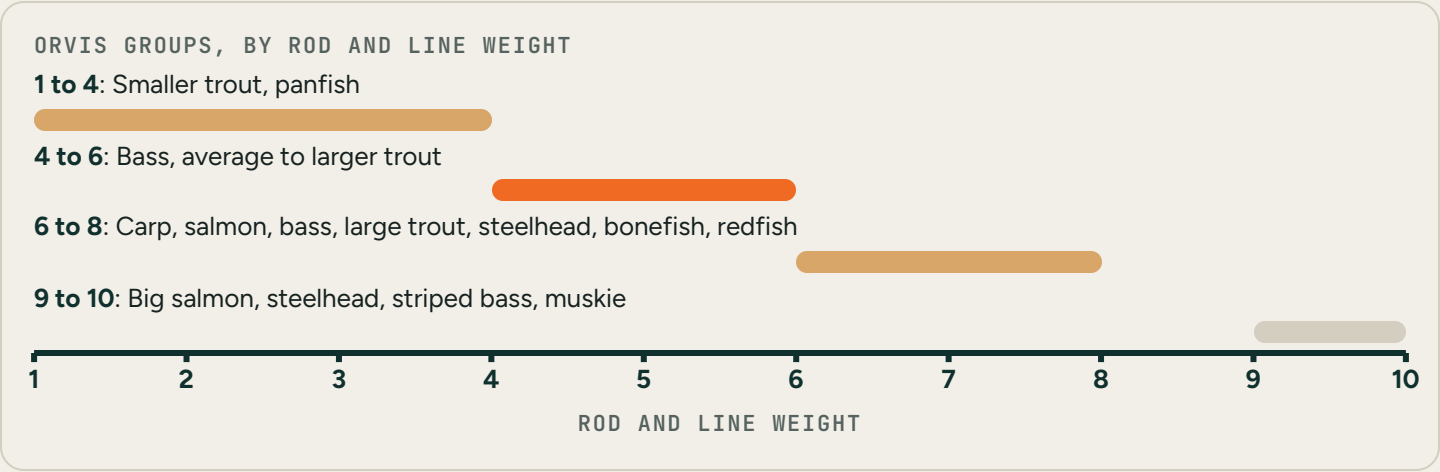
WHAT WEIGHT ROD FOR TROUT

For trout, Orvis lists 4 to 6 weight for average to larger trout and 1 to 4 for smaller trout. Whatever you pick, buy a fly line with the same number as the rod.



Orvis's groups up to 10, as shown in Fly Findr's fly line guide. The groups overlap at 4 and 6. Diagram: Fly Findr

PICK YOURS FIRST ONE THAT FITS

☐ **Mostly smaller trout?**	A 3- or 4-weight sits in both Orvis's 1 to 4 group for smaller trout and the Smokies guide's 3 to 6 range. Rocky Mountain National Park's first pick is the lightest rod you own.
☐ **Streamers?**	Start with a 5-weight (next step), and look at a 6-weight as a second rod: the Arkansas and Grand Teton guides list a 5 and add a 6 for streamers in fall.
☐ **Neither, or not sure?**	A 5-weight: inside Orvis's 4 to 6 group, and in the first pick of seven of the nine river guides (four outright, two as one of two choices, and the Smokies' 3 to 6).
☐ **Then the line**	Same number as the rod: WF5F on a 5-weight.

WHAT FLY FINDR'S RIVER GUIDES LIST

WATER	ROD WEIGHT	LENGTH
Great Smoky Mountains	3 to 6	7 to 8½ ft
Rocky Mountain NP	Lightest rod you own; 5 for windy lake afternoons	9 ft (the 5)
Big Lost River tailwater	4 or 5	9 ft
Rivers near Seattle	5 (4 on the Middle Fork, late summer)	9 ft
Deschutes, Metolius, McKenzie	5	Not given
Arkansas River; Grand Teton	5 (6 for streamers in fall)	9 ft
South Fork of the Snake	5 or 6	9 ft
Bull trout (a char) in Idaho	7 or 8, for streamers	9 to 10 ft

What the evidence doesn't show. No study in Fly Findr's research compared rod weights against catch, or rod lengths, or rod actions. The lengths here are what the river guides list. No study in its research tested rod power or line weight against whether released trout survive, so Fly Findr does not say a heavier rod is kinder to fish.