Use the Palomar Knot to tie a fishing line to a hook when the line is likely to take a great deal of strain. It is suitable for all types of fishing line. Moisten the line for a neater finish to the knot.

1. **Double** one end of a line to form a bight. Insert the bight through the eye of a hook and pull it partway through.

2. **Tie** an Overhand Knot (p. 28) with the bight, taking it behind the standing part, then inserting it through the crossing turn from front to back.

3. **Pass** the bight over the point of the hook, stretching the line if necessary.

4. **Pull** on the hook and on the standing part to tighten the knot, moistening the line with saliva to help it slide into place. Work the knot into shape (p. 24).