

REEL IN A NEW ADVENTURE

Your free guide to fishing basics

5 REASONS TO GO FISHING

FISHING TRIP TIPS

RIGGING UP

LOOKING AFTER YOUR CATCH



Casting a line is the perfect motivation for spending more time outdoors, exploring new destinations, being in awe of nature, taking time for yourself or connecting with family and friends.



5 REASONS TO GO FISHING

Discover the benefits of fishing and you'll realise that there's so much more to it than catching fish.

SEEKING NEW ADVENTURES

If you love exploring new destinations, road tripping, camping, or just getting out there, fishing will fuel your wanderlust.

With some of the most stunning waterways in the world and some great fishing on offer, NSW's breathtaking coastlines, pristine estuaries, crystal clear alpine rivers and impressive inland impoundments are waiting to be explored. The opportunities for adventure are endless.

BEING IN AWE OF NATURE

Not just about the thrill of the catch, fishing provides an opportunity to connect with the natural world.

There's nothing like watching the sunrise over the ocean or marvelling at nature as you practice a new lifelong skill.

CATCHING YOUR BREATH

A sport for some, a form of meditation for others, casting out a line can be as relaxing or as active as you want it to be.

In fact, scientific studies have shown that fishing can reduce stress and boost mental wellbeing – it's the perfect form of mindfulness.

GETTING THE FAMILY HOOKED

Fishing provides endless opportunities for families to have fun, learn new skills and spend time together outside.

A wonderful activity for kids, fishing is as fun and addictive as it is educational – at every level there are problems to solve and new techniques to master. From tying knots to learning about fish behaviour or reading the water, fishing is a lifelong skill.

MAKING LASTING MEMORIES

More than just a hobby, fishing connects generations and creates family memories that will last a lifetime.

It's no wonder fishing is a rite of passage for kids and one of the most popular family activities in NSW.

WHERE TO FISH

NSW boasts some of the world's most incredible fishing experiences, from wetting a line in Sydney Harbour to casting a fly in the Snowy River. There's so much on offer, you'll find yourself exploring a wide range of waterways across the state and beyond.

By far, the safest, most accessible and easiest places to fish are from the shoreline or jetties and you'll find plenty of locations around our estuaries, lakes, beaches, rivers and dams. Remember, fish only in places you know are safe and never fish in exposed areas during rough or large seas.

Charter boats provide an easy escape from shore and a ½ day or whole day trip will often result in some great fishing and new skills learned. To find your nearest charter operator visit www.dpi.nsw.gov.au/fishing/recreational/resources/charter/go-charter-fishing-in-nsw



FISHING TIPS

HOW TO PLAN AND PACK FOR A FISHING TRIP



Fishing doesn't have to be complicated, but it does require a little planning. Whether you're packing for an out of town adventure or for an afternoon at your local beach, there are a few essentials you'll need wherever you go.

If you're just starting out you don't need to spend a fortune on gear. Like any outdoor pursuit, you can add to your kit as you try different types of fishing.

FIRST THINGS FIRST

Going fishing in NSW is easy and fun but there are a couple of things you need to check off before you cast out and wait for a bite! First up, NSW has a recreational fishing licence, with all revenue re-invested on programs to improve your fishing opportunities across the State.

Head to www.dpi.nsw.gov.au/fishing/recreational/recreational-fishing-fee/licence-fees-at-work to find out more about the benefits provided by the licence. Major programs include fish stocking, fishing facilities, fish habitat restoration, artificial reefs, fishing workshops and stacks of other proactive and beneficial initiatives.

You can easily purchase your "fishing licence" online or at your local tackle shop. A variety of options – 3 day, 1 month, 1 year and 3 years – are available to suit your budget and fishing interests. Kids under 18 are exempt from the licence. Check the DPI website for other exemptions at www.dpi.nsw.gov.au/fishing/recreational/recreational-fishing-fee

Paying the NSW fishing licence fee is a great way for you to contribute to ensuring quality recreational fishing opportunities, now and into the future

A HANDLINE OR ROD AND REEL

You can fish with a simple handline or choose a rod and reel combination. A 7' rod with a simple spinning reel makes for the perfect all-rounder. Ask your local tackle store to help you spool the rod with the right line.

TACKLE AND EQUIPMENT

- Sinkers in sizes 1-4
- Small swivels to stop the line twisting
- Fishing pliers (needle-nosed) and a small knife
- A small tackle bag to keep everything together (optional).

You can't beat advice from your local tackle store who can help put this together for you.

CIRCLE HOOKS

Small circle hooks in sizes 1/0 and 2/0.

FISH FRIENDLY MESH NET OPTIONAL

Avoid knotted landing nets as these can damage a fish's scales, skin, eyes and fins.



TIP

Circle hooks have many benefits. Their shape helps hook fish in the side of the mouth rather than deep in the mouth which can greatly reduce the fish's chance of survival if it is released back into the water.

RIGGING UP

ALL YOU NEED TO KNOW ABOUT SETTING UP YOUR GEAR



Preparing your gear before you leave home will ensure you have a much more enjoyable experience – especially if you’re setting up rods for the whole family. We’ve rounded up the basics to get you started.

TYING A UNI KNOT

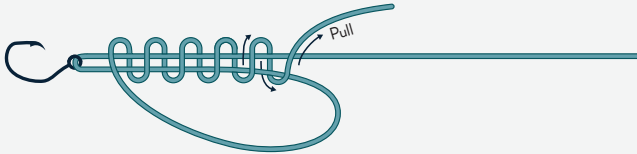
If you don’t know any fishing knots then the trick is to learn one basic knot and use it for attaching your rigs and tying on hooks. The more you tie it, the easier it becomes.

The uni knot is a good one to start with because it is strong and really easy to tie. There are 6 steps to the uni knot:

1. Pull your line through the eye of the hook or swivel
2. Double back parallel to the main line
3. Make a loop by laying the tag end over the now doubled line



4. Make 5-6 turns with the tag end around the double line and the loop



5. Pull the tag end to make the knot snug



6. Slide the knot down to the eye of the hook and trim the tag end



MAKING A RUNNING SINKER RIG

A running sinker is a super reliable, simple rig that can be used to catch a range of fish found in estuaries right through to deep-water. With this rig, your bait will be able to move more freely, in line with the current and look more natural to fish.

There are 3 steps to the sinker rig:

1. Cut about 30cm of line
2. Tie a hook on one end and a swivel on the other using a uni knot
3. Thread a ball sinker onto your main line and join it to the other end to the swivel with a uni knot.



SETTING UP YOUR ROD AND REEL

Setting up your rod involves threading the line from the reel through the eyelets on the rod and pulling it through so that you can attach a clip, swivel or hook on the end of the line.

The hook and sinker arrangement is called a rig. There are heaps of different rigs best suited to the type of fish you’re catching and where you are fishing. If you’re fishing in calm water off a jetty, you may need only a small hook and sinker, whereas if you are beach fishing, you may need a big sinker to keep your bait secured in the waves.

CHOOSING AND PUTTING ON BAIT

There’s a huge variety of bait you can use including beach worms, squid, pilchards and prawns. However, never use prawns intended for human consumption as bait. When fishing, always source your bait from a trusted bait supplier as this will ensure there is no risk of contaminating NSW waterways with diseases such as White Spot Disease. You can pick up bait from your nearest service station or at your local tackle store.

A circle hook will give you the best chance of catching a fish. When adding bait, don’t bury your hook in it, instead lightly hook the bait so that the point and barb are exposed.



TIP

The ‘tag end’ is the end of the line. It is important to moisten the line as it prevents friction and helps the knot slide along the line. This is generally done by putting the knot in your mouth and wetting it a little. Cut off any extra tag line you have but not too close to the knot, so it doesn’t slip through.

HOW TO LOOK AFTER YOUR CATCH



Along with the love of fishing comes a responsibility to protect our waterways and act sustainably.

HANDLING FISH

- Minimise the fish's time out of the water and unhook the fish as quickly as possible
- Handle fish firmly and carefully and avoid dropping them
- Use wet hands or gloves to minimise damage to the fish's skin
- Don't hold the fish by the gills or the eyes.

REMOVING HOOKS

- Needle-nosed pliers can reduce the time it takes to un-hook your catch
- If the fish is hooked deeply, don't try to remove the hook. Instead cut the line as close to the fish's mouth as possible. This will greatly increase the fish's chance of survival.

SIZE LIMITS

- Fish need to be of a legal size to keep and there are limits to the number of fish you can take and have in your possession. The legal size for a bream, for example, is 25cm from the tip of its nose to the tip of its tail. You can take 10 in total with 20 in possession. Find out more by searching 'bag size and limits' at www.dpi.nsw.gov.au or by downloading the free FishSmart app.

RELEASING FISH

- Never throw your fish into the water – gently lower the fish into the water, supporting it carefully
- If the fish doesn't immediately swim away, hold or push the fish through the water so that it obtains a good flow of water over its gills. If there is any current, hold the fish upright facing towards the current until it starts to show signs of recovery.

KEEPING FISH

Enjoying a meal of fresh, healthy seafood is part and parcel of the fishing lifestyle. Here are a few tips to help you and your family make the most of any fish you keep for the table.

- Only keep what you need and carefully release all other fish using best practice catch and release techniques.
- Despatch fish you wish to keep quickly and humanely.
- Bleed the fish before placing on ice. An ice slurry – a mix of crushed ice and water – is preferred.
- To maximise eating quality and reduce risks of contamination, store fish prior to consumption on ice or in a refrigerator.
- Show respect to the fish you keep by reducing wastage when preparing and cooking it (for example, smaller sized fish such as bream, whiting and trout are best cooked whole instead of filleted).

For more information on rules, regulations and fishing closures, NSW Recreational Saltwater and Freshwater guides are available on the Department of Primary Industries website, from your nearest tackle shop, or by downloading the free FishSmart app.



FISHSMART APP

The FishSmart app provides recreational fishers 24/7 access to essential information on fishing in NSW. The app includes information on bag and size limits, marine protected areas, local tides and weather and your very own catch log.



It provides a real-time map to locate your nearest FADs, Artificial Reefs, Recreational Fishing Havens and shows where Marine Park zones are. It also includes guides on; spearfishing, fishing safely, trout fishing, regional fishing information and more. Use the app to contact DPI for reporting illegal fishing, fish kills, pest species etc, as well as to contact local Fisheries Offices. You can view our Facebook newsfeed and pay your recreational fishing licence fee using the app too.

You can find it in the iTunes app store or on Google Play.



Download the
FishSmart app today



CATCH SOME FAMILY TIME

Have fun, learn new skills and make lasting memories – Fishing is the perfect way to spend time together in nature.



Find out how easy it is to get fishing with your family at

WWW.DPI.NSW.GOV.AU/FISHFORLIFE

