

## **Beginners Guide to Lightweight Backpack Hunting**

Disclaimer: We are by no means experts in this subject. We are just a couple average hunters who have learned by trial and error what equipment works for us.

1 Pound = 16oz  
1 Pound = 453.5g  
1 liter of water = 2.2 lbs

Backpack (Internal or External Frame at least 6000 cubic inches)  
Hydration bladder (optional)  
Pack cover

Lightweight 2-3 man Backpack tent  
Sil tarp  
Mummy Sleeping bag with compression sack (temp rating based on early or late season)  
Sleeping pad  
Inflatable sitting pad (for glassing and around camp)

Rifle (Ideal backpack rifle should weigh 7.5# or less with scope)  
Scope caps or cover  
20 rounds of ammunition (or less if you are confident in ability)  
Electrical tape for rifle barrel

10X Binocular with built in Range finder  
Spotting scope with lightweight tripod  
Cleaning cloth for optics

Folding knife or Havalon knife with spare blades  
Leatherman Skeletool (for changing Havalon blades safely)  
Game saw or lightweight hatchet  
Trekking poles  
Watch  
Plastic bags for boned out meat  
Salt for cape (if on extended backpack hunt)

LED Headlamp with fresh batteries  
2 Lighters with fire starter sticks  
Parachute cord

Water filter  
Water bottle  
Compact Digital Camera  
License/Tags

Goretex Rain Gear  
Gaiters  
Waterproof Hiking boots  
2 pair of synthetic briefs  
1 set of synthetic or Merino wool underwear  
1 pair of synthetic breathable pants  
1 synthetic long-sleeve t-shirt  
1 wind proof/breathable jacket  
2 pairs of synthetic or Merino wool socks and or liner socks  
1 Down or Primaloft Jacket (+ pants in late season)  
Ball cap  
Toque  
Gloves or modular glove system  
Crocs (for river crossings or around camp)

Lightweight stove/fuel  
Cooking pot with lid and handle  
Lightweight spoon (or spork)/mug

Oatmeal for each day  
1 Mountain house meal for 2 for each day  
1 Protein bar for each day  
Jerky  
Trail mix (some of us portion it out separately for each day)  
Drink mix (Crystal light or Mio)  
Tea or instant coffee (if desired)

Rule of thumb: the calorie content of your food should be at a minimum of 4 times the weight or its not worth carrying.

Ie: Granola bar weighs 42grams it should have a minimum of 168 calories.

SPOT or Sat phone  
First Aid kit  
Map of hunting area  
Compass/GPS/Smart phone

TP/Wet wipes  
Toothbrush (cut down)/Toothpaste (minimum needed for trip)  
Compact deodorant  
Lightweight backpacking towel  
Moleskin  
Emergency blanket or Emergency bag  
Immodium  
Ibuprofen  
Chap Stick  
Ear plugs

Depending on Early or Late Season our packs weigh anywhere from 45-60 pounds with rifle at the start of a week long hunt.