

# WHAT DO I NEED TO GO FISHING?

The fishing section of any sporting goods store can be overwhelming. There is so much fishing tackle and fancy equipment to look at. How do you decide what to buy? The truth is, all you need is a small investment in a beginner's rod and reel, a hook, line and some kind of bait or lure, and you'll soon be on your way to catching fish!

# **ROD AND REEL TYPES**

You can choose from four main types of fishing rods and reels: spin-casting, spinning, bait-casting and fly rods. Spin-

casting is generally considered the easiest to use while bait-casting and fly rods are considered the hardest to use. Spinning is considered the most versatile since it can cast light and moderately heavy lures/ baits. For beginning anglers, a spin-casting rod and reel is recommended.



Where to begin? The variety of reels, rods, hooks and lures can be bewildering.

# SPIN-CASTING ROD AND REEL

Most people start fishing with a spin-casting rod and reel combo because it is easy to use. You cast using a push-button (right). Spin-casting tackle consists of a closed-faced reel mounted on top of the rod. Spin-casting reels can be used on any rod designed for bait-casting, but usually perform best on light- to medium-action rods. If you are a beginner, use a rod that is your height or shorter for better control.

# Fishing Line

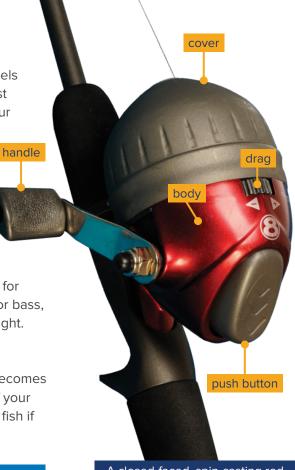
Fishing line is what connects you to the fish. While there are many different types of fishing line to choose from, monofilament line (mono) is the best choice for beginning anglers. Mono is inexpensive and works well in most fishing situations.

Line comes in different strengths called "pound test." Choose a line that best fits the type of fishing you plan to do. For example, when fishing for bluegills and yellow perch, 4- to 8-pound test line is good. When fishing for bass, use 8- to 12-pound test line. Eight-pound test is a good all-around line weight.

# Replacing Your Fishing Line

Keeping fresh line on your reel is very important. Old monofilament line becomes brittle and loses its strength. This can lead to broken line and a lost fish. If your line breaks easily after tying a knot, it's time to replace it. You'll land more fish if you replace your line at least once a year.

Look for instructions on how to tie line to your reel in the package of line you purchase.



A closed-faced, spin-casting rod and reel is a good first choice.

# Setting the "Drag"

All reels have a drag system that differs in appearance between reel types. The drag puts pressure on the reel's spool, setting how much force it takes to pull line off the reel. The tighter the drag, the harder it is to pull line off the reel. To tighten the drag, you turn one way (usually labeled with a "+" sign), and to loosen the drag, you turn the other way (usually labeled with a "-" sign).

Setting the drag properly is important. You want the drag tight enough to set the hook and control the fish, but not so tight that the line breaks. This gives you the ability to land a bigger fish than your line may be rated for. You can test the drag by pulling line off the spool with the reel engaged to retrieve line, as it would be if you hooked a fish. If the line you're using breaks, loosen the drag. If the line comes off too easily, tighten the drag. We recommend that you set the drag about 25% less than the pound test line you are using. This is done "by feel," which gets better with experience.

# **CASTING**

Learning how to cast well can greatly improve your chances of catching fish. Sometimes being able to cast far really helps, such as when you are trying to reach deeper water or when surf casting (casting into the waves). But casting accurately is usually more important. Fish love cover, such as a downed tree or a rock in the middle of a stream, so casting in just the right place without getting snagged will help you catch more fish.

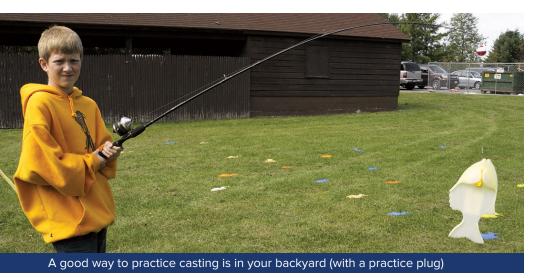
Learn more about cover, and how to change your fishing strategy to take advantage of it, later in this chapter.

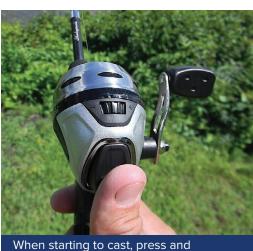
## How to Cast

- 1. When your line is ready and a practice plug is tied on (right), place the practice plug 6-12" from your rod tip. Before you cast, look behind you and make sure nobody is close enough to get hit by your cast. Check for trees and bushes that can get in your way. Make sure your line is not wrapped around your rod tip.
- 2. Press and hold down the reel's push button.
- 3. Using your wrist and elbow (not your whole arm), gently bring the rod straight up over your shoulder to about the ten o'clock position. Gently sweep the rod forward, causing the rod to bend with the motion. When the rod is in front of you at about one o'clock, release your thumb from the button. The bend in the rod casts the practice plug out.
- **4.** Turn the reel handle clockwise, and reel the practice plug back in.









# Cast Troubleshooting

Sometimes when you are casting, things just don't work right. Use these simple tips to fix some common problems.

• I try to reel in, but the line doesn't come in.

Sometimes, when there is loose line on the reel, the reel can't "pick up" the line. Try pulling the line tight and then reel in. Most of the time, this fixes the problem.

• The handle fell off my reel!

If you reel the wrong way, you can spin the handle right off the reel. Put the handle back on the reel and reel in the opposite direction. That will spin it back on correctly. Keep reeling in that direction to pick up the line.

## • I cast, but the line doesn't go out.

There are two possible solutions:

- 1. Check the rod tip to make sure the line isn't twisted around it. If it is, unwind the line and try to cast again.
- 2. If the line is not tangled at the rod tip, it might be tangled in the reel. Push down the button on the reel and let go, but do not start reeling in. Try to pull some line from the reel. If no line comes out, take the cap off the reel and try to untangle the line.

# Casting and Fishing Safety

Below are some safety tips to keep in mind while fishing:

- Always walk when holding your fishing rod. Don't run!
- When walking with the fishing rod, always keep the rod tip up and behind you so it comes through the brush and trees easier.
- Make sure to attach the hook to a rod line-guide when not fishing. This keeps the hook from swinging into branches or even people.
- Look around before you cast to make sure it's safe. You don't want to hit another person or get your line tangled in a tree.
- Stand on safe stable ground while fishing from shore.



When casting, avoid bobbersnagging branches.

# **TERMINAL TACKLE**

Terminal tackle is fishing gear that is attached to the end of your line.

### Hooks

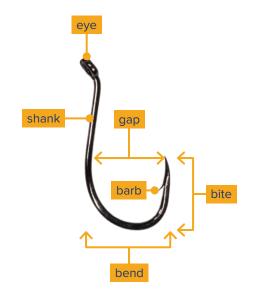
Fishing hooks are one of the most important inventions of all time. They have helped people catch fish for over 9,000 years. Today, there are many different styles of hooks to choose from, depending on how you are fishing. For now we will stick to the basics.

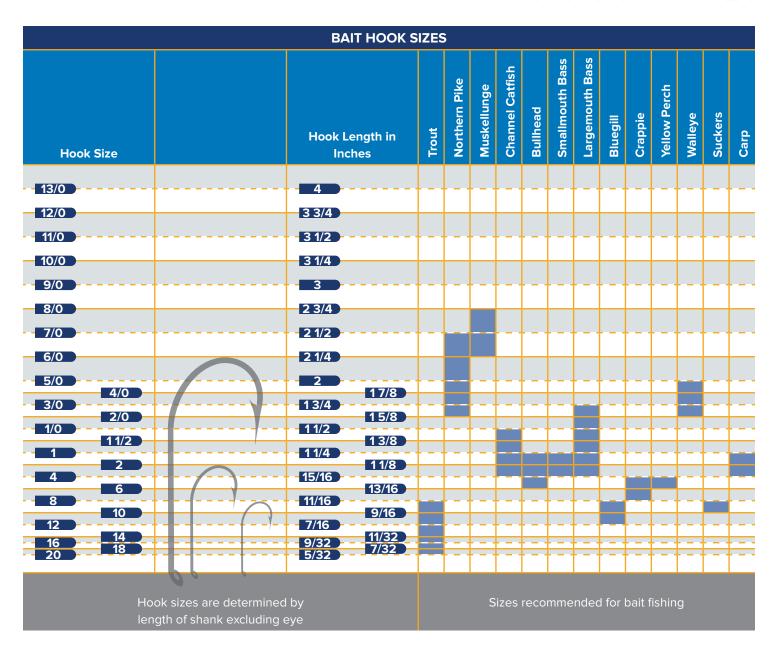
# Anatomy of a Fish Hook

Choosing the right size hook is very important when targeting a certain species of fish. Hook sizes are classified by numbers ranging from the tiny #22, used for tying small flies, to the giant #16/0 used for shark fishing. In between, are a variety of different sized hooks used for different sized fish. The chart that follows will help you decide which hook size to use. In general, use a hook that is not so big that a fish can easily detect it, but not so small that it can be easily swallowed.

### **GOING BARBLESS**

Some people may prefer to use barbless hooks. Any hook can be made barbless simply by using a pair of pliers to bend the barb down. Barbless hooks are good to use when catch-and-release fishing. However, remember to keep a tight line when reeling in your fish, as you will not have the barb to help keep the fish on the hook.





### Basic Fish Hooks

Bait holder – This style of hook has two barbs on the shank to help prevent bait from sliding down to the bend. This is a popular style of hook when using worms for bait.

Aberdeen – This is the classic j-shaped hook. It is very popular when fishing for panfish (such as sunfish and perch) and trout. It has a long shank that makes it easy to remove the hook from the fish.

Circle – This hook is becoming more popular with anglers because it will rarely hook a fish in the gut or the gills. It is a good hook to use when fishing with live bait.

One major difference is that you do not set the hook.

Instead, just reel steadily when you detect a bite until the hook is set.

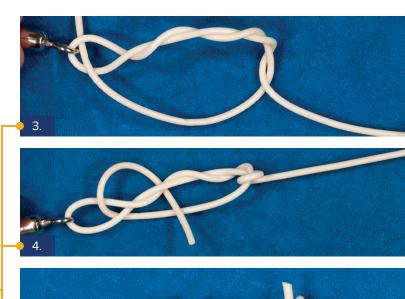
When fishing for panfish, size 6 to 8 aberdeen hooks work best.

### **Knots**

Knots connect your fishing line to the hook. They are the weakest point in your fishing line. Some knots are stronger than others. You can help keep fish from breaking your line with a good knot such as an improved clinch knot.

## **How to Tie an Improved Clinch Knot**

- **1.** Put the end of the line through the eye of the hook and bring it back toward the line.
- 2. Make six "S" twists around the line.
- **3.** Take the end back toward the hook and push it through the first loop nearest the eye.
- **4.** Bring the end back through the big loop.
- **5.** Moisten the line. Holding the hook and line, pull the knot tight until it looks like the knot shown.





## **Bobbers**

A bobber or float is designed to do three things. First, it keeps bait suspended above the bottom, weeds or other cover. Second, it indicates when a fish is striking (biting or nibbling). Third, it provides additional weight when casting.



Bobbers can be made of

hollow plastic, foam, or cork and come in a variety of sizes and shapes. The most common type of bobber is round and is made of hollow plastic.

Use the smallest size bobber that you can easily see and holds your bait without submerging. The reason for this is that the fish do not like to feel resistance when taking your bait. The smaller the bobber, the more likely it is for the fish to hold the bait. This equals more fish!

Fish are not always near the bottom or the surface. Try adjusting your bait until you find the depth where the fish are hanging out.

# Weights

Weights or sinkers keep your bait at or near the bottom, or can make your lure run deeper. They come in different shapes and sizes, each for a





(Left-right) bullet weight, split-shot, egg sinker

special purpose. Traditionally sinkers were made of lead. However, lead sinkers can be dangerous to waterfowl and other animals if swallowed. Small lead sinkers under ½-oz. can no longer be sold in New York State, but there are now many sinkers available that are not made of lead. Like bobbers, the larger the weight, the more resistance the fish feels. Use the smallest weight you need to keep your bait at the bottom.

**Note:** use a pair of pliers to put split shot on your line. Do not use your teeth!



When lead sinkers are lost through a broken line or in other ways, birds and other wildlife can mistakenly swallow them while feeding and be poisoned.

# Swivels and Snaps

A swivel is a small metal connector used to prevent line from twisting. It is helpful when using different types of fishing rigs, such as the bottom rig below.

A snap-swivel is a swivel with an interlocking snap attached for changing lures quickly. Snap-swivels are good for lures that twist line, such as spinners and spoons, but may keep other types of lures from moving as they were designed to through the water. Keep that in mind when using them.



(Left-right) snap swivel, 3-way swivel, swivel

### Leaders

A leader is a short piece of line or wire that connects your main fishing line to your bait or lure. Wire is used for sharp-toothed fish, such as pike and pickerel. Fluorocarbon is used for line-shy fish such as trout because fluorocarbon blends into the water so the fish cannot see it.

# **NATURAL BAIT/RIGS**

# Common Bait Rigs

A rig is the combination of terminal tackle used to catch fish.

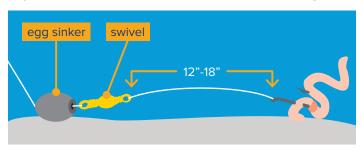
### **Bobber and Bait Rig**

This is the best rig for beginners because the bobber lets you know when a fish takes the bait. You can use this rig with all types of live bait. A split shot sinker is optional and should only be used if necessary to improve casting or to keep your bait down. This rig can be difficult to use on windy days.



### **Bottom Rig**

This a great rig to use, especially when fishing for species that feed on the bottom. It's also good to use on windy days when it is difficult to use a bobber and bait rig.

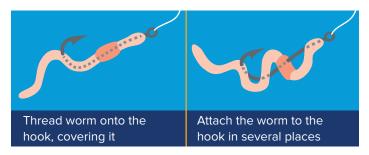


# Natural (Live) Bait

Natural baits consist of things like earthworms, crickets and minnows, and natural materials such as corn or dough balls. The use of natural baits is recommended for beginning anglers. You can purchase natural baits at bait shops, some mini-marts, and in the sporting goods sections of some department stores.

### Worms

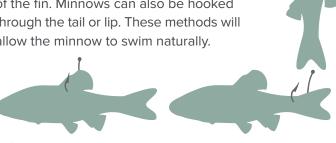
As bait, worms will pretty much catch anything that swims! Worms are found in rich soil, under leaves in the woods, or in gravelly soil along streams. Keep them in the shade in a can with moist soil. Because a worm will wiggle, hold it tightly at one end with your thumb and finger. Bring the hook down through one end of the worm and attach it in one of the ways shown below.



Be careful when putting bait on your hook. It is easy to poke yourself with a fish hook!

#### **Minnows**

Minnows used for bait are usually 1- to 3-inches long. Put the hook through the very top of its back, avoiding its spine, just in front of the fin. Minnows can also be hooked through the tail or lip. These methods will allow the minnow to swim naturally.



## **Crickets**

Crickets are a good bait for catching panfish. Hook them through the collar just behind their necks. The hook should be slipped under this collar so that the point is exposed. This keeps the insect alive so it will attract more fish. Look for crickets under rocks and logs.



Crayfish make great bass bait, but will catch plenty of other fish as well. Hold them along the back so you won't get pinched, and push the hook through the tail. Not all bait shops sell crayfish, so you might have to find them yourself. Your best bet is to flip over rocks along rocky shorelines.





## **DID YOU KNOW**

Minnows can spread fish diseases. Use only minnows caught from the same water you are using them in. Otherwise, you can use certified disease-free minnows from your local tackle shop. Also, make sure that the use of baitfish is permitted in the water you are fishing (see the current Fishing Regulations Guide).

#### **Wax Worms**

Wax worms are great for catching trout, perch, crappie and sunfish. They tend to be less messy than earthworms, making them perfect for the beginning angler. They work well with either a bobber or a bottom rig. Grab the wax worm by the head between your thumb and index finger. With your other hand, insert the hook through the tail end of the wax worm.

## **Dough-like Baits**

Dough balls are great bait for carp. Dough balls are easily made from flour, bread and cornmeal dampened with water or honey. Experiment and find what works best for you. The dough ball should be formed in a tight ball and pressed onto the hook.



# CATCHING A FISH

So you have your bait in the water, now what? How do you know when a fish is striking your hook?

- If you are fishing with a bobber and bait rig, keep a close eye on your bobber. If it starts to go under the water, a fish is biting.
- When fishing with a bottom rig, keep your line fairly tight. Closely watch your rod tip and line. If your rod tip starts bobbing, or your line starts to move or get slack, you are getting a bite.
- When using an artificial lure, detecting a strike depends on what kind of lure you are using. For example, if fishing with a plastic worm, wait to feel a tap on your bait or some resistance. If fishing with a fast-moving bait, your line will immediately get tight.

When you think a fish is biting your bait or lure, you need to "set the hook" (see exception in the box below). This is done by raising your rod in a fast upward motion, which causes the hook point to penetrate the fish's mouth.

Remember, if you're using a circle hook, there's no need to set the hook. If a fish is biting on the end of your line, simply start reeling in.

Hopefully, after you set the hook, you will feel the fish at the end of your line. Now is the time to try to judge the fish's size and figure out how you are going to "play" it. The bigger the fish, the more careful you must be to avoid breaking the line. Setting the drag (page 17) is a way for you to adjust how much resistance a fish feels when pulling on the line. If you think you have a large fish, consider loosening the drag. This allows the fish to take some line and prevents the line from breaking.

When you get the fish close to the shore or the boat, you are ready to land the fish. If you plan to keep your catch, a net can be a big help. If you plan to release your fish, try to avoid taking the fish out of the water. Excessive handling can remove the protective slime that coats a fish. If you are not keeping the fish, try to release it as quickly as possible. Needle nose pliers can be a big help when removing the hook. If your fish is deeply hooked, avoid tearing it out as this can harm the fish. Instead, simply cut the line above the hook, and the hook will corrode and dissolve over time.

# Holding Fish

Some fish have spines; some have teeth; a few have both. There are several ways to hold fish so you or the fish won't get hurt. Whenever you are holding a fish, make sure to wet your hands first. This helps keep the protective mucus layer (slime) on the fish where it belongs.

## **Spiny-rayed Fish**

For most spiny fish
(i.e. sunfish, perch and
walleye), wet your hand
and then slide it over
the head of the fish and
slowly down the back. Let
the spiny dorsal fin fold
down against the back. Hold
the fish firmly around the body.



### **Soft-rayed Fish**

Soft-rayed fish (i.e. trout) can be held the same way as spiny-rayed fish except that you don't have to worry about spines!



#### **Bass**

If you catch a small bass, place your thumb inside the lower lip and your forefinger on the outside. You can pick up a larger bass the same way, but you should also cradle



the body with your other hand or hold it straight down to prevent injury to the organs. Avoid holding the bass so that the lip bends down as this can injure its mouth. Because of the size of their mouths, you can also use this technique with crappies.

## Pike, Pickerel and Muskellunge

Pike, pickerel and muskellunge all have a set of very sharp teeth. Never put your hand into their mouths to remove a hook! Instead use forceps or needle nose pliers to remove the hook.



To hold a member of the pike family, grab the fish behind the head. Never grab a fish by the eye sockets or gill covers, because you can hurt it. If you plan to release the fish, keep it in the water as long as possible. If you do pick up the fish out of the water, hold it horizontally and support the fish's belly to prevent injury to the fish.

### Catfish/Bullhead

Members of the catfish family have three large spines to be aware of: one on the dorsal and one on each pectoral fin. For small catfish (i.e.; bullheads), put your



fingers in a V-shape. Run the "V" along the belly of the catfish toward the head. Your fingers will slide under the pectoral fin spines, allowing you to hold the fish easily. For large channel catfish, place one hand under the pectoral spines and hold the tail with your other hand.

# WHERE TO FISH IN LAKES AND PONDS

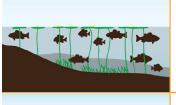
Lakes and ponds are a great place to start fishing. You can fish lakes and ponds from shore or from a boat. You can fish in shallow or deep water, in open water, or near structure/cover. Depending on the lake or pond you are fishing, you can catch a variety of fish species.

### Structure = Fish!

When you first get to a pond, look for "fishy" looking spots, such as a downed tree, lily pads, weed edges, or a dock. What do all these places have in common? They are all structure, and where you find structure, you will likely find fish!

Structure provides shelter, shade, and protection for fish. Structure can also attract baitfish, and baitfish attract game fish, the fish you want to catch. The formula is simple: find structure and you'll find fish! Other types of structure are submerged objects, such as stumps, rocks and branches, overhanging trees and brush, points, coves and inlets.

Most people begin fishing from shore or from a small boat near shore. So this section will concentrate on structure near the shoreline.



## Floating and Submerged Vegetation

Cast into the edges and openings to avoid tangling your gear. Look for weed beds that lead to deeper water, or look for sunken weed beds in deep, open water. Fish the edges of the weed bed, where fish like to cruise looking for food.



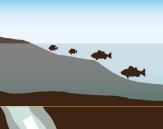
## **Downed Trees and Other Submerged Objects**

When experienced anglers see a sunken tree, they head straight for it because it provides structure that attracts fish. Other submerged objects to fish around are rocks, branches and stumps. Take care not to snag your gear when fishing around submerged objects.



### **Docks**

Have you ever walked on a dock and watched fish from it? The fish are there because a dock is great structure! Fish hide under docks to take shelter from the sun, so they are good to fish near any time of the day. Sometimes, the biggest fish can be way underneath, so don't just fish the edges if you are able to safely cast beneath the dock.



#### **Points**

Points are pieces of land that extend out from the shoreline and slope into deeper water. Gradually sloping points are good places to fish. The sloping-out formation creates a natural "highway" for fish to move from deep to shallow water in search of food. Fish the tip of the point and the corners of the point (the part that curves back into the shore).



#### **Inlets**

Areas where rivers and streams enter a lake or pond are called inlets. They are great places to fish because they carry food into the lake. Wherever there is food, there are fish! Spawning fish often gather near inlets before moving upstream to spawn. They can be excellent places to fish seasonally (usually spring or fall).



### **Overhanging Trees and Bushes**

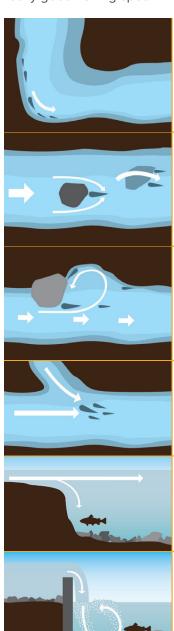
Overhanging trees and brushy shorelines provide cover from fish-eating birds as well as shade. Insects often drop into the water from overhanging trees and brush, providing food for fish. Huge fish can live under overhangs just feet from shore. The deeper the water under an overhanging tree, the better place it is to fish.

# WHERE TO FISH IN STREAMS AND RIVERS

Fishing in streams and rivers offers different challenges than fishing in lakes and ponds because you have to deal with moving water. River and stream fishing involves knowing where the water is moving and how fish behave in it.

The first thing you need to know is where fish hide in streams and rivers. Undercut banks, eddies (a small circular current), sunken trees, rocks, and overhanging trees and bushes provide protection from the current and predators such as birds.

Feeding places include the outsides of bends, merging currents, drop-offs, feeder brooks and springs. These are places where the current slows and food collects or sinks. When you have a hiding place next to a feeding place, you have a really good fishing spot!



### **Outside Bends**

When the river or stream curves, the faster water (which carries the food) moves to the outside of the bend. Fish look for food in these bends. Sometimes the outside of the bend also contains a rock or fallen tree. This slows down the food-carrying current and provides shelter, making it an even better place to catch fish.

## **Rocks (Pocket Water)**

When flowing water hits a rock, the current splits around the rock. This creates a quiet pocket of water for fish to rest in. Since the current is next to the pockets, fish can dart out to grab food as it drifts by. While these quiet pockets are usually small, a well placed cast can often land you a nice fish.

#### **Eddies**

Eddies form when flowing water hits an obstruction, such as a rock or a log, and slows down. As the water slows down, it creates a mini-whirlpool, which collects a lot of food. Cast into the slow water of the eddy and along the edge, where the faster current meets the eddy, to catch fish.

#### **Merging Currents**

Currents carry food. Where two currents meet, there is twice the food...a good place to feed if you are a fish. Plus, the water actually slows down in the "seam" where currents meet, creating a perfect place for fish to sit and for you to cast.

### **Drop-offs**

When water flows over a drop-off, it slows down and sinks, taking the food it carries with it. A drop-off is a great river fishing spot because it has food, deeper water and is away from the current.

#### **Dams and Waterfalls**

When water drops off a dam or falls, it digs out a big hole in the stream bottom. Fish will sit in this hole to feed on the food coming over the dam or falls. Dams and falls can prevent fish from moving upstream, concentrating fish. This makes dams and waterfalls excellent places to fish.

### **Undercut Banks**

Undercut banks, formed when the current cuts out a cave-like hole in the bank, are perfect hiding spots. They provide overhead cover and easy access to deeper water for feeding or escape. The largest fish in a river often live near undercut banks.

# **WHAT TO BRING**

Below are some things to keep in mind before leaving on your next fishing trip:

- Buddy up Fishing with family and friends is a lot of fun and safer too.
- Needlenose pliers Great to have for taking hooks out of fish
- Net Just in case you catch the big one
- **Bucket** − A place to put your fish or take a seat
- Bug spray To make your fishing trip more comfortable in the spring and summer months
- Rain gear Just in case

- Sunscreen To protect yourself from sunburn while out on the water
- Hand sanitizer To clean your hands before eating or leaving
- Towel Handy when cleaning your hands after handling live bait and fish
- Flashlight Important for fishing at night
- Ruler To figure out if your fish is large enough to legally keep
- ✓ Hat To keep the sun out of your eyes and face

- Sunglasses Polarized sunglasses not only help protect your eyes but they also help you see into the water.
- Line clippers To cut your fishing line. Remember, fishing line is not dental floss. Never cut line with your teeth.
- Regulations guide For reference and to make sure you are doing things legally
- Camera You'll definitely want to capture your memorable catch.



# **RESOURCES**

### Web Resources

- NYSDEC Learn to Fish www.dec.ny.gov/outdoor/44804.html
- NYSDEC Places to Fish www.dec.ny.gov/outdoor/7749.html
- NYSDEC Free Fishing Clinics www.dec.ny.gov/outdoor/27123.html
- Take Me Fishing How to Fish http://takemefishing.org/fishing/fishopedia/how-to-fish

### Books

- The Complete Idiots Guide to Fishing Basics by Mike Toth
- Fishing for Dummies by Peter Kaminsky and Greg Schwipps



# Fishing Around the World Game

Find a field or lawn area with lots of room. Place a wash bin, hoop or other casting target in the middle of the area and mark various casting stations around the target. Stations should be at varying distances from the target. Casters begin at the first station and can only move to the next if they successfully hit the target. First caster "around the world" wins. If you are alone, challenge yourself to see how few casts it takes you to go "around the world!"





# Catch a Fish

Now that you've learned how to fish, it's time to go out and catch one! Typically, small ponds loaded with sunfish are the best places to get a bite. Visit DEC's "Places to Fish" pages (www.dec.ny.gov/outdoor/7749.html) to find a fishing spot near you!