

How to Catch Live Bait on Topsail Island: The Ultimate Cast Net Guide



HOW TO CATCH LIVE BAIT ON TOPSAIL ISLAND

THE ULTIMATE CAST NET GUIDE

 **FRESH BAIT.**
MORE BITES.

 **SAVE MONEY.**
CATCH YOUR OWN.

 **LOCAL KNOWLEDGE.**
BETTER RESULTS.

 **RIGHT BAIT.**
RIGHT SPOT.

BEST BAIT TO CATCH

MULLET		Perfect for everything from red drum to cobia.
MENHADEN		Great for big predators like tarpon, sharks & king mackerel.
PINFISH		Ideal for speckled trout, flounder & inshore species.
SHRIMP		Excellent for redfish, trout & pompano.

HOW TO THROW A CAST NET

**1**
PREPARE
Check net for tangles. Hold the hand line in your non-dominant hand.

**2**
LOAD
Drape the net over your throwing hand and arm. Weight evenly.

**3**
THROW
Use a smooth, sidearm throwing motion. Step forward and cast the net in a circle.

**4**
SINK
Let the net sink to the bottom. Wait 5–10 seconds.

**5**
RETRIEVE
Pull up the hand line steadily. Open and grab your bait!

PRO TIP: Practice makes perfect! Start in shallow water and focus on a smooth throw.

RECOMMENDED GEAR

**CAST NET**
7 ft. net with 1/4" mesh is ideal.

**BAIT BUCKET**
Keeps bait healthy and ready to use.

**WATER SHOES**
Protect your feet on slippery bottoms.

**PLIERS**
For removing hooks & handling your catch.

BEST SPOTS TO NET BAIT

- SOUND SIDE** – Near grass edges & drop-offs.
- INLETS & CREEK MOUTHS** – Moving water concentrates bait.
- DOCKS & PIERS** – Look for shade & structure.
- SHALLOW FLATS** – Ideal during incoming tide.

QUICK TIPS

- ✓ Fish incoming tide for best results.
- ✓ Early morning & late afternoon are prime times.
- ✓ Legal net size: 7 ft. max with 1/4" mesh.
- ✓ Always check local regulations.



TIGHT NETS. FRESH BAIT.
MORE FISH ON TOPSAIL ISLAND.

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Five Simple Steps

1. Prepare – Check net for tangles. Hold the hand line in our non-dominant hand.
2. Load – Drape the net over your throwing hand and arm. Weight evenly.
3. Throw – Use a smooth, sidearm throwing motion. Step forward and cast the net in a circle.
4. Sink – Let the net sink to the bottom. Wait 5-10 seconds.
5. Retrieve – Pull up the hand line steadily. Open and grab your bait.

Read the full article

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Local Knowledge
Better Fishing