

Backpack Hunting checklist for Book Cliff Outfitters

Item	Quantity	Other information
Backpack	1	Backpack with capacity over 3,000 cubic inches
Sleeping pad	1	Light and small to protect from cold ground
Light weight sleeping bag	1	Bag should be small and light wt. less than 4 lbs. and rated for 10 deg. F
Boots	1	Well broken in boots that will not give you blisters semi-waterproof
LED head lamp	1	Good LED headlamp with extra batteries to hike with in the dark
Socks	TBD	A minimum of 1 pair for every three days
Sock Liners	TBD	A minimum of 1 pair per day unless water to wash is available
Gloves	1	1 pair of good gloves to protect hands and for warmth and hiking
Cup	1	One good porcelain type cup water can boil in
Small tarp	1	Tarp approx. 7' X 7'
Fork-spoon combo	1	One small utensil for eating
Knife	1	For dressing game & other purposes
Matches-candle etc.	Set	Good matches with material like a candle to start a fire
Stocking hat	1	Good warm hat for sleeping and during the day if cold
Warm long underwear	1	1 pair of good fabric to keep your legs warm under pants
Pants	1	1 pair of good pants that are durable
Undergarment	2	Good undergarments for warmth and to wick away moisture
Long sleeve shirt	1	Good, strong durable long sleeve shirt
Coat	1	Warm coat that is not bulky
Vest-light jacket	1	Vest or light jacket that can go under coat if necessary
Nylon sack	2	Nylon feed sacks or thin lightweight bags to pack meat
Hunter Orange	1	400 square inches on back and front –Utah Law
Hunter Orange	1	Hunter orange hat –Utah Law

Typical meals on a daily basis:

AM -instant oatmeal with a protein bar coffee, tea, hot coca

Lunch-tortillas with spam singles or various tuna/salmon packaged meats (Sometimes dinner is eaten during day to take advantage of light)

PM -mountain house dinner or various packaged meals that provide approx. 500-800 calories.

Misc. nuts, energy bars, dried fruit jerky etc. for added protein and carbohydrates.