



CONDITIONING

Your daily hunts will start before daybreak after an early breakfast. You will arrive back at the Ranch in the late evening for dinner and a good night's sleep. Hunting will be a physically demanding regimen due to the rugged terrain and the altitudes. Turpin Meadow Ranch is at an elevation of 7,000 feet and during some hunts you may go as high as 10,000 feet. Your enjoyment here will be directly proportional to your physical condition because that will determine what parts of the high country will be workable for your hunt. This will also affect how large an area you will be able to hunt for the bigger bulls, bucks, or rams.

We strongly encourage everyone to begin a regimen of physical conditioning at least three months prior to their hunt. Specifically, activities that build up your cardiovascular system will provide a big bonus. We strongly encourage you to start a moderate exercise program of 45 minutes to an hour at least three times a week. Some of the activities you could do include hiking, jogging, bike riding, swimming, and weight lifting.

Also, due to the amount of time you will spend on horseback, it is not possible to serve hunters who weigh over 300 pounds as our horses and mules cannot safely handle those riders in the terrain of the Teton Wilderness are.

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