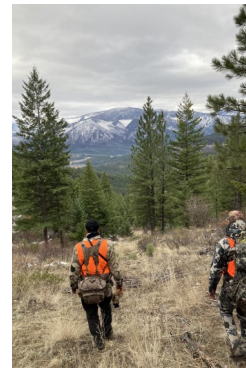




Hunt Ready

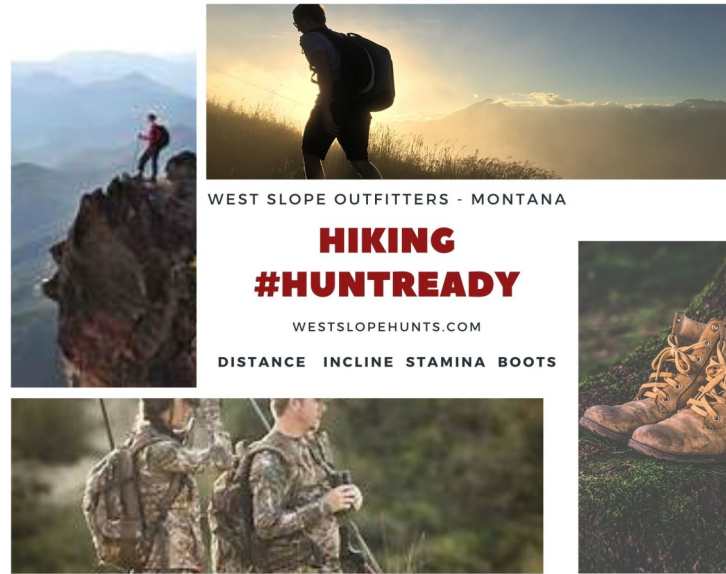
PREPARING FOR YOUR WESTERN MONTANA HUNT

The Countdown Begins... Have you Heard the saying the Proof is in the Pudding? Well every year, we talk about things like pack size, gear and shooting abilities, but one of the single most important is physical ability. We know not everyone is the same, but there are many simple steps **EVERY-ONE!! And I mean EVERY-ONE!!** can take to better prepare themselves for their hunts. It is as simple as Walk, Walk, Walk, Walk – Basically get up, and get moving!!



Terrain Will Vary
Hills, Rocks, Open Country,
Timber, Snow

Don't say I will do it tomorrow or next week... every time you delay the process gets even harder to start. Many of you are at T-60 Days to the start of your hunt, and while 2 months seems like you have plenty of time... Believe me it will go by much to fast.



WEST SLOPE OUTFITTERS - MONTANA
HIKING
#HUNTREADY
WESTSLOPEHUNTS.COM
DISTANCE INCLINE STAMINA BOOTS

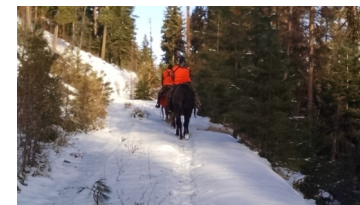
I know at this point you are all thinking well, gee maybe I am too old for this, maybe my knee I hurt as a teenager isn't meant for this... Not So, we will hunt everyone to the best of their abilities, we are simply asking you do your part and be prepared!!!

Most of our hunters come from low elevations and think a walk once a week around the neighborhood is okay, well that is a good start, but in reality that will barely get out of site of the vehicle, sorry but we rarely find elk this close. You need to be putting in a couple of miles or more... several days a week, if you have hills, climb them, if not find some stairs and climb them, and I mean full sets of stairs. Not only will the distance and up and down help for daily hiking, it will also help lessen the chance for sore knees and ankles when riding horses.

Yes, we have horses and like to use them when and where we can, but not all terrain is horse terrain. Also depending on the scenario you will need to be able to close the gap between you and the animals on your own, it's hard to sneak up on the back of a horse. Plus your hunt is 5-7 days, not once a week, you need to be able to hike every single day going in, and coming back out.

For those thinking I already work out, what is your work out??? Lifting weights is great, but from past experience all the muscle in the world does not help with endurance. If your work out doesn't include walking/running/climbing you will find that you are just as winded as the guy who did nothing to get ready.

So this year's challenge is not how far you can make it for one day, but how far can you make it, and for how many days in a row?



If you are on Facebook – make sure you like our page, to follow other Hints/Tips throughout the summer.

<https://www.facebook.com/WestSlopeOutfitters/>

Post your progress, challenge other hunters coming in this season for who is really truly ready for the Montana Mountains. Post your distance, how many days in a row, and your time, you should be improving all 3 items each week.

Make sure you are getting ready by wearing your boots and your pack during your walks, unless you plan on hunting in your shorts and tennis shoes. Create a real world scenario with your work out plan.

If your boots are not broken in, blisters can sideline you, from the first day, if your pack doesn't fit properly, is to big, or you simply carry to much unneeded stuff, your back and shoulders will be tired and sore in the first mile, and each day after with become harder and harder.