

CATCH-&-RELEASE BASICS

IF YOU LOVE SOMETHING, SET IT FREE!

HELPFUL HOOKS



TREBLE HOOKS



J-HOOKS



CIRCLE HOOKS



Using your split-ring pliers, remove the treble hooks and attach J-hooks or circle hooks to your hard bait.



Use your pliers to de-barb your hooks by squishing the barb flush.

UNHOOK YOUR CATCH



Gently remove the hook using your pliers.



If hook is buried deep, cut the line and leave the hook in place.

FISH CPR



In moving water, gently hold the fish facing the current so water flows through its gills. Release fish when it is able to swim away with vigor.



In still water, gently hold the fish with two hands, and move it in a figure-eight pattern to help move water through its gills. Release fish when it is able to swim away with vigor.

HANDLE WITH CARE



Never hold a fish with one hand by its lower lip, always support the body with your other hand. Keep your hands wet when handling fish to minimize the chance of infection to the fish.