

## Equipment Guidelines for Beginning Trap Shooters

Introductory equipment for trapshooting is relatively simple and inexpensive. Below are some guidelines for gearing up for the game of trap.

### Shotguns

- Trap (with the exception of doubles trap) is primarily a game of singles, so equipment is simple. Any shotgun capable of firing one shot will be adequate for most trapshooting applications a beginner will encounter. Pumps, semi-automatics, over/unders and single barrel guns are commonly seen on the trap range.
- The next consideration when choosing a shotgun is **gauge**. Trap is primarily a 12 gauge game (although a 20 gauge will work for beginners). Since trap targets are typically shot at 30+ yards, a 12 gauge is the most effective tool for the job.
- Another important factor when choosing a shotgun is **gun fit**. Most shotguns are made as “one size fits all” so post-purchase gun fitting is often necessary and can be done with a few simple, inexpensive modifications. Most beginners will benefit from seeking out a competent shooting instructor or gun fitter to assist them with fitting their new gun. A properly fit gun will result in more consistent success and greater comfort while shooting.
- Trap shotguns should medium to tight choke constriction or be equipped with interchangeable choke tubes.
- Most competition trap guns today have special modifications. High combs and high ribs are common since most trap shooters like a high-shooting gun for rising trap targets.

### Ammunition

- **Shot size** for trap cannot be larger than 7.5 or smaller than 9 (the higher the number, the smaller the shot). Beginning shooters shooting from the 16 yard line should choose a single shot size (8 shot is preferable) to keep their routine simple.
- Beginning shooters who are shooting from the 16 yard line should use only **moderate to low velocity ammunition**. A one ounce shot charge in the 12ga is all that is needed. Avoid high-velocity or “Super-Handicap” loads. Instead choose brands labeled “Light” or “Ultra-Light”. If in doubt, look at the velocity in feet per second (FPS) printed on the box and choose shells at or below 1200fps if possible. Avoid ammunition with DRM EQV (measure of powder) equal to ‘MAX’ or ‘3’. High velocity shells result in more recoil and discomfort causing the shooter to lift their head and / or flinch. High velocity loads are only needed for long-yardage handicap trap.

### Chokes

- For 16 yard trap, chokes of improved cylinder, modified or full are adequate. For mid-range handicap, choose a modified or full choke. For long-range handicap, a full choke is a must.

