

## Meals Ready to Eat (MRE) Nymph.... Tom Regina

<b>Hook</b>	Mustad C49S size 10 through 18
<b>Head</b>	Gold bead - size appropriate to hook size
<b>Thread</b>	Gudebrod 8/0 red BCS 85
<b>Tail</b>	Brown Z-Lon
<b>Body</b>	Pearl tinsel flash (Flashabou)
<b>Wing</b>	Bleached elk hair
<b>Collar</b>	Peacock herl and red thread



### Tying Instructions



1. Debarb the hook. Place a gold bead on the hook and fix the hook in the vise. Using a jam knot tie on the thread at the back of the bead head. In neat touching wraps lay down a thread base back to a point halfway down the hook bend. In neat touching turns return the thread forward. Stop the forward thread wraps two bead head distance in back of the bead head. At this point tie in a small amount of brown Z-Lon to serve as the tail or shuck. The length of the shuck at the back of the hook should extend out a distance equal to the hook gap. Keeping the Z-Lon on top of the hook tie it down with touching thread wraps to the back of the thread base. Bring the thread forward to the two bead head distance point.



2. Trim the shuck to the proper length and cut away the front tag end of the Z-Lon. Depending on the hook size, tie in several strands of pearl tinsel flash body material. Keeping the flash on top of the hook shank tie it down to a point halfway down the hook bend and cut away the tag at the front of the body. Wrap the thread forward to the two bead head point.



3. Lightly twist the strands of flash together. Wrap the twisted flash forward covering the thread turns and stop at the two bead head point. Tie off the flash and trim away the tag.



4. For the wing, cut, clean, and stack a small amount of elk hair. The amount of elk hair will be governed by the hook size. (*Note: When cutting hair from a hide always cut the hair off right down to the hide*). The wing should extend up and over the fly body with the tips of the wing even with the back of the hook. Tie the wing on by the hair butts on top of the hook in the gap behind the bead head. Do not allow the hair to migrate around the hook shank. Cut away the butt ends of the wing hair. Apply a drop or two of head cement to the hair tie-in thread wraps.



5. Toward the back of and over the wing tie-in thread, tie on one or two strands of peacock herl by the tips. Lightly twist the herl and wrap it around the back half of the hair tie-in thread turns. Tie off the herl and cut away the tag ends. In front of the herl and in back of the bead head build the front of the collar with the red thread. Half hitch or whip finish the thread collar. Cut away the thread and cement only the thread part of the collar.