

ATOMIC STONE

MATERIAL LIST

Hook (1)	4XL Streamer or 3XL Curved Hopper Hook - Sizes 6-12 → Mustad R74-9672 4XL Streamer Hook - Size 8
Head	Tungsten Bead - 1/8 to 3/16" (3.2 to 4.6mm), Matte Black → Dakota Angler & Outfitter - 3/16", Black
Thread	Middleweight Thread - Black → UTC Ultra Thread - 140 Denier, Black
Antenna	Rooster Hackle Stems or Goose Biots - Black → Hebert Miner Rooster Hackle Stems - Black, Pair
Weight 1 (Thorax)	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.030", 6 Wraps
Weight 2 (Abdomen)	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.030", Each Side of Shank
Tail	Goose Biots - Black → Hareline Dubbin Stripped Goose Biots - Black, Pair
Rib	Vinyl Rib or Tubing - Medium, Red → UTC V-Rib - Nymph Size, Red
Body	Fine Fur Dubbing - Black, Brown, or Blend → African Goat Dubbing - Brown/Black Blend
Back Plates	Turkey Tail Quill Slip - Bead Width → North Dakota Turkey Tail Quill Slip
Gills	Sparkle Emerger Yarn - Clear White → Hareline Sparkle Emerger Yarn - Clear White
Legs	Round Rubber Legs - Medium, Barred Yellow or Black → Hareline Dubbin Grizzly Barred - Medium, Yellow



Notes

1. A Tiemco TMC200R slightly curved hopper/nymph hook is another good option.

An update of the Kauffman Stonefly by Umpqua's Brian Hudspeth

Credit

Links

<https://www.umpqua.com/atomic-stone/>
<https://blog.avidmax.com/2021/11/30/how-to-tie-the-atomic-stone/>



REALISTIC MAYFLY

MATERIAL LIST

Hook	Curved Emerger or Czech Nymph - Sizes 10-16 → Hanak H300BL Original Czech Nymph - Size 10
Thread	Lightweight Thread - Black (save long tag for flaring tail) → UTC Ultra Thread - 70 Denier, Black
Tail (1)	Rooster Pheasant Tail - Natural (3 barbs, flared) → North Dakota Pheasant Tail
Rib	Black Wire - Fine → UTC Ultra Wire - Extra Small, Black
Abdomen	Rooster Pheasant Tail - Natural → North Dakota Pheasant Tail
Wing Case	Rooster Pheasant Tail - Natural → North Dakota Pheasant Tail
Thorax	Hare/Synthetic Dubbing Blend - Natural Hare → SLF Davy Wotton Bug Dub - Natural Hare
Legs	Goose Biots - Brown (3 pairs, kinked with tweezer) → Hareline Dubbin Stripped Goose Biots - Brown
Eyes	Monofilament Line - 30 lb. (melt and blacken ends) → Maxima Chameleon - 20 lb.
Head	Hare/Synthetic Dubbing Blend - Black → SLF Davy Wotton Bug Dub - Black



Notes

1. Flare the outer two tail barbs with a piece of thread looped around the hook bend and then up and around the center tail barb.
2. This pattern is for a large March Brown mayfly nymph. By changing the colors and reducing the hook size, other mayfly nymphs can be imitated.

Credit

Jesse Rochester - Mainly Flies

Link

<https://www.youtube.com/watch?v=qrYm566uHoA>



TUNGSTEN DIVING CADDIS

MATERIAL LIST

Hook (1)	Nymph or Dry Fly Hook - 3X Long → Dai-Riki 065 Nymph Hook - Size 12
Head	Tungsten Bead - 7/64" (2.8mm), Silver or Tan → Hareline Tactical Tungsten - 7/64", Hare's Ear
Thread	Lightweight Thread - Light Gray, Tan, or Olive → UTC Ultra Thread - 70 Denier, Olive
Egg Sac (optional)	Silk or Nylon Floss - Caddis Green or Golden Yellow → Datum Glo-Brite Floss - Chartreuse #12 (or #11)
Abdomen (2)	Moose Mane - 1 Black/1 Brown/1 Tan → Nature's Spirit Moose Mane - Natural
Wings	Hen Mallard Breast Feather → Feather-Craft Hen Mallard Breast Feather
Thorax - Back Half	Superfine Dubbing - Dark Tan → Wapsi Superfine Dubbing - Tan
Legs	Partridge Feather - Natural → ND Partridge Feather - Natural
Thorax - Front Half	Superfine Dubbing - Olive Gray → Wapsi Superfine Dubbing - Brown Olive



Notes

1. An Umpqua U104 3XL nymph hook or an extra long dry fly hook such as a Daiichi 1280 or a Mustad R43-94832 will also work.
2. Another option is to use a Hemingway Synthetic Transparent Peacock Quill as depicted in the video of the second link.

Credit

Barry Ord Clarke - The Feather Bender

Link

<https://thefeatherbender.com/bead-head-diving-caddis/>
<https://www.youtube.com/watch?v=ftxFyVto6Y/>



GLASS EYED DAMSELFY

MATERIAL LIST

Hook	Competition Wet Fly Hook - Sizes 10 to 14 → Mustad S80/3906 or Umpqua UC610BL - Size 12
Thread	Lightweight Synthetic Thread - Olive Dun or Olive → UTC Ultra Thread - 70 Denier, Olive
Tail	Marabou - Dark Olive → Marabou - Olive
Rib	Wire - Small, Chartreuse → UTC Ultra Wire - Brassie, Chartreuse
Abdomen	Same as Tail above
Hackle	Partridge Feather - Gray dyed Olive → Nature's Spirit Partridge Feather - Olive
Eyes (1)	Veniard Damsel Dumbbell Eyes - Red or Green → John Bead Czech Seed Beads - 6/0, Ruby



Notes

- The second linked video nicely demonstrates how to attach glass beads to a tippet core.

Credit

Damselfly nymph tied by Davie McPhail

Link

<https://www.youtube.com/watch?v=35dHTrrK0-c>

<https://www.youtube.com/watch?v=loBAZttbnDI>



MOHAWK HOTSPOT PHEASANT TAIL

MATERIAL LIST

Hook	Jig Hook → Dakota Angler & Outfitter Jig Hook - Size 14
Head	Slotted Tungsten Bead - 7/64" (2.8mm), Gold → Dakota Angler & Outfitter Slotted - 3mm, Gold
Thread	Lightweight Thread - Rusty Brown → UTC Ultra Thread - 70 Denier, Rusty Brown
Hotspot (1)	Fluorescent Floss - Hotspot Color → Datum Glo-Brite Floss - Highlander Green #13
Weight	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.020", 6 Wraps
Rib	Copper Wire - Brassie or Small → UTC Ultra Wire - Brassie, Copper
Tail	Rooster Pheasant Tail - Natural → North Dakota Pheasant Tail - 6 Barbs
Abdomen	Same as Tail above
Thorax	Peacock Herl - Natural → One Herl from just below a Peacock Eye



Notes

- Slide bead back to hook bend. Lightly tie down two strands of floss, whip finish, and cut off tying thread. Slide bead into position, reattach tying thread, fold floss back over front of bead, and tie down with tying thread right behind bead. Flatten and center floss over bead and then dab with Sally Hansen's Hard As Nails or similar clear resin. Wrap weight wire over threaded area.

Credit

Justin Aldrich - J Stockard Fly Fishing

Link

<https://globalflyfisher.com/video/mohawk-hotspot-pheasant-tail-nymph>



SEXY WALT'S WORM

MATERIAL LIST

Hook	Jig Hook - Wide Gape Preferred → Hanak H450BL Jig Superb Hook - Size 14
Head	Slotted Tungsten Bead - 7/64" (2.8mm), Nickel → Dakota Angler & Outfitter Slotted - 3mm, Silver
Weight	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.020" dia., 4 Wraps
Thread (1)	Lightweight Thread - Chartreuse → UTC Ultra Thread - 70 Denier, Fl. Chartreuse
Tail (1)	Fluorescent Floss - Chartreuse (optional) → Datum Glo-Brite Floss - Chartreuse #12
Rib (2)	Metallic Thread - Opalescent → Sulky Sliver Metallic Thread - 8040 Opalescent
Abdomen	Hare/Synthetic Dubbing Blend - Natural Hare → SLF Davy Wotton Bug Dub - Natural Hare
Hotspot	Same as Thread above



Notes

1. The chartreuse Thread/Tail/Hotspot color nicely matches the opalescent Rib color although other colors may be used as well.
2. Standard Flashabou Tinsel in pearl may also be used for the rib but it is less durable than the Sulky Sliver Metallic Thread.

Credit

Walt Young - Pennsylvania (and Loren Williams)

Link

<https://howtoflyfish.orvis.com/fly-tying-videos/nymph-files/765-walts-worm-and-the-sexy-walts>



MCKENNA'S SEXY WALT'S WORM

MATERIAL LIST

Hook	Jig Hook - Wide Gape Preferred → Hanak H450BL Jig Superb Hook - Size 14
Head	Slotted Tungsten Bead - 7/64" (2.8mm), Pink or Copper → Dakota Angler & Outfitter Slotted - 3mm, Metallic Pink
Weight	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.020" dia., 4 Wraps
Thread	Lightweight Thread - White → UTC Ultra Thread - 70 Denier, White
Tail	Fluorescent Floss - Red (optional) → Datum Glo-Brite Floss - Red #3
Rib	Silver Wire - Brassie or Small → UTC Ultra Wire - Brassie, Silver
Abdomen	Hare/Synthetic Dubbing Blend - Gray → SLF Davy Wotton Bug Dub - Gray
Thorax (1)	Synthetic Dubbing - Hot Purple → SLF Prism Dubbing - Hot Purple
Hotspot	Same as Tail above



Notes

1. Hareline Ice Dub in UV Purple is another option for the Thorax.

Credit
Dave McKenna - Douglas Outdoors

Link
<https://vimeo.com/262105278>



MCKENNA'S RUMBLE BUG

MATERIAL LIST

Hook	Jig Hook - Size 16 or smaller → Dakota Angler & Outfitter Jig Hook - Size 16
Head	Tungsten Bead, Slotted - 7/64" (2.8mm), Silver → Dakota Angler & Outfitter Slotted - 3mm, Nickel
Thread #1	Fluorescent Floss - Orange → Datum Glo-Brite Floss - #5 Fire Orange
Tail	Wood Duck Flank Feather - 8 Barbs → Nature's Spirit Wood Duck Flank Feather
Thread #2	Fluorescent Floss - Purple → Datum Glo-Brite Floss - #15 Purple
Abdomen (1)	Opalescent Tinsel - Wide or Medium → UTC Mirage Tinsel - Medium (1/16"), Opal
Coating (2)	UV Resin, Clear Fluorescing → Loon UV Resin - Clear, Thin
Thorax	Blended Dubbing - Sow-Scud & Fusion, Rainbow → Wapsi Sow-Scud & Hareline Senyo's Fusion
Hot Spot	Same as Thread #2 above



Notes

1. The Original Flashabou pearl tinsel may also be used for the abdomen.
2. After wrapping the tinsel, coat it lightly with UV Resin and cure it with UV light.

Credit

Dave McKenna - Douglas Outdoors

Link

<https://howtoflyfish.orvis.com/fly-tying-videos/nymph-files/1149-mckennas-rumble-bug>



TUNGSTEN SURVEYOR

MATERIAL LIST

Hook	Jig Hook → Dakota Angler & Outfitter Jig Hook - Size 14
Head	Tungsten Bead - 7/64" (2.8mm), Silver → Dakota Angler & Outfitter Slotted - 3mm, Nickel
Weight	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.020" dia., 6 Wraps
Thread	Lightweight Thread - Red → UTC Ultra Thread - 70 Denier, Red
Tail	Rooster Pheasant Tail - Natural → North Dakota Pheasant Tail - 6 Barbs
Rib	Silver Wire - Brassie or Small → UTC Ultra Wire - Brassie, Silver
Abdomen	Sow/Scud Dubbing - Rainbow → Wapsi Sow/Scud Dubbing - Rainbow
Wing Case (1)	Opalescent Tinsel - Wide or Medium → UTC Mirage Tinsel - Large (1/16"), Opal
Thorax	Same as Abdomen above
Hotspot	Same as Thread above



Notes

- For the wing case, select a tinsel size that is slightly narrower than the bead diameter.

Credit

Lance Egan - Utah

Link

<http://www.flyfishfood.com/2017/07/tungsten-surveyor.html>



GORDON'S FIRE STARTER

MATERIAL LIST

Hook	Jig Hook → Dakota Angler & Outfitter Jig Hook - Size 16
Head	Slotted Tungsten Bead - 3/32" (2.4mm), Gold → Dakota Angler & Outfitter Slotted - 2.4mm, Gold
Butt	Holographic Tinsel - Small, Red → UTC Holographic Tinsel - Small, Red
Tail (1)	Coq de Leon Barbs - Pardo, 6 barbs → Whiting CDL Tailing Pack - Medium Pardo
Abdomen (1) (2)	Holographic Tinsel - Medium, Brown → Veevus Holographic Tinsel - Medium, Brown H16
Thread	Lightweight Thread - Light Olive → Veevus Thread - 16/0, Light Olive A18
Thorax	Nymph Flash Dubbing - Claret → SLF Davy's Bug Dub - Claret
Hackle	Hen Feather - Barred Ginger → Nature's Spirit Hen Saddle - March Brown Grizzly
Collar	Same as Thread above

Notes

1. Use the red tinsel of the butt as thread and tie down the tail fibers and the abdomen tinsel with it. Carefully whip finish the red tinsel.
2. Coat the tinsel body with UV Resin for a durable finish.



Credit

Gordon Vanderpool of Turning Stones Fly Fishing

Link

<https://www.youtube.com/watch?v=4RR0L1K8lqQ>



QUILL BODY EMERGING NYMPH

MATERIAL LIST

Hook	Curved Emerger or Czech Nymph - Sizes 12-16 → Hanak H300BL Original Czech Nymph - Size 16
Head	Tungsten Bead - 3/32" (2.4mm), Silver → Dakota Angler & Outfitter - 2.5mm, Nickel
Thread	Lightweight Thread - Olive → UTC Ultra Thread - 70 Denier, Olive
Tail	Coq de Leon - Dun → Whiting CDL Tailing Pack - Dark Dun, 5 Barbs
Abdomen (1)	Stripped Peacock Quill - Olive → Polish Stripped Peacock Quill - Olive
Thorax (Rear)	Dry Fly Dubbing - Olive Brown → Wapsi Superfine - Brown Olive
Wing Bud	CDC Feather or Puff - Dun → Nature's Spirit CDC Puff - Medium Gray Dun
Thorax (Front)	Same as Thorax (Rear) above
Hotspot	Fluorescent Floss or Thread - Fire Orange → Datum Glo-Brite Floss - Hot Orange #5



Notes

1. After wrapping the peacock quill, coat the abdomen with a UV resin and then cure it with a UV torch.
2. The BWO color scheme has been used for the materials. Adjust to any other mayfly color scheme as desired.

Credit
Hans Stephenson of Dakota Angler & Outfitter, Rapid City SD

Link
<https://flyfishsd.com/tungsten-quill-emerging-nymph-fly-tying-video/>



SKINNY NELSON

MATERIAL LIST

Hook	Nymph or Jig Hook - Size 16 or smaller → Dakota Angler & Outfitter Jig Hook - Size 18
Head	Tungsten Bead (optional) - 5/64" (2mm), Black or Silver → Dakota Angler & Outfitter Slotted - 2mm, Black
Thread	Lightweight Thread - Black → UTC Ultra Thread - 70 Denier, Black
Tail	Coq de Leon - Grizzly or Medium Pardo → Whiting CDL Tailing Pack - Grizzly, 5 Barbs
Rib	Silver Wire - Small or X-Small → UTC Ultra Wire - X-Small, Silver
Abdomen	Same as Thread above
Wing Case (1)	Opalescent Tinsel - Wide or Medium → UTC Mirage Tinsel - Medium (1/32"), Opal
Thorax	Peacock Herl - Natural → One Herl from just below a Peacock Eye



Notes

- For the wing case, select a tinsel size that is slightly narrower than the bead diameter.

Credit
Tracy Peterson - Bighorn River, Montana

Link
<http://www.flyfishsd.com/fly-tying-with-hans-tungsten-skinny-nelson/>



HOLOGRAPHIC FRENCHIE

MATERIAL LIST

Hook	Jig Hook - Size 16 or smaller → Dakota Angler & Outfitter Jig Hook - Size 16
Head	Tungsten Bead - 3/32" (2.4mm), Bronze or Metallic Brown → Hanak Round+ Slotted - 2.5mm, Bronze
Thread	Lightweight Thread - Red → UTC Ultra Thread - 70 Denier, Red
Tail	Coq de Leon - Dark Pardo → Whiting CDL Tailing Pack - Dark Pardo
Rib	Wire - Brassie, March Brown or Sculpin Olive → UTC Ultra Wire - Brassie, Sculpin Olive
Abdomen	Pearl Body Tinsel or Holographic Flashabou - Black → Hends Pearl Body Tinsel - Fine, Black #PDF30
Coating (1)	UV Resin, Clear Fluorescing → Loon UV Resin - Clear, Thin
Thorax	Synthetic Dubbing - UV Pink or UV Shrimp Pink → Hareline Dubbin Ice Dub - UV Pink
Hot Spot	Same as Thread above



Notes

1. After winding the rib, coat the abdomen with UV Resin and cure with UV light.

Credit

Lance Egan - Utah

Link

<https://www.flyfishfood.com/2019/05/holographic-frenchie-euro-nymph.html>



GILLED BAETIS NYMPH

MATERIAL LIST

Hook (1)	Nymph Hook - Heavy, Sizes 10 to 14 → Umpqua UC610BL-BN "Comp Nymph" - Size 12
Weight (Optional)	Round Wire - Match Hook Wire Diameter → Wapsi Lead-Free Wire - 0.020" dia., 6 Wraps
Thread	Lightweight GSP or Synthetic - Olive → UTC Ultra Thread - 70 Denier, Olive
Eyes	Melted Monofilament - 25 lb → Mason Hard Monofilament - 20 lb
Tail	Rooster Pheasant Tail Barbs - Olive → Spirit River UV2 Pheasant Tail - Olive, 6 Barbs
Abdomen	Body Glass - Medium, Olive → Hareline Dubbin Vinyl D-Rib - Medium, Olive
Gills	Polypropylene Yarn - White, Colored Olive → McFlylon Poly Yarn - Olive
Wing Case	Nymph Skin - 3mm Olive → Kylie's Nymph Skin - 1/8" Olive
Thorax	Natural Possum Dubbing - Olive → Wapsi Australian Possum Dubbing - Light Olive
Legs	Partridge Feather - Olive → Nature's Spirit Partridge Feather - Olive
Head	Same as Thorax above



Notes

1. The linked video uses a Tiemco 113 BLH barbless heavy nymph hook but something similar will do.
2. The color scheme shown is Olive but other colors such as Brown or Black are also good choices.

Credit

A semi-realistic mayfly nymph pattern.

Link

<https://www.youtube.com/watch?v=0EkHuXxBkyg>



RAINBOW WARRIOR

MATERIAL LIST

Hook	Curved Emerger or Czech Nymph - Sizes 12-16 → Hanak H300BL Original Czech Nymph - Size 12
Head	Tungsten Bead - 1/8" (3.2mm), Silver → Dakota Angler & Outfitter - 3.5mm, Nickel
Thread (1)	Medium or Lightweight Thread - Red → UTC Ultra Thread - 140 Denier, Red
Tail	Rooster Pheasant Tail - Natural → North Dakota Pheasant Tail - 8 Barbs
Abdomen (2)	Pearl Tinsel - Wide or Medium → Flashabou - Saltwater Style (1/16"), Pearl
Wing Case	Same as Abdomen above
Thorax	Sow/Scud Dubbing - Tan Rainbow or Rainbow → Wapsi Sow/Scud Dubbing, Tan Rainbow
Hotspot	Same as Thread above



Notes

1. For sizes smaller than 12, use a lightweight thread, such as UTC 70 denier.
2. UTC Opal Mirage Tinsel in the LRG size is another good tinsel alternative.

Credit

Lance Egan - Utah

Link

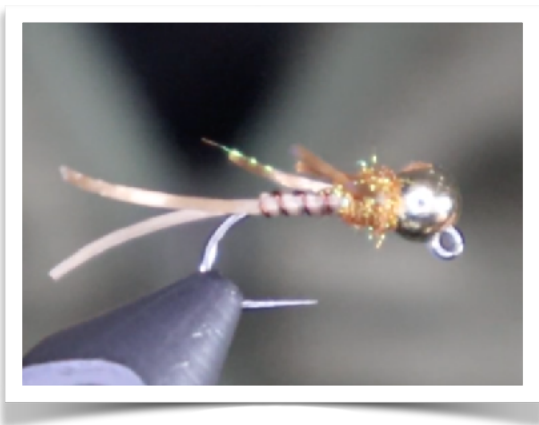
<https://howtoflyfish.orvis.com/fly-tying-videos/nymph-files/664-rainbow-warrior>



EURO STONEFLY

MATERIAL LIST

Hook	Jig Hook - Sizes 10-14 → Hanak H400BL Jig Classic - Size 10
Head (1)	Tungsten Bead - 5/32" (4mm), Gold → Hanak Round+ Slotted Bead - 4mm, Gold
Thread (1)	Medium Weight Thread - Gray Brown → UTC Ultra Thread - 140 Denier, Gray Brown
Tail (1)	Flexi Floss - Tan → Hareline Life Flex Spandex - Tan
Rib 1	Same as Tail above
Rib 2 (1)	Wire - Small or Brassie, Copper Brown or Gold → UTC Ultra Wire - Small, Copper Brown
Abdomen	Same as Thread above
Legs	Same as Tail above
Thorax (1)	Hareline Ice Dubbing - Golden Brown → SLF Dave Whitlock Dubbing - Golden Stone



Notes

1. The Golden Stone color scheme is shown but another good scheme for a Little Black Stonefly. Use a Black Nickel bead, Black thread, Black Flexi Floss for the Tail/Rib 1/Legs, Silver wire for Rib 2, and Black Peacock dubbing for the Thorax.

Credit
Bugz Inc.
Link

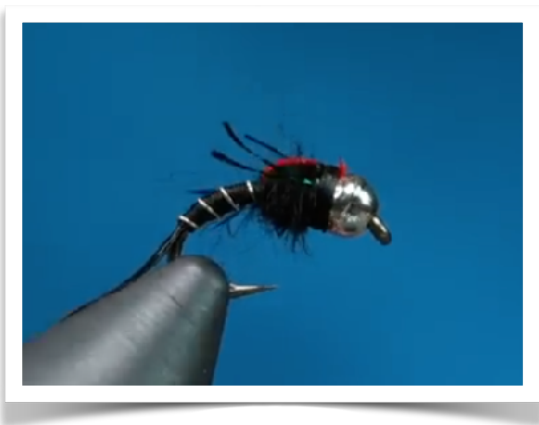
<https://www.youtube.com/watch?v=4VDtJj1PICA>



HIGA'S SOS

MATERIAL LIST

Hook	Curved Emerger or Jig Hook - Sizes 16-20 → Tiemco TMC 2487 - Size 16
Head (1)	Tungsten Bead - 3/32" (2.4mm), Silver → Dakota Angler & Outfitter - 2.4mm, Silver
Thread	Lightweight Thread - Black → UTC Ultra Thread - 70 Denier, Black
Tail	Rooster Pheasant Tail - Black → Hareline Dubbin Pheasant Center Tail - Black
Rib	Wire - Small, Silver → UTC Ultra Wire - Small, Silver
Abdomen	Same as Thread above
Wing Case	Floss or Holographic Tinsel - Red → UTC Holographic Tinsel - Medium, Red
Legs	Crystal Flash - Black or Peacock → Hareline Krystal Flash - Black Pearl
Thorax	Squirrel Dubbing - Black → SLF Squirrel Spikey Dubbing - Black



Notes

1. The Black/Silver color scheme is shown but there are several other color schemes such as Olive/Gold, Gray/Silver, Purple/Copper, or Brown/Black.

Credit
Spencer Higa - Fly Fish Food
Link

<https://www.flyfishfood.com/blogs/nymph-tutorials/higa-s-s-o-s>



McKENNA'S RUMBLE STONE

MATERIAL LIST

Hook	Holsinger's All-Purpose Nymph Hook - Size 12 --> Hanak H300BL Original Czech Nymph - Size 12
Head	Tungsten Bead - 1/8" (3.3mm), Black Nickel or Nickel --> Dakota Angler & Outfitter - 3.3mm, Bl. Nickel
Thread #1	Medium Weight Thread or Floss - Fluorescent Red --> Datum Glo-Brite Floss - #5 Fire Orange
Tail	Rooster Pheasant Tail - Natural --> North Dakota Pheasant Tail - 5 Barbs
Thread #2	Medium Weight Thread or Floss - Purple --> Datum Glo-Brite Floss - #15 Purple
Rib	Wire - Small, Copper --> UTC Ultra Wire - Small, Copper
Abdomen (1)	Perdigon Tinsel - Medium, Black --> Hends Perdigon Tinsel - PBM30, Black
Thorax	Dubbing - SLF Prism, Black --> Wapsi SLF Prism Dubbing - Black
Legs	Rooster Pheasant Tail - Natural --> North Dakota Pheasant Tail - 5 Barbs ea. side
Collar	Same as Thorax above



Notes

1. The Original Flashabou pearl tinsel may also be used for the abdomen.

Credit
Dave McKenna - Douglas Outdoors via Holsinger's Fly Shop
Link

<https://www.youtube.com/watch?v=gH1XKwZVeC4>

