

Fox's Poopah – Cinnamon



Class:	Caddis Pupae – Hydropysche Caddis
Matches:	Hydropysche Caddis (Summer Caddis)
Originator:	Tim Fox
Source:	Available at most Fly Shops

Clay's Notes

The Fox's Poopah was designed by Tim Fox in 1990 for use on the Lower Sacramento. The Poopah has received widespread recognition as an excellent caddis pupa pattern. Tim utilized vernille for a tapered body and a pearl tinsel for the underbody. The most popular colors are Tan and Olive in a size 14. Vernille is marketed under a number of different names such as Ultra Chenille and Micro Chenille. A bead is often added to give the pattern some ability to go deep into the water column. As a pupa, however, the natural will rise up through the column and this is where the trout focus on this pattern. Most of the Poopahs are tied on a TMC 2302, a 2XL hook with a light bend. The micro sizes are more often tied with a TMC 3769 which is a 2X heavy nymph hook. Select the color and size of Poopah from what is happening on your river.

Fox's Pupa Tying Recipe

Hook:	TFS 3769, sizes 12-14
Thread:	MFC 6/0 Thread, black
Abdomen:	Vernille, medium cinnamon
Underbody:	Pearl Mylar Tinsel, medium
Thorax:	Ostrich Plume, brown
Ribbing:	Ultra wire, gold – size to match
Legs:	Hen Back
Antennae:	Wood Duck

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