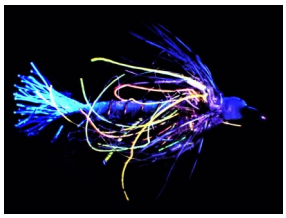
Vickie's UV Midge Pupa - A productive and versatile pattern year-round

Vickie's Black and Silver UV Midge Pupa

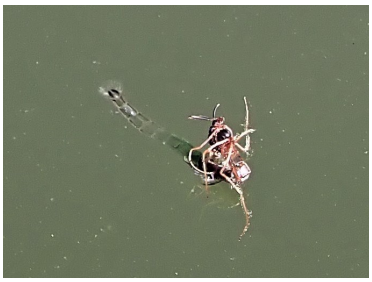
My UV Midge Pupa attracts trout like moths to a flame. This exciting and versatile pattern mirrors the pupa stage of midges an important food staple for trout year-round.

UV reflective materials in the thorax, abdomen, wing case, and tail enhance its visibility. Its shiny abdomen mirrors the appearance of a midge pupa ascending to the surface, and the soft head hackle enhances the fly's movement.



White UV Midge Pupa under UV light

Colors: Black & Silver, Black & Copper, White, and Olive available in sizes #10, #12, and #14



The emerging process of the midge pupa is slow. It took almost an hour for this midge pupa to completely emerge. This allows trout ample time to capitalize on this easy meal.

Midge Pupa suspended on the surface emerging

Landed this large trout just before ice out by dropping this pattern under an indicator using a floating line.

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Trout caught on Black and Silver UV Midge Pupa

How to Fish: When trout are hunting close to the surface or making surface rings, they are feeding on pupa or the adult stage of aquatic insects. This is an ideal time to fish the UV Midge Pupa. I recommend using a 7-foot intermediate sink tip line to maintain the fly in the top two feet. Incorporate slow 4-6 inch pulls with long, 5 second pauses. Be ready to set the hook, as takes typically are soft and occur during the pause.

When there are no visual signs of feeding trout near the surface, I recommend fishing the UV Midge Pupa vertically as an ascending pupa. In such conditions, I use an intermediate full sinking line to target water depths of 3-4 feet. Remove slack in the line and allow the fly to sink for 10, 20 or 30 seconds before moving the fly. Incorporate long slow pauses between retrieves.

Color Options in sizes #10, #12, and #14

UV Midge Pupa White

UV Midge Pupa Black/Copper

UV Midge Pupa Black/Silver

UV Midge Pupa Olive

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