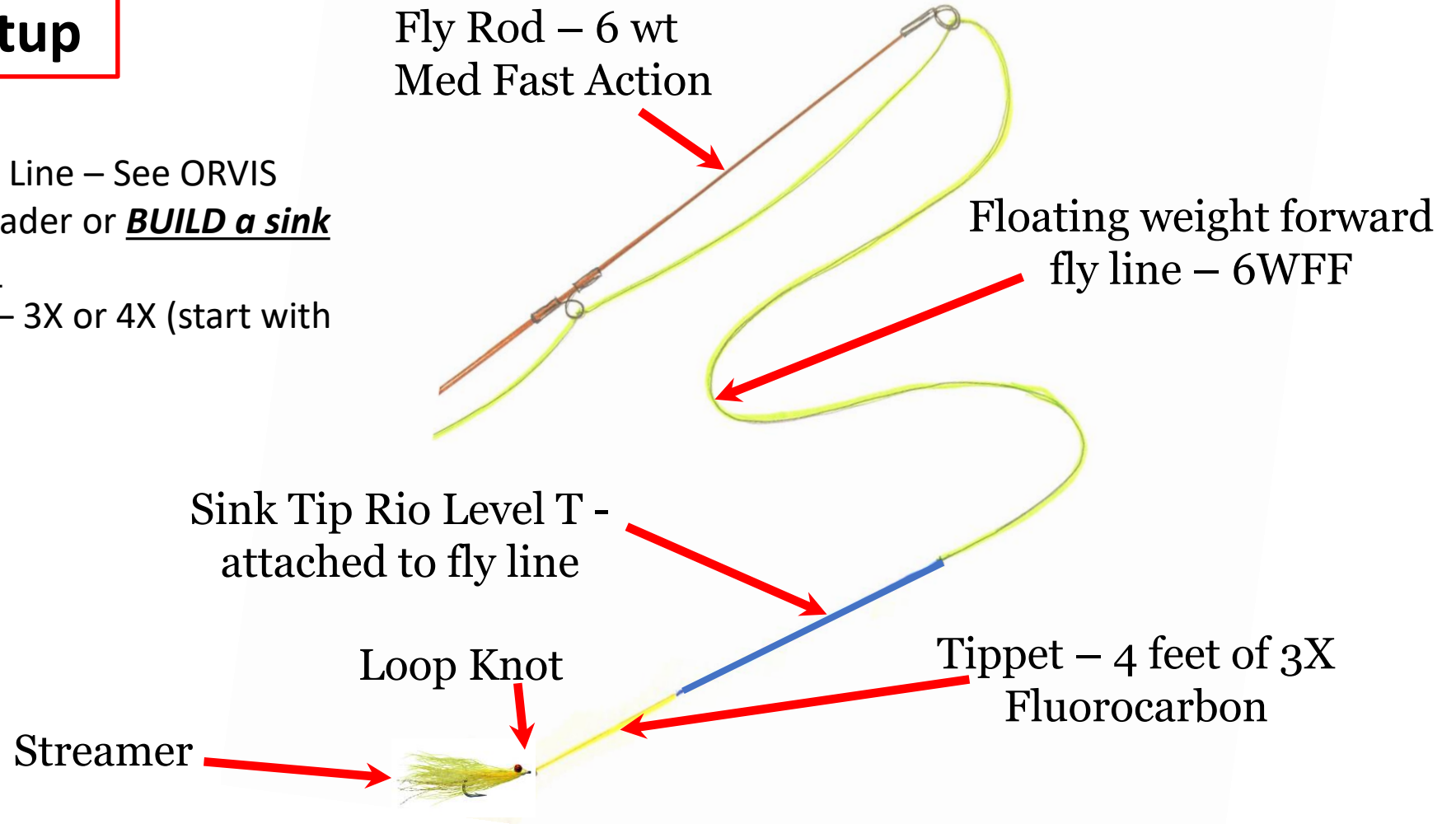
How 2 Fly Fish for Rainbow and Brown Trout



2. Streamer Setup

Recommended Gear:

- Sink Tip Added to Fly Line – See ORVIS Super Fast 7 ft Polyleader or **BUILD a sink tip with instructions.**
- Fluorocarbon tippet – 3X or 4X (start with 4 feet)



Guide Secret – See video and download for making sink tip leader and save \$\$

How 2 Fly Fish for Rainbow and Brown Trout



2. Streamer Setup - Flies

Mix up the colors for streamers, also rubber legs and flash area great addition to a streamer.

Streamer Flies:

- **Wooly Bugger**
- **Bunny Muddler**
- **Clouser**
- **Mickey Finn**
- **Zonker**
- **Conehead Muddler**



Wooly Bugger
Qty (4)
Black, Olive and White.
Size 8



Clouser
Qty (2)
White and Yellow with flash.
Size 6



Mickey Finn
Qty (2)
Yellow and Blue.
Size 8



Zonker
Qty (3)
Brown, White and Black.
Size 6-8



Conehead Bunny Muddler
Qty (3)
Brown, White and Yellow.
Size 6-8



Conehead Muddler
Qty (3)
Brown and White
Size 6-8

Guide Secret – Getting a streamer deep and moving is the key. Toss a big mend into the line as the fly is hitting the water, the extra line will allow the streamer to sink.



3. Nymph Setup

Recommended Gear:

- 4X – 9ft Fluorocarbon Leader
- 4X or 5X Tippet ~ 24 inches
- Optional split shot and indicator

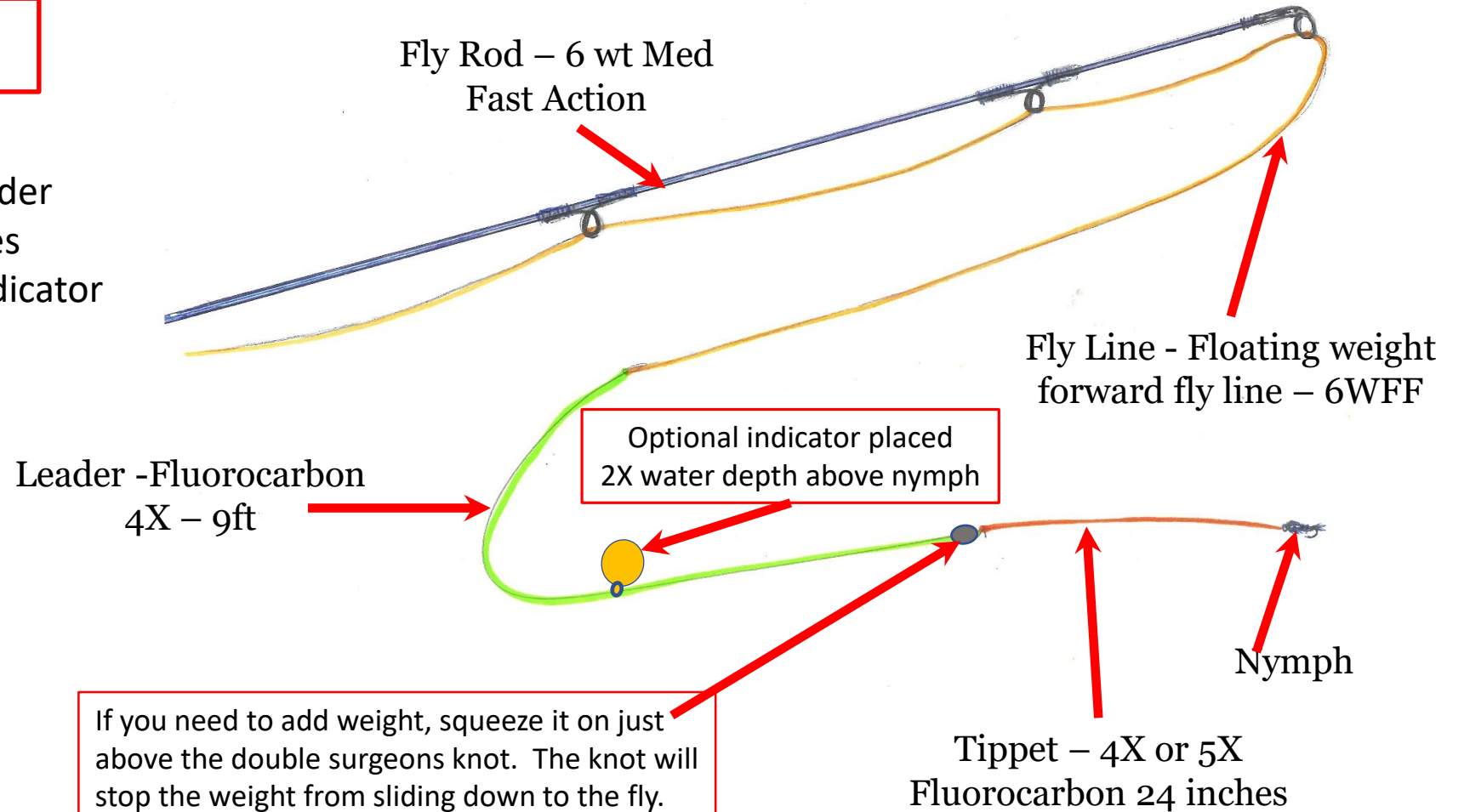
Favorite Nymphs



Pheasant
Tail



Hares Ear



Guide Secret – The secret to nymph fishing is getting the fly **DOWN** in the water column, occasionally bouncing on the bottom.

How 2 Fly Fish for Rainbow and Brown Trout



3. Nymph Setup - Flies

NYMPHS

Streamer Flies:

- Pheasant Tail
- Hare's Ear
- Green Caddis
- San Juan Worm
- Black Stone
- Hex
- Zebra Midge
- Rainbow Warrior
- Eggs and spawn



Pheasant Tail
Qty (4)
Light and Dark.
Size 14-18



Hare's Ear
Qty (3)
Light and Dark.
Size 14-16



Green Caddis
Qty (2)
Green - Size 16



**San Juan or Squirmy
Worm**
Qty (2)
Brown, Red - Size 12



Black Stone
Qty (2)
Black - Size 10 and 16



Hex
Qty (2)
Black - Size 8 and 12



Zebra
Qty (2)
Black Size 14 to 18



Rainbow Warrior
Qty (2)
Size 14 to 18



**Eggs and Sucker
Spawn**
Qty (3)
Pink, Orange and
Yellow.
Size 8-10



Guide Secret – Trout will spit a hook quickly, learn to set the hook at every twitch, tick or pause.