

## Gone Fishing!

A child's first fishing trip is exciting for both parent and child. A fun experience can lead to future years of fishing enjoyment. Here are some simple tips for taking kids fishing.



-  pack plenty of snacks and cold drinks
-  choose a spot close to home
-  make sure there are restrooms near
-  morning trips are best – the fish bite better and kids have more energy
-  pick a sunny day with moderate temperatures
-  keep the trip short – a couple hours at most
-  leave *your* fishing rod at home
-  emphasize that **fishing is fun**, *catching* is a bonus
-  take plenty of breaks from fishing
-  have fun!
-  take pictures
-  plan alternate activities to do if the weather turns bad or your child gets bored
-  remember you are taking the kids — they aren't taking you

### Fishing Trip Checklist

- bobbers
- camera
- cooler/ice
- drinks
- fishing license
- fishing rods, youth
- first aid kit
- insect repellent
- life jackets
- snacks
- sunglasses
- sunscreen
- wet wipes
- worms

## Safety Tips

Bring a basic first aid kit with sterile bandages, tape, antiseptic, band aids, aspirin, scissors, wire cutters, tweezers, analgesic cream, sunscreen, and insect repellent.

A wide brim hat and sunglasses will keep the sun out of your child's eyes and off his forehead. Avoid fishing in the middle of the day.

Life jackets are strongly recommended for children fishing around deep or fast-moving water. Make sure the life jacket fits your child snugly and won't ride up around her face.

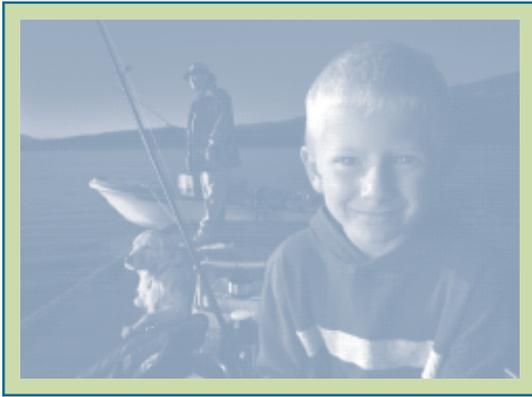
## Who Needs a Fishing License?

All anglers 16 years and older must have a fishing license to fish Iowa waters. Yearly, seven-day, or 24-hour licenses are available. Licenses are sold at several locations including Dahls, Hy-Vee, Kmart, Wal-Mart, the county recorder, bait and tackle shops, banks, sporting goods stores, or online: [www.iowadnr.com](http://www.iowadnr.com). For a complete list of sites, visit [www.iowadnr.com/cs/files/elsivendors04mar.pdf](http://www.iowadnr.com/cs/files/elsivendors04mar.pdf) or call 1-800-367-1188 to purchase a license 24 hours a day.

License fees and an excise on fishing equipment fund stocking, shoreline and fish habitat improvement, construction and repair of fish jetties, fish surveys, and angler education programs.

## Fishing Regulations

There are limits on the size and/or number of fish you can catch at one time for some species. A more complete description of laws is in the *Iowa Fishing Regulations*, available where you buy a license and Department of Natural Resources offices. They also are available online at [www.iowadnr.com/law/regs.html](http://www.iowadnr.com/law/regs.html).



### Rigging Up

#### Fishing Poles

Choose a fishing pole that fits your child's hands. It should be about as long as your child is tall. There are a variety of youth-size rods and reels (complete with line) for sale.

The simplest fishing rod is a cane pole. It can be made of bamboo, fiberglass, graphite, or even a tree branch. Fishing line is tied to the end of the pole. There is no reel. You simply toss the line into the water and wait for a fish to bite.

A spincast rod is great for beginners. The fishing line comes out of a hole in the reel cover. A thumb button releases the line or stops it from going too far.

### Tackle and Bait

Start with worms and a small bobber. Hooks are sharp, make sure you help children put the worm on. Hook the worm through the body two or three times. Nightcrawlers work great and you can even have a fun evening collecting them. Keep the worms in a closed container inside a cooler with ice to keep them fresh.

Minnows are another good bait for beginners. You can buy them at local bait and tackle shops. Keep them in a bucket of water. Use a small dipping net to catch them. Run the hook through the back just below the dorsal fin — don't hook it through the spinal cord.

Bobbers keep your bait suspended off the bottom and where the fish are biting. They bob up and down when you have a bite. Kids love to watch them.

## Tying on the Hook

The Trilene® knot is a strong all-purpose knot that you can use to tie a hook to your line. Follow these simple instructions.

1. Run the end of the line through the eye of the hook two times.



2. Loop the line around four or five times, then thread the loose end back between the two loops near the hook.



3. Pull tight. Trim the loose end.

