

Stillwater Caddis Pupa



Best fished in early summer period when caddis emergences are most intense. Remember that caddis pupa swim quickly up through the water column to emerge into the adult stage. Watch for cast casings or shucks of newly emerged adults. That will tip you off as to an emergence

Material

Hook – 2X long shank (Mustad R74) sizes #12-#8
Thread – 8/0 or 6/0 green waxed
Rib – Lime green Super Stretch Flex or Super floss
Body – medium olive synthetic seals fur dubbing
Thorax – same as body material
Shellback – Ringneck pheasant tail fibres
Throat – Peacock Angel Hair fibres
Legs – Ringneck pheasant rump fibres
Head – peacock herl

Stillwater Caddis Pupa Techniques and Equipment

Fly Line – WF6I - Clear intermediate/slow sink
Retrieve – 6 to 8 inch medium fast strip retrieve
Leader – 12 ft with 5 pound tippet
Note – clear intermediate line sinks at 2.5 inches/second