



Frontier
FLY FISHING

Stillwater Tackle Check List

Our stillwater trips are geared towards catching large trout in some of South Africa's premier impoundments. You will stand the chance of catching some of the largest trout of your life during a trip with us. You will need the best tackle available to get the better of these trout.

Anglers will require at least two rods for the fishing done on these waters as you will be switching between floating and sinking lines during the course of the day. If your budget will allow it then bring three rods to handle a floating line, a Hover-type line and a sinking line.

• Rods

We recommend a fast-action, 9 foot, 5-wt rod. Sage's METHOD or X series rods are the rods of choice, Sage Foundation or PULSE, or the Horizon are more affordable options.

• Reels

We recommend that you have a good quality disc drag reel that holds at least 100 metres of 20lb backing. Our reel of choice is the Abel Super 4N or 5N, but Sage, Galvan and Ross also make great reels for this environment.

• Lines

• Floating Lines

We prefer the Scientific Anglers' Wavelength MPX or Mastery MPX taper fly-lines in weight forward tapers.

• Intermediate Line

The Scientific Anglers Sonar Hover line is preferred for fishing just sub-surface.

• Slow Sinking Line

Scientific Anglers Sonar Uniform Sink Type II or Type III are the preferred lines for fishing sub-surface flies.

• Leaders and Tippet

Due to the size of the fish you will encounter, it is necessary to carry a selection of heavy tippet material. Some of these waters, Like Bernard's, can be very clear, and as a result we recommend fluorocarbon tippet material which is less visible in the water than monofilament. We recommend Scientific Anglers' fluorocarbon tippet material.

For floating and intermediate lines you will need leaders of 9 feet tapered to 0X or 1X. For sinking lines leaders should be 7½ feet, also tapered to 0X or 1X.

Tippets should be in the 1X to 3X range for large flies, and 4X if smaller flies are required.

• Waders

You will be float tubing these waters and will be in waders all day. It is important to wear the best quality breathable wader you can afford. The better a wader breathes, the warmer it keeps you.

SIMMS is the leader in wader manufacturing and produce waders for all conditions and to fit any budget. We prefer the SIMMS Headwaters GORE-TEX® waders, as they are the most breathable. The SIMMS Freestone waders are a great affordable option. Or you could look at the HORIZON Guide Breathable wader which offer very good bang for the buck.

(DO NOT choose neoprene or PVC waders as they do not breathe and your perspiration will allow the cold to transfer straight through the wader.)

• Float Tubes/Kick Boats

• Boat

The waters you'll be fishing are best fished from a V-shaped float tube or pontoon boat. These fishing platforms will give you access to weed beds, old river channels and deeper water that are beyond the reach of bank-bound anglers. We recommend the Horizon Troutstalker V-boat which

was designed by the Frontier Fly Fishing team. It is unquestionably the finest V-shaped float tube on the South African market.



• **Fins**

Good fins will help you cover water quickly and effectively, or help you kick into a strong breeze. We recommend float tube specific fins with open backs that are neutrally buoyant. Do not use the fins that strap over your boots as they don't offer very much kicking power and the straps tend to come loose.

• **Neoprene Booties**

It is important to wear a neoprene bootie over the neoprene sock of the wader. They should have a hard sole should you need to do some wading. They also need to be large enough to accommodate warm socks and the neoprene of the waders (in the foot area).

• **Anchor**

An anchor system that includes a quick release mechanism, sufficiently heavy anchor and at least ten metres of light shock cord is needed to fish the water effectively without being blown about. We make these systems in the shop, based on our experience and knowledge.

• **Pump**

A good double-action pump will inflate your boat quickly. Remember not to leave your boat fully inflated over lunchtime hours as the air will expand in the bladder and burst it.

• **Clothing**

In the mountains you can expect four seasons in one day. It is important to have a good layered approach to your clothing as temperatures can vary from negatives at first light to mid-to late teens by lunch time. Rain squalls and showers can approach with little or no warning and the wind can blow from dawn to sunset, cutting through your clothing. This, combined with low water temperatures can make for a cold day's fishing if one is not properly geared.

• **Layering**

The correct approach to layering incorporates garments that work well together and wick moisture away from the skin, while still remaining warm and dry. Use lighter layers on the bottom and work your way to heavier layers on top. SIMMS offer the best garments on the market when it comes to clothing that is designed to go under your waders or protect you from the elements, while still offering freedom of movement and the ability to add or remove layers to remain comfortable all day.

• **Feet**

SIMMS Liner socks should be your base layer, wicking any moisture off your feet. The liner sock should be covered by a thermal sock to retain heat. We have found the SIMMS Exstream Wading socks to be the warmest socks we have tried.

• **Legs**

Your fleece layer needs to be body hugging, have good freedom of movement and wick moisture exceptionally well. SIMMS Guide Fleece pants have been our choice since their launch. The SIMMS Wader Wick Fleece pants are a great affordable option. (Do not wear cotton long johns under your waders. Cotton is one of the worst wicking materials available.)

• **Upper Body**

Your fleece layer needs to be body-hugging, provide good freedom of movement and wick moisture exceptionally well. It is recommended to start with a lightweight, body-hugging shirt, with a technical shirt over that. The SIMMS Core Crew Neck as your first layer or the SIMMS Guide shirt is preferred for its low moisture retention. SIMMS Guide Fleece tops have been our choice since their launch. The SIMMS Wader Wick Fleece top is a great, affordable option. (Do not wear cotton under garments. Cotton is one of the worst wicking materials available.)



• **Outer Shell**

Having the right shell will provide a good barrier to the elements. A good SIMMS WINDSTOPPER® garment or SIMMS GORE-TEX® rain jacket will keep the wind from cutting through your layers. Although the WINDSTOPPER® garments is not considered a rain jacket, it will handle a fair amount of rain before it penetrates the membrane. Also worth considering are the SIMMS TORAY® jackets.

• **Head, Hands and Neck**

As much as 30% of your body warmth can be lost through your head! We prefer wearing beanies and caps on the lakes. SIMMS manufacture the warmest headwear we have seen – the GORE-TEX® Exstream cap – which will protect your head from rain, sleet and snow. The SIMMS WINDSTOPPER® beanies and WINDSTOPPER® Flap Caps will also protect you very well. Your hands will get cold if you do not wear gloves. The SIMMS Exstream™ Half Finger gloves are our glove of choice. They have a DWR finish which sheds water exceptionally well. The SIMMS Freestone half finger gloves are an affordable option. The SIMMS WINDSTOPPER® Neck Gaiter is ideal for keeping the wind off your neck.

• **Polarised Sunglasses**

Polarised sunglasses are a must as they will cut the surface glare off the water . They will also protect your eyes from the sun and any errant fly-patterns. SPOTTERS polarized sunglasses are without peer in the marketplace – there are no better sunglasses available.

• **Flies**

Flies are a personal thing, but prior to the trip, anglers will be briefed on what flies to buy or tie (if you tie your own).

• **Other items you will need**

- Vest
- Snips
- Scale
- Sunscreen
- SPF30 lip balm
- Camera
- Camera battery charger
- Aloksak (waterproof plastic bag) to keep your camera dry
- Spare camera batteries
- Toiletries
- Casual clothing
- On-water snacks and refreshments



Check/Packing List



Rods	2 or 3x Fast Action 9 foot 5-wt	
Reels	2 or 3x 5wt, disk drag reels with at least 100 metres of 20lb backing	
Lines	Weight Forward Floating Line	
	Weight Forward Hover Line	
	Weight Forward Type II or Type III Uniform Sink Line	
	9' Leaders – 0X - 2X	
	7'6" Leaders – 0X - 2X	
	Fluorocarbon Tippet Material – 1X - 4X	
Waders	Waders	
	Wader Repair Kit	
Boat	Kick Boat	
	Fins	
	Neoprene Booties	
	Anchor	
	Pump	
Clothing	Liner Socks	
	Exstream Wading Sock	
	Fleece Pants	
	Technical Shirts	
	Fleece Top	
	SIMMS GORE-TEX or WINDSTOPPER® Jacket	
	Rain Jacket	
	Beanie	
	Cap/Hat	
	Gloves	
	Neck Gaiter/Buff	
	Casual Clothing	
Glasses	Polarized Sunglasses	
Equipment	Fly Boxes	
	Vest	
	Nipper	
	Forceps	
	Scale	
	Floatant	
	Sunscreen	
	Lip Balm	
	Camera	
	Chargers (phone and camera)	
	Toiletries	
	On Water Snacks and Refreshments	

