

# CARING FOR YOUR CATCH

Follow these rules to reduce waste and respect the fishery:

## KEEP IT SUSTAINABLE

- **Check regulations** to ensure you are harvesting legal fish
- Consider **harvesting more abundant species**
- **Only catch what you will eat in a year**; minimize waste
- Keep in mind **one fillet = one dinner for a family of four**

## KEEP HABITAT INTACT

- **Stick to established trails** and walkways to minimize disturbance
- **Avoid disrupting streamside vegetation** critical for healthy habitat
- **Don't walk through redds** or spawning nests
- **Leave no trace**
- **Pack out your poo** and TP



## KEEP IT CLEAN

- **Bleed the fish** immediately
- Be careful **not to bruise flesh**
- **Filet your fish on a clean surface** with a fresh water source nearby
- **Avoid touching fillet** to fish skin

## KEEP IT TASTY

- **Rapidly cool the fish** and keep on ice until processed
- **Vacuum pack and freeze** asap
- **Utilize all edible parts** of the fish
- Take care to **remove as much meat** as possible while filleting
- **Scrape the remaining meat** off the spine
- **Keep bellies**, remove collars, and boil or brine roe



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