### Mayfly Lifecycle

1. The spinner lays eggs, very vulnerable to fish.
2. The eggs sink and hatch into very small nymphs.
3. Nymphs distribute themselves and start to grow.
4. When mature, the nymphs float or swim to the surface, again, very vulnerable to fish.
5. The nymphs emerge to a dun.
6. The dun floats on the surface as wings dry.
7. The dun flies off to the vegetation.
8. The dun sheds another skin and becomes a spinner.
9. The males swarm, and the females fly into the swarm to mate.
10. The females fly to the water to lay their eggs.
11. After a period, the eggs hatch and cycle begins again.

### Caddisfly Lifecycle

1. Female lays her eggs.
2. Eggs hatch producing larvae.
3,4, and 5. Some larvae build cases, some remain free living, an some build nets.
6. When the larvae are ready, they form pupae.
7. When the pupae mature, they swim or float to the surface.
8. Adults now emerge.
9. Adults fly to nearby vegetation.
10. The adults swarm, and they mate on the vegetation.
11. When ready, the females return to the water to lay eggs.

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Dave Whitlock’s Guide to Aquatic Trout Foods


### Stonefly Lifecycle

1. The female stonefly lays her eggs into the water.
2. Eggs incubate.
3. Nymphs emerge from the eggs.
5. Nymphs mature then crawl to the streamside.
6. Some emerge at the surface.
7. Most crawl to the vegetation to emerge.
8. The adults ready themselves to mate.
10. After mating, females return to the water's surface to lay eggs.
11. Most will die after mating.
12. Cycle begins again.

### Midge Lifecycle

1. The female lays her eggs.
2. Eggs hatch producing larvae.
3. The larvae mature.
4. As larva mature, pupae are formed.
5. Pupae mature then swim or float to the surface.
6. The pupae now emerge as adults.
7. The adults mature.
8. The adults swarm.
9. The adults mate in air.
10. The female adults when ready return to the water to lay their eggs.
11. The eggs are dispersed in the water.
12. The eggs hatch and the cycle begins again.