

# Elk/Mule Deer Hunter's Camp Checklist

**FULLY GUIDED:** We will provide all camp gear, transportation, breakfast, lunch & dinner for fully guided hunts. Bring your day snacks, a good attitude, and your hunting gear. You will be required to shoot your rifle before we take you into the field. Please make sure to practice with your weapon and know where it shoots at various yardages out to 500 yards.

**DROP CAMPS:** You are responsible for your own gear, coolers, food, and transportation. Please make time to shoot your rifles once you arrive. There is a shooting range just outside of Grand Junction *Direct Link to Location* >> <https://goo.gl/maps/GVwPdEd7kerD7woF9> . Make sure to practice with your weapon and know where it shoots at various yardages. We will provide plates, silverware, cots, tables, chairs, propane, firewood, wood stove, propane heater, full kitchen, toilet paper, paper towels, plates & a shower.

## Hunting Gear

- ☐ License
- ☐ 2 Pairs of Boots
- ☐ Rifle
- ☐ Ammunition – (bring at least 1 box, 2 boxes preferably)
- ☐ Orange cap – (CO Law requires hunters to wear a solid orange cap)
- ☐ Orange vest (at least 500 sq. in. of solid daylight fluorescent orange material)
- ☐ Camouflage
- ☐ Waterproof pants & jacket (It doesn't rain a lot in our area, not required but if you have it bring it)
- ☐ Cold gear (it does get down to single digits)
- ☐ Under garments, socks, long johns
- ☐ Cooler for meat
- ☐ High energy food/snacks

- ☐ Soap
- ☐ Bedroll / Pillow (Maybe an extra blanket to throw over your sleeping bag on those extra cold nights)
- ☐ Shower shoes (At our camps we take hot showers every night =)

## Daypack

- ☐ At least 2L of water preferred 3L (Trust us when we say you will drink more water on this hunt than your AVG hunt, we're also trying to reduce our plastic waste - we like refillables!)
- ☐ Hand/feet warmers
- ☐ 2 pair of gloves
- ☐ Flashlight/headlamp with extra batteries

## Hygiene & Camp Gear

- ☐ Toothbrush/Toothpaste
- ☐ Towel/washcloth
- ☐ Deodorant

### **Drop Camp Hunters**

- ☐ Cooler/Ice & Food
- ☐ Hunting Pack (We will leave one *frame* pack for you)
- ☐ Binoculars
- ☐ Spotting scope (if you have one)
- ☐ GPS/Map/Personal Locator/Compass
- ☐ Fire starting device
- ☐ Knife

- ☐ Rope (50 ft.)
- ☐ Game bags
- ☐ Rangefinder
- ☐ OHV Permit (If you're bringing ATV/UTV)

### **Optional Extras**

- ☐ Thermos
- ☐ Camera

*We HIGHLY recommend physical training before this hunt. The terrain is very steep, rough, and you should consider the change in altitude. To get the most of your hunt, you should try to be in good physical condition. For workout tips visit our website under the LINKS & LICENSE INFO tab or give us a call.*

## **TIPS FOR GETTING IN SHAPE**

Moderation is Key

Hike – You are apt to be doing a lot of hiking during this trip. Your legs are vital, load up your hunting pack with some weight. Start with a little weight and work your way up. This will get your shoulder muscles, back, and legs in shape.

Running – You want to be ready for the high altitude. Running is very good for strengthening your overall body for your upcoming elk hunt. If you're not use to a lot of physical activity start by walking, after a few weeks build up to a light jog then walk again. You don't want to burn yourself out by getting sore.

Muscle Building – You are going to be using different muscles, especially when packing out an elk. Work on your back, shoulders, triceps, and biceps. Hit all the major muscle groups. Start lightly with a daily circuit, but don't try to over do yourself.

### **Website Links to Physical Training for Elk Hunting**

<https://www.ultimateelkhunting.com/getting-in-shape-for-your-elk-hunt/>

<https://mtntough.com>