

# TROUT

## HANDLING & RELEASE

# ADVICE

### **PLAN AHEAD**

*Know the regulations and bring pliers or a release tool*

### **LAND QUICKLY**

*Use appropriate tackle and do not play a fish to exhaustion*

### **MINIMIZE HANDLING**

*Keep the fish in the water while removing the hook and taking photographs*

### **RELEASE WHEN READY**

*Allow the fish to revive and swim away on its own power*

#### **OTHER TIPS:**

- Use single-hook lures, or circle hooks if fishing bait (when bait is legal), and cut the line if the fish is deeply hooked
- If a fish must be handled, use wet hands or a rubberized knotless net, and support the fish horizontally
- Fish during cooler parts of the day in summer
- When legal, consider harvesting severely injured or exhausted fish



**FOR MORE INFORMATION VISIT [NCWILDLIFE.ORG/TROUT](https://ncwildlife.org/trout)**