

# WHAT TO CATCH AND WHERE

In NYC, beginners can try any of the Hudson or East River piers. As a basic rule, try to time your trip for the two hours surrounding high tide. Saltwater fishing is often dependent on tide and season (see calendar). DEC's website, <http://www.dec.ny.gov/outdoor/8377.html> has more information.

## SUGGESTED GEAR CHECKLIST

- Rod
- Reel
- Line
- Bait
- Hooks
- Sinkers
- Drop net (if on pier)
- Pliers/Forceps
- Clipper
- Rags (to wipe your hands)
- Bells (clip to rod tip, optional)
- Proof of marine registry
- Regulations
- Tape measure
- Bait Knife
- Cutting Board (optional)
- Cooler/ice (if keeping fish)
- Health advisories (if keeping fish)

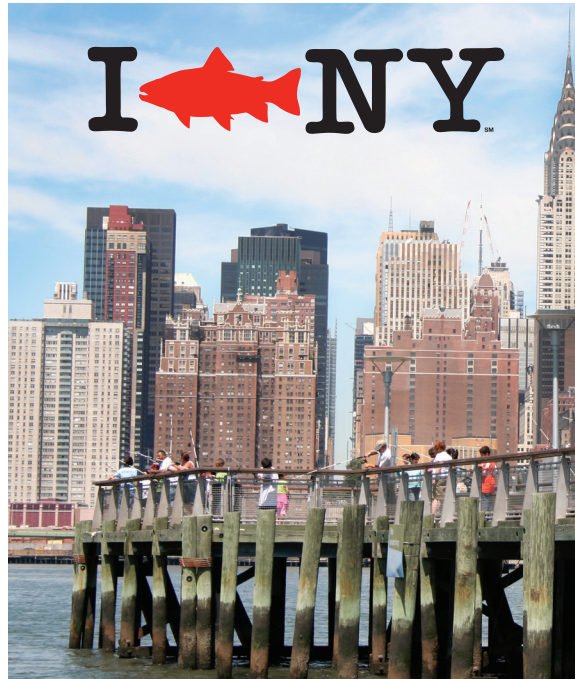
SPECIES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
American Eel*												
Blackfish												
Black Sea Bass												
Bluefish*												
Snapper Bluefish*												
Fluke*												
Oyster Toadfish*												
Porgy (scup)												
Sea Robin*												
Striped Bass*												
Weakfish												
Winter Flounder												

Legal season as of July 22, 2013       \*Frequently caught from shore in NYC  
 Prime Season



Department of Environmental Conservation

# GETTING STARTED FISHING IN NEW YORK CITY



## SALTWATER

### Tips for the First-Time Angler

Here we provide tips and suggestions on everything from purchasing your equipment to getting your line in the water and enjoying the exciting hobby of fishing.

<http://www.dec.ny.gov/>

# EQUIPMENT

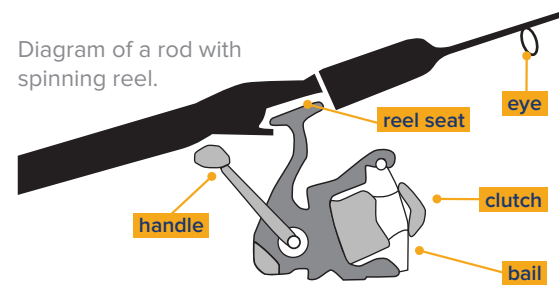
For anyone with no fishing experience, walking into a tackle shop can be daunting. With so many different types of rods, lures, hooks and bait, it is hard to know where to start. Remember, the most expensive equipment does not guarantee you will catch the most fish.

## RODS

We recommend starting with a 7' - 7.5', 15-30 lb weight rod and a reel that can hold about 150 yards of 20 lb test, or a 4000 - 5000 size reel. A standard combination setup should cost somewhere between \$60 and \$150 from a sporting goods retailer. For more specific suggestions, consult your local tackle store.

## REELS

We recommend that beginners start with a spinning reel (see diagram). Always use the correct size reel for the rod. Make sure the line weight, rod line rating, and reel size match. Ensure your reel is firmly attached to the rod. Rinse gear with freshwater after use to prevent corrosion.



## LINE

Use monofilament line to start, as it is easiest to work with. For local saltwater, 20-25 lb test should work. Your local tackle store can sometimes spool line onto your reel for you, or you can do it yourself. A quick internet search will lead to numerous instructional videos.

## SETTING THE DRAG

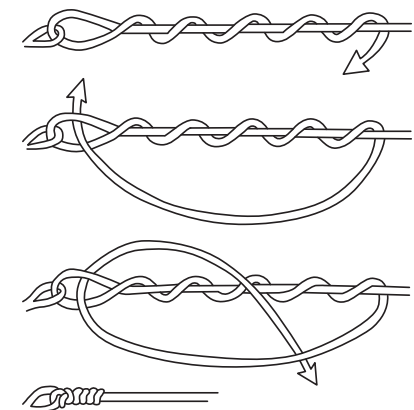
Before you start to fish, set the drag (clutch) on the reel. Drag is the resistance you feel when line is pulled from the reel, and it is controlled by a button or knob usually located at the top of a spinning reel. Set the drag by closing the bail, pulling on the line, and adjusting the drag control until the line is difficult but not impossible to pull from the closed reel.

## HOOKS

There are many types of hooks, but we recommend using circle hooks, which are designed to keep the fish from swallowing the hook. Fresh and saltwater hooks are different, so use the correct type for the fishing you will do. There are many sizes, and a larger number generally means a smaller size. For saltwater, anywhere from a size 2 to a size 1/0 should be suitable. Remember, a smaller hook can catch a larger fish, but not the other way around!

## ATTACHING THE HOOK TO THE LINE

To connect your hook and line, use an improved clinch knot.



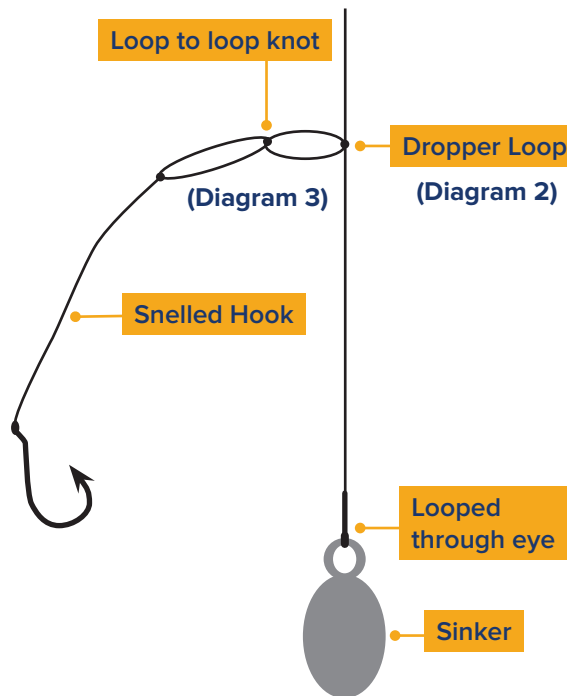
# CATCHING FISH

For the beginning angler, we recommend fishing with bait instead of lures. Bait is sold fresh or frozen. General saltwater bait options include clam, squid, bunker, or sand worms, but certain species can require specific bait. Consult your bait shop for advice on what bait to use in a particular location.

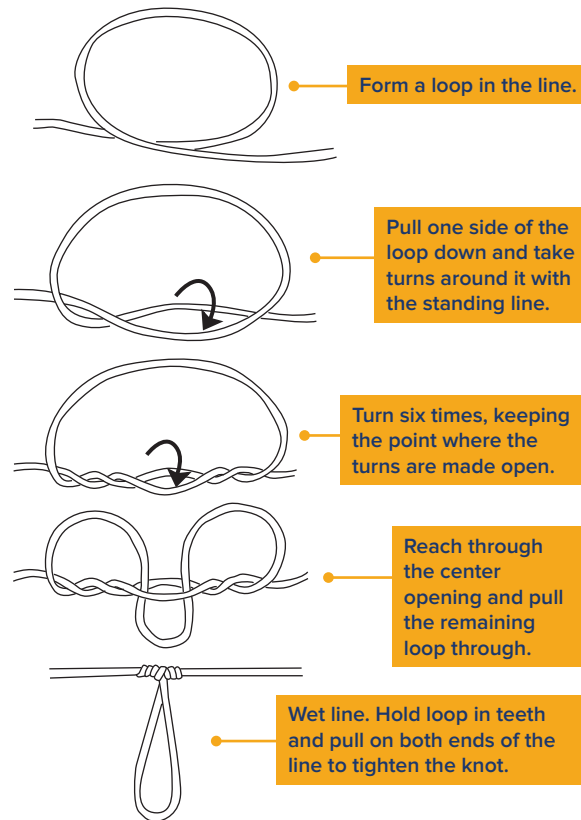
Set up your bait with a bottom rig for a simple option (see diagrams for complete rig, dropper loop and loop to loop knots). Attach the sinker to the rig by bending the end of the line into a loop and tie a simple overhand or figure 8 knot. Loop the sinker eye through the resulting loop as in a loop to loop knot.

As your skill level increases, you may want to give lures a try. A lure is something that imitates a fish's food source. Given the dizzying variety of lures available, you may wish to seek advice from a tackle shop or fellow anglers.

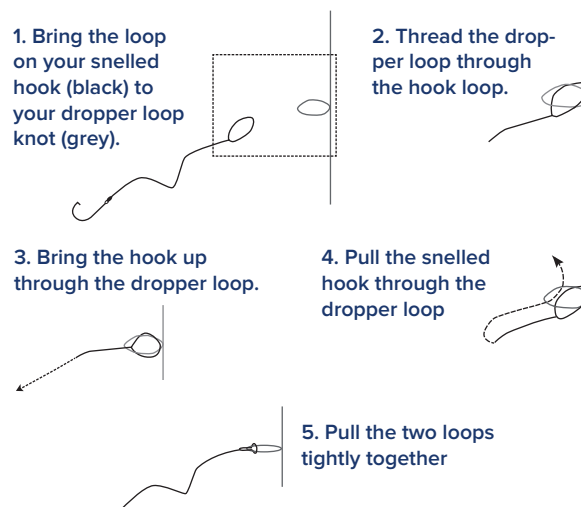
## 1. COMPLETE BOTTOM RIG



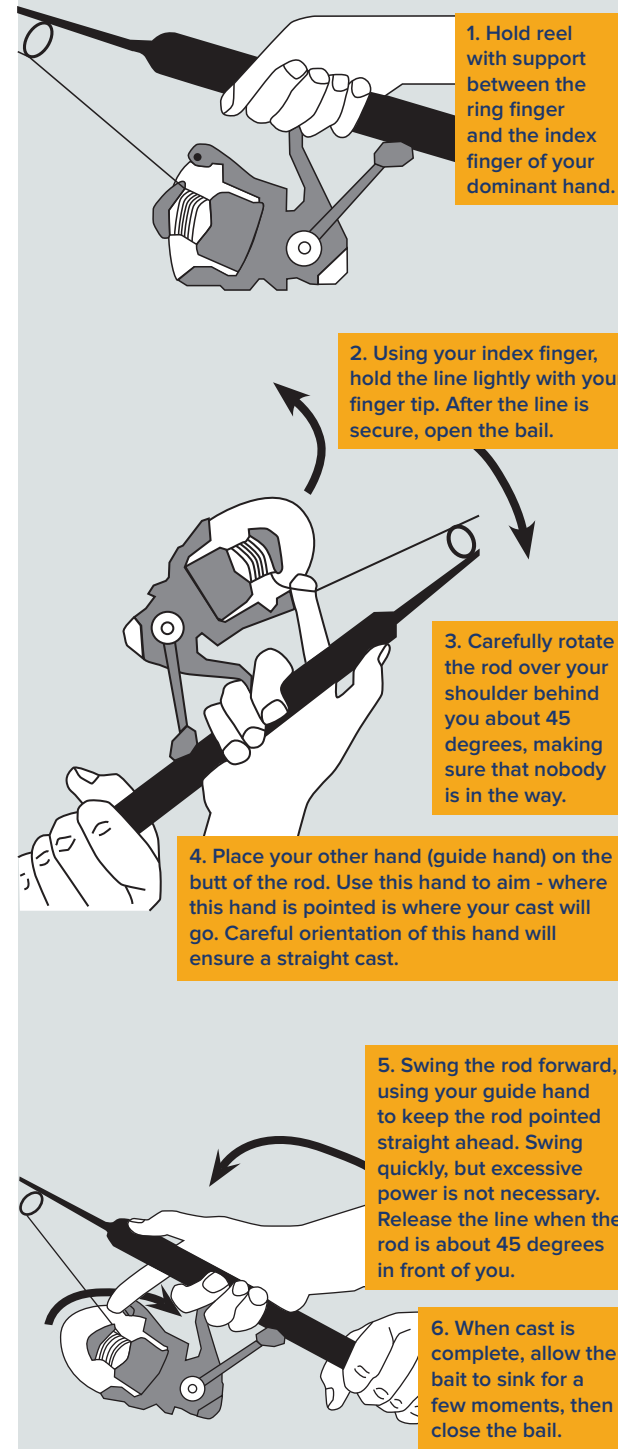
## 2. DROPPER LOOP KNOT



## 3. LOOP TO LOOP KNOT



# CASTING YOUR LINE



# REGULATIONS

Anyone 16 years or older must join the free Recreational Marine Registry to fish in saltwater. Be aware that there are species-specific limits on the size and number of fish you can keep. These are subject to change, so consult the regulations before every trip. For the latest regulations and license information, go to [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

## CATCH AND RELEASE

In catch-and-release fishing, fish are returned unharmed to the water where they were caught. Any fish that does not conform to regulations must be released. Fish should always be handled with care and as briefly as possible. Use wet hands, or ideally, try not to remove the fish from the water at all if you don't plan to keep it. Hold a fish by grasping it firmly around the body, avoiding the gills and eyes. Some fish have sharp spines or teeth, so be careful. To remove the hook, use forceps or needle nose pliers to back the hook out the way it came in. If the hook is too deep to reach, cut the line as close to the hook as possible and release the fish, in a single motion.



## HEALTH ADVISORIES

The NYS Department of Health issues advisories for the safe consumption of fish from New York. Current guidelines are at [http://www.health.ny.gov/environmental/outdoors/fish/health\\_advisories/](http://www.health.ny.gov/environmental/outdoors/fish/health_advisories/)