



Extreme Backpack Gear List

Exclusive Article By Garth Carter



GARTH CARTER AND JASON HAIRSTON TESTING A NEW ULTRALIGHT BACKPACK, THE NEW "HUNTIN' FOOL EDITION" KUIU ICON 6000

bag and pad money can buy, this ensures a great night's sleep.

During my daily hunts I carry the bulk of my clothing to layer up if bad weather is encountered or if I have to spend the night out without shelter, which seems to happen on more than half of my sheep hunts.

Most of my gear has a specific purpose and is not optional unless the guide is carrying the same, like stove, pots, etc. In addition to the "safe and warm theory" you need to realize that your body is a machine and you need to fuel it if you expect it to perform. I have yet to be on a backpack mountain sheep hunt where the outfitter provided enough light weight, high quality food that provided enough nutrition to hunt with the same physical energy on day 10 as I had on day 1. A packet of oatmeal, two candy bars, and a Mountain House dinner will allow you to hunt at full throttle for only a day or 2, you need more carbs and calories than that.

Sheep hunting in the rugged, remote mountains of North America will test you both mentally and physically. Whether it is horseback or backpack, both are extremely demanding hunts. Time and time again as I hunt mountain sheep I observe my fellow sheep hunters feeling the necessity to take the first legal ram they encounter. Either because they are spent physically or the thought of tough days ahead are just too much to mentally work through.

That is why I bring my own food plus enough of the same for my personal guide. If your outfitter does a fly by drop off half way through your hunt, save some pack weight and have him include some of your food and a couple fresh pairs of socks in the drop off.

I always recommend you train several months prior to any mountain sheep hunt. My personal theory is to start out with light workouts and graduate to a 2 or 3 hour workout 4 times a week with a loaded backpack during the month prior to your hunt.

I hope my efforts of providing my Extreme Backpack Gear List will help take some of the guess work out of your next hard core hunt. I have been doing these types of hunts for the last 20 years, and although my list may not be perfect, it is not my first rodeo!

In my opinion, you need to be physically ready for your hunt and equally important is your gear, food included. If you feel completely physically ready the mental won't be so hard.

After revamping my gear list for 2011, I believe I have dropped the total weight of my loaded backpack about 6 pounds, that is huge! Watch out rams!

Each year I modify my Extreme Backpack Gear List as I find new products that justify replacing the old. The goal is lighter gear that works just as well or better and food that provides better nutrition without adding weight to my overall system. Although I keep referring to mountain sheep hunting, the gear and theories can apply to any hard core hunt you have coming up.



I want to be "safe, warm, and dry" both day and night. I want a full night's rest each day and I want to eat what will replenish my body strength daily. I bring my own single man, four season tent with the best light weight sleeping



Garth's Extreme Backpack Gear List

Tip: Be sure to ask your guide if they are carrying any of this so you don't have to.

TRAVEL

- Airline tickets
- Hunting contract & receipts
- Leave travel plans with family
- Paperback book for travel
- Passport
- Tip & travel money
- Travel clothes
- Travel day pack (carry on)
- Travel toiletry

WEAPON

- Ammo pouch (Blacks Creek Gear)
- Box of bullets in original box
- Firearms declaration not signed
- Hard gun case
- Borden Rimrock Rifle
- Scope cover

OPTICS

- Binoculars, Leica with rangefinder
- Lens cloth

SLEEPING GEAR

- Pillow case (fleece)
- Sleeping bag, MontBell U.L. Super Spiral
- Sleeping pad, Thermarest NeoAir
- Tent, Hilleberg Akto 1 man (same for guide)

CLOTHING

- Base layer, KUIU, Merino Wool, 2 sets
- Baseball cap, Huntin' Fool
- Gloves, Ironclad-synthetic & Alpine Komperdell
- Head sweatband
- Jacket w/ hood, Primaloft w/ Nylon shell
- Kenetrek Mountain Boots
- Pants, KUIU, Attack pant
- Insulation, KUIU, Spindrift jacket
- Raingear, KUIU, Chugach jacket and pant

- Shoes, water/camp (Crocs)
- Socks, wool blend, 3 pair
- Sock liners, 3 pair
- Stocking hat (wool)
- T-shirt, RealTree Performance
- Underwear

PERSONAL/MISC

- Band-Aids (blister & regular)
- Body powder (Gold Bond travel size)
- Bug dope (98% deet)
- Deodorant (travel size)
- Electrician tape 5'
- First Aid Kit
- Glasses (reading)
- Lip therapy (travel size)
- Measuring tape (small)
- Mattress/Tent repair kit, Thermarest
- Medicine & Vitamins
- Moleskin
- Polysporin
- Rip stop tape (small roll)
- Sewing kit (travel pack)
- Shampoo (travel size)
- Soap (travel size)
- Stitches (needle & thread)
- Strapping tape- 5'
- Super Glue
- Toilet paper
- Toothbrush (travel size)
- Toothpaste (travel size)
- Towel-backpack type
- Wash cloth-backpack type
- Watch
- Water bottles, 2
- Wet Ones, 1 pack
- Ziplock Bag, 1 XXL large storage bag

TOOLS/GEAR

- Backpack, KUIU ICON with Carbon Fiber Frame
- Backpack rain cover
- Camera, Canon SD3500 IS (14 megapixel)

- Candle with container, Glade refillable
- Compass
- Extra battery for camera
- Flashlight, Petzel e+lite & batteries, 2
- GPS
- Knife (small)
- Leki walking stick
- Lighter, 2
- Pot (cooking)
- Rope, 30' braided tarred nylon cord
- SD cards for camera
- Sat. phone, Explorer Satellite
- Stove, MSR Pocket Rocket Stove
- Stove Fuel, 2
- Utensils (MontBell), Titanium
- Ziplocks for gear

FOOD

- Energy bars, Wilderness Athlete (2 per day)
- Hydrate & Recover Drink, Wilderness Athlete (4/day)
- Instant mashed potatoes (1 pkg per day)
- Instant Breakfasts, Carnation Vanilla (1 per day)
- Instant oatmeal (2 per day)
- Jerky (2 oz daily)
- Mountain House Dinner (1 per day)
- Plate, GSI Lexan
- Platypus water containers, 2 (2 liter)
- Gel, Wilderness Athlete (2 per day)
- Salt & pepper (travel size)
- Tabasco sauce, 2 (sample size)
- Trail mix (2 oz daily)
- Tuna or Salmon pouch (1 per day)