



# What hook should I use?

## Recreational fishing in the Marlborough Sounds

**Did you know:** the type and size of the hook that you choose can play an important role in ensuring the survival of fish you return to the water.



Find below the hook type and size you should be using to reduce the mortality of fish you return to the water and ensure that recreational fishing in the Marlborough Sounds is sustainable.

For blue cod



Use **only** 6/0 or larger circle hooks with no offset



For Tarakihi, spotties or other fish with smaller mouths



Use **only** 6/0 or smaller circle hooks with no offset



For trolling, spinning, using 'plastic' baits or jigging



Avoid treble hooks and pinch the barb of J hooks



For all other fishing, use circle hooks in the largest size to suit your target fish e.g. Hapuka.



### Do use

Circle hooks with zero offset



Circle hooks and pinch barb

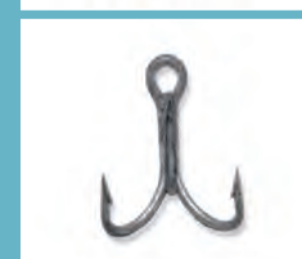


### Don't use

Circle hooks with offset



Circle hooks with barbs



Treble hooks

### General things to consider when choosing a hook:

- Always use circle hooks – avoid offset as this increases the risk of hooking fish in the throat and gut.
- Only use one hook per rod – using multi-hook rigs inevitably means fish are poorly handled and have less chance of surviving when returned.
- Pinch the barb on your hooks using fishing pliers to reduce the size of the entry wound of the hook.
- Use larger hooks to prevent undersized fish from being hooked.
- Use the finest wire hooks possible that are appropriate for your target species. Finer hooks do less damage to a fish's mouth.

The advantages of circle hooks are that fish are hooked in the front of the mouth and they are self-hooking by design. This means fish do not have deep hooking injuries and are easier to unhook.