

Pattern of the Month: Elastic Midge Pupa

By Bethany Poulin

Hook: 37160 Size 16-20
Thread: 10/0 Midge Thread
Abdomen: Flexi-Floss
Head: Dubbed-Whip Finish
Pupal Thorax: Super Fine Dry Dubbing or

Emergent Thorax: CDC



This is definitely a way of tying more than a specific pattern. You can use this check list and method to tie midge pupa and emerging pupa to match the naturals on you home water. The secret to tying these flies well is technique. Though they are small, they are not difficult to tie. These tips should make it as easy as tying any other nymph pattern. My personal color favorites are (body then thorax color): yellow/tan, purple/brown, red/grey, olive/hares-ear

1. Use more light than you think you will need
2. If you have trouble seeing use magnifier and practice on large flies with it first so that you get used to seeing life through a magnified and curved field.
3. Learn to touch dub. Gary La Fontaine pioneered the valuable way of making diminutive yet fluffy bodies, you can find it in his book Trout Flies .
4. Start the abdomen with tension on the Flexi-floss and reduce the tension as you go. This creates the natural looking taper trout expect of wild insects. The larger the fly the less initial tension you will need to get the proportions right.
5. Use as little tying wax as you can!
6. Learn to whip finish with a touch of dubbing (or CDC) on the thread for a seamless head. You can learn this from The Fly Tier's Benchside Reference by Leeson & Schollmeyer.