

Fishing 101

Be Prepared for a Successful Day of Fishing*



- **Always pack the 10 Essentials:** *Navigation* (Map, compass, GPS), *Sun and Bug Protection* (Sunglasses, sunscreen, hat, bug spray), *Insulation* (Jacket, hat, gloves, rain shell), *Illumination* (Flashlight, lanterns, headlamp), *First-Aid Supplies*, *Fire* (Matches, lighter), *Repair Kit and Tools* (Duct tape, knife, screwdriver, scissors), *Nutrition* (Food), *Hydration* (Water and water treatment supplies), *Emergency Shelter* (Tent, space blanket, tarp)
- **Fishing License:** For most parks, a license is required; Some may require a park-specific license, and some parks may not require one at all. Read about the regulations of the park where you are fishing to know which license to buy in the **ParkPassport App**.
- **Fishing Rods, Reels, and Lines:** Depending on the type of fishing you want to do, rods will vary. **Things to consider when fishing with a rod are its flexibility, strength, and length.** Each of these elements will vary depending on what type of fishing you want to do. The rod will also determine the type of reel and type of line you need.
- **Hooks and Bait:** Experts **recommend using single, barbless hooks for catch-and-release fishing.** These hooks cause less injury to fish and help conserve them for future generations. **Live bait is often prohibited in national parks, public lands & waters** but check with your parks' regulations to see if they allow live bait.
- **Lures and Tackles:** It helps to study the environment around you when choosing the tackle or lures you want to use. Notice the types of insects or fish around you, and **match your tackle to the type of food your intended catch eats.**

Knots You Need to Know**

- The right knot is important. You want the strongest knot possible so that you don't lose the fish. A simple overhand knot weakens the line by about 50 percent.
- Practice tying knots. Take a length of fishing line, a hook with the point cut off or buried into a cork, and practice until you can tie each knot correctly.
- Wet knots with saliva as you pull them tight. This prevents damage to the line and allows the knot to pull tight.
- Pull up all ends when tightening the knot. With some knots this will be only the standing end and tag end; with other knots, it might be three or four ends.

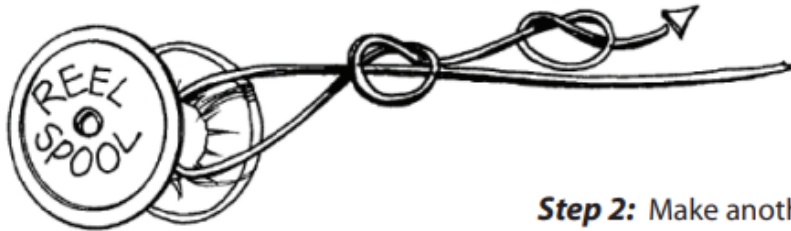
*<https://www.nps.gov/articles/gearing-up-for-fishing.htm>

** https://www.fishandboat.com/Fish/FishingFundamentals/Documents/tmf_knots.pdf

Arbor Knot

Use: To attach line to a fishing reel

Step 1: Run the line around the fishing spool or *arbor*, and make an overhand knot around the standing end.



Step 2: Make another overhand knot at the end of the tag end. Pull the line tight.

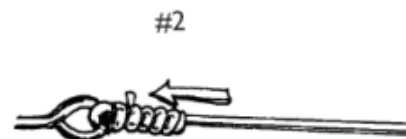
Improved Clinch Knot

Use: To tie directly to a hook, lure or rig.

Step 1: Place the tag end through the lure or hook eye. Wrap the tag end 5 or more times around the standing end. Then, run the tag end back through the formed loop.



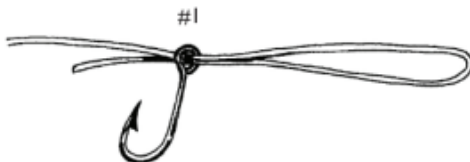
Step 2: Pull the tag end tight and trim.



Palomar Knot

Use: To tie directly to a hook, lure or rig.

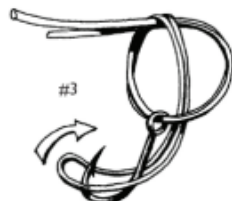
Step 1: Double the line and run it through the lure or hook eye.



Step 2: Begin to knot the line.



Step 3: Take the loop end and place it over the hook or lure.



Step 4: Pull the loop tight and trim the tag end.

