



Ascend's Spring Shift Checklist

Your pre-season reset before the chaos kicks back in

Gear

- Unload, sort, and wash all gear
- Donate or raffle off gear you no longer need
- Check out end of season sales
- Replace worn-out essentials (boots, calls, etc.)
- Waterproof leather and Gore-Tex gear
- Clean fly rods, fly line, and weld new loops if needed
- Clean and sight-in all rifles; store safely
- Order all ammo for the year
- Order new diaphragm calls (yes, throw the old ones out)
- Book a guide with a boat (they fill up fast)

Body & Mind

- Sleep in. Seriously.
- Book a massage and stretch daily
- Get your skin & taken care of (lasering, sunscreen)
- Get a Hair Cut
- Drink detox teas — nettle, hibiscus, calendula
- Go to the dentist
- Physically Train for Upcoming Seasons (Get in the gym, go on a hike, etc.)

Home & Kitchen

- Clean out the freezer — host a dinner and use it all up
- Handle tree mitigation and yard cleanup

Business & Planning

- Follow up with industry contacts from expos and events
- Book last minute trips if you haven't already
- Knock scouting out

Written in partnership with Erin Crider, Uncharted Outdoors Women