Dallas Sierra Club

GOES TO

BIG BEND NATIONAL PARK

Wednesday Evening, Nov 5 – Monday Morning, Nov. 10, 2014

Discounted price for reservations received by October 27 – See page 2!

AREA DESCRIPTION: Big Bend National Park is in Southwest Texas along the Mexican border, in a bend of the Rio Grande River that gives the park its name. The Park preserves a vast section of the Chihuahuan Desert larger than the state of Rhode Island, with over 1,106 square miles of area. Elevations within the park range from a high point of 7,825 feet at Emory Peak in the Chisos Mountains, to a low point of 1,680 feet on the Rio Grande at the east end of the park. There are mountain ranges within the Park, but most of the land lies between 3,000 feet and 4,000 feet in elevation. This high desert country, which at first seems featureless against the backdrop of the mountains, has been carved by wind and water into a varied landscape of mesas, spires, pour-offs and drainages.

The most dominant of the Park’s mountain ranges is the Chisos Mountains, which includes the highest peaks at the center of Big Bend. The Basin, which is a bowl-shaped valley ringed by mountains, is the center of activity in the Chisos, and the starting point for three of this year’s trips. The South Rim of the Chisos offers spectacular views of the desert 2,000 feet below its edge. Trails descend from the Chisos high country down several canyons, including Juniper Canyon and Blue Creek Canyon, offering a view of the succession of plant life at the lower elevations. Circling below the South Rim is the Dodson Trail, which traverses the foothills of the Chisos, passing the remains of several ranch outposts dating back to the 1800's. The Rio Grande River has carved three deep canyons along the Park's southern boundary: Santa Elena, Mariscal and Boquillas. Santa Elena Canyon, at the western end of the park, is formed by the river’s penetration of the Mesa De Anguila.

Climate and vegetation vary with elevations in the Park. Remnants of once-larger forests of ponderosa pine, Douglas fir, quaking aspens, maples and oaks are found at the higher elevations above 6,000 feet. Life zones change quickly as elevations decrease, with the sparse forests changing first to Junipers, and then to desert plant communities with agaves, yucca, sotol, ocotillo, mesquite, creosote and, of course, cactus. Fauna within the park include mountain lions, coyotes, fox, bobcat, bear, peccaries (javelina), mule deer, white tail deer, as well as 55 species of reptiles and 400 species of birds. For more information about Big Bend National Park, visit http://www.nps.gov/bibe/index.htm.

DEPARTURE: Our chartered sleeper bus departs at 7:30 pm on Wednesday, November 5, 2014 from the Walmart store parking lot located on the northwest corner of the intersection of LBJ expressway (I-635) and Midway Road. Look for the bus in the parking lot behind the La-Z-Boy store. Plan on arriving at the bus by 7:00 pm to load and get settled in. The bus will leave promptly at 7:00. The bus will not wait for late arrivals. You may want to have someone drop you off and pick you up. If you do leave your car at Walmart, hide valuables from view. The Sierra Club, its leaders and Walmart are not responsible for the security of your car or its contents. Plan on eating dinner before boarding the bus or bring it with you. We will make a seat-to-bunk conversion stop at a fast food restaurant or truck stop near Abilene.

RETURN: The bus will pick up participants at ending trailheads on Sunday morning and afternoon. There will be a dinner stop in Fort Stockton. We should arrive back at the Walmart parking lot between 5:30 am and 6:00 am on Monday, November 10.
ALERT: IF YOU ARE NOT AN AMERICAN CITIZEN you must bring appropriate documents proving legal residency, as the bus will go through at least one U.S. Immigration and Customs Enforcement border patrol checkpoint station.

COST: The trip cost for reservations received by Wednesday, October 27 is $240. If available, the cost for reservations received between October 28 and departure day is $270. Please consider sending your reservation as soon as possible. The Club has a deadline to prepay the bus cost. We need to know early if there will be enough participants to cover our costs. You will need extra cash for a snack in Abilene, breakfast when you arrive in the park (unless you bring your own), dinner in Fort Stockton on the return trip, and for snacks or souvenirs you may want.

RESERVATIONS: After carefully reading this complete trip write up, the trip descriptions and cautions and restrictions:
1. Complete and return the Trip Participant Form listing your first and second trip preferences. You will be contacted if, for some reason, your preferences can’t be accommodated.
2. Complete and return the Medical Information form. Be sure to list any medical data such as drug allergies, medical conditions, etc., which could affect medical treatment in case of an accident or illness. Participants agree to notify the Bus Trip Leader before the trip date if there are any changes related to the information provided on their Medical Information Form.
3. Read, sign and return the Sierra Club Release of Liability. You will not be allowed to participate on this trip unless you sign the liability release.

Send your required forms and payment (check or money order only, payable to “Dallas Sierra Club”) to Mark Stein, Bus Trip Leader, 3631 Normandy Ave., Dallas, TX 75205. You are not signed up for the trip until your check AND all required forms are received, they have been reviewed and you have been accepted by the trip leaders. Checks made out incorrectly or forms incomplete or unsigned will be returned. Forms must be mailed or hand-delivered and include original signatures – no copies, faxes or scans of the release of liability will be acceptable. (Our legal advisors are sticklers.) Please print the forms single-sided and don’t alter or reduce.

Trip acceptance / Questions? If you still have questions after reading this complete trip write up, feel free to contact the bus leader, Mark (Mark@SteinPlanning.com, 214.526.3733) or any trip leaders. Receipt of payment does not constitute acceptance on the trip until both the bus coordinator and individual trip leader have reviewed the submitted sign-up form and medical information, and conducted any follow-up interviews to determine suitability. The bus coordinator and individual trip leaders reserve the right to determine whether a particular trip is suitable for a prospective participant, based on their experience, health, equipment or other factors. If the trip is deemed not suitable for the prospective participant, the check will be returned.

Cancellation Policy: If you cancel by October 27, we will refund your payment less $30. After October 27, there will be no refunds unless the Club cancels the trip. There will be no refunds for no-shows. Traffic jams that prevent you from making the bus are not an excuse. You might want to consider purchasing trip insurance.

Minors may only participate when accompanied by their legal guardian at all times.

CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California. (California has a law called the California "Seller of Travel" Law. Since Sierra Club is a California non-profit corporation, we are required to post this notice.)
TRANSPORTATION: We ride in a chartered sleeper bus with professional drivers. Seat assignments are based on the order that checks and completed forms are received. The sooner your check is received, the better chance you’ll get your seating preference. Please indicate your seating preference – window or aisle, top or bottom bunk, front or back of bus – on your Participant Preference form. Also note the name of anyone you want to sit next to on the bus.

Each evening on the bus, the seats will be converted into bunks during a rest stop at about 10pm. During this stop, everyone must remove any personal items from seat and floor areas, then disembark. When the conversion is completed, everyone will reboard and observe quiet hours and lights-out. Please respect your fellow passengers need for sleep.

Carry-ons: Space is limited on the bus. Please limit carry-on luggage to small (12” x 12” x 8” high) crushable bags that will fit under your seat or in the very-small overhead bins (12” deep by 8” high). Aisles must be kept clear. Only use overhead space immediately above your seat – don’t take other’s limited space. Because the seating arrangement is more like a plane without big overhead bins, you cannot carry on large bags. On-bus sleep gear, pillows and other bulky items can (and should) be kept in storage under the bus. You will have access to your evening/sleeping items when we stop to convert the seats to bunks.

Bus Survival: The bus will be cool at night, so you must have a blanket or light sleeping bag or you will be uncomfortable. You may find it easier to sleep if you also bring earplugs and a sleep mask. For the time when you are not sleeping, you may want to bring a few snacks, and/or some reading material. Have a jacket available on the bus no matter how warm or dry it is when we leave Dallas. It is often near freezing when we arrive in the park. Bottled water will be provided on the bus for the outbound bus trip. You are encouraged to stay well hydrated. In addition to water, beer and soda will be provided on the return trip.

A few important reminders for your safety and as a courtesy to your fellow bus passengers:

- No glass containers are allowed on the bus as they can break, causing a hazard and mess.
- No perfume or cologne – some people are highly sensitive to the scent, especially while in a confined area of a moving vehicle.
- Smoking is not allowed in the bus or around the bus.
- Electronic, musical and game devices may be used on the bus only with earphones or muted so they cannot be heard by those around you.
- Please try to make any necessary calls during our rest stops. Make cell phone calls on the bus only when absolutely necessary. Phones must be turned off during quiet hours on the bus.
- If you have any questions or requests during the trip please chat with the bus leader or a trip leader. We want the driver to concentrate on the drive and not deal with possible conflicting information or instructions.

PERSONAL PREPARATION

Experience and Conditioning Required: Participants should have some backpacking experience and they should be in good physical condition. While the elevations in the park are moderate, the trails are rocky and rugged in places. Please contact the bus leader or one of the trip leaders if you have any question about your experience or physical abilities. As a rule of thumb, if you can walk around White Rock Lake (9 miles) with a light pack in under three hours in cool weather without being overly taxed, you should be in adequate shape for at least trips 1 and 2.

Weather: Normal November weather would be 65 to 85 degrees during the day, 30 to 45 degrees at night and no rain. Past trips have experienced temperatures as low as 16 degrees and as high of 90+ degrees, however. Last year, it rained all day one day and we experienced snow in another year. You should pack clothing for the full range of possibilities. You can leave what you don’t need at the bus, based on the forecast that we get in the park.

Gear: Each person is responsible for his or her own equipment and food. The following list includes equipment that’s considered mandatory:

Clothing: Long pants (even if the weather is warm) for cactus protection; hat and long-sleeve shirt with collar for sun protection; rain jacket and pants (a poncho is not acceptable as it will be in shreds after only a short amount of hiking in Big Bend); jacket; long underwear and/or sweaters good in combination down to 25 degrees; well broken-in hiking
boots; outer and inner socks. Optional: Short pants, short sleeve shirt (T-shirt). These may require an extra supply of sunscreen and bandages.

**Equipment:** Tent and ground cloth. (Small is good. Some campsites are small and will accommodate fewer tents than usual.) Sleeping bag rated to 20 degrees; ground pad; backpack with hip belt; water containers and water treatment tablets (or filter); light; whistle, sunscreen; first-aid kit (including moleskin or burn pads for blisters); trowel, toilet paper and plastic bags for used toilet paper; garbage bag; personal items. A note about ground pads: While self-inflating ground pads, such as Therm-a-Rest pads, are very comfortable, they must be used very carefully in Big Bend. Thorns and stickers are everywhere. Your pad will be at great risk for puncture if carried lashed to the outside of your pack. Bring your repair kit or consider using a foam pad such as a RidgeRest or a Z-Rest. Bring a backpacking stove with fuel; pot and matches for cooking hot meals.

**Note about gear:** all participants are required to carry the 10+ essentials for safe hiking, whether backpacking or day hiking. If your trip includes day hikes, plan on using your backpack or bring a day pack sufficient to carry all your ten essentials, lunch and any personal items you may need.

**Food:** Bring three breakfasts (Thursday morning breakfast will be in the Chisos Lodge restaurant or, if you don’t want to eat in the Lodge, bring a fourth breakfast), four lunches, three dinners, and snacks. See individual trip notes for deviations from this general rule. Avoid bringing meals that require excess water for clean-up.

**Water:** Water is scarce in the park but in years with normal rainfall, it’s usually available at the locations noted in the trip descriptions that follow. You must have leak-free containers to carry water in the quantities specified for the trip that you are on. **Don’t fill your water containers in Dallas.** They could leak en route and get someone’s equipment wet. You can fill your containers at a tap in the park while the trip leaders obtain backcountry permits. Water you collect from natural sources must be treated with tablets, filtration or boiling before drinking. There are no guarantees that we’ll find water at all expected sources. See the trip descriptions for additional information about water.

**Packing and Preparation:** Be careful with the optional items - the weight adds up quickly and the possible need to carry sufficient water will occupy a significant portion of your pack’s capacity. Remember, water weighs 8 pounds per gallon.

**TRIP OPTION DESCRIPTIONS**

Please read the following trip descriptions carefully before making your selection. Remember, you’ll have more fun on a trip that matches your abilities rather than one that cause you to struggle. Contact the trip leader if you have any questions. All trippers may eat breakfast in the restaurant in the Chisos Basin. Trips 1 and 5 will board the bus for trailheads further west after breakfast. Other trips will start backpacking from the Basin.

**Trip 1: The Chimneys, Desert Springs and Pour-Offs**

This relatively relaxed itinerary explores desert landmarks west of Ross Maxwell Scenic Drive and east of Old Maverick Road. We’ll hike 18 miles in four days, with gentle grades and elevations between 2,500’ and 3,400’. Although the trip offers some off-trail challenges in and across washes to locate springs, it’s suitable for beginner backpackers with basic camp skills.

Thursday: Starting at the Chimneys East Trailhead, we’ll spot the Chimneys rock formation and hike 2.4 miles via the Chimneys Trail before lunch. After exploring the Chimneys petroglyphs, we can set camp anywhere between the Chimneys and 2.9 easy miles west toward Peña Spring, which may or may not be flowing. We’ll see Santa Elena Canyon’s deep fissure on the horizon.
Friday: Unless we awaken supercharged for a morning day hike to Luna’s Jacal and back, we’ll break camp and trace back toward the Chimneys before heading north cross-country to Red Ass Spring and its monster cottonwood tree, then on to our next camp, about 4 miles from Peña Spring. (A sense of humor is imperative for going places with these names!)

Saturday: We’ll bend northeast and cross-country to Tule Spring and nearby ruins before continuing 2 miles around the base of Burro Mesa to a third camp near Burro Spring, a good place to watch for animals in the evening or early morning.

Sunday features about 3.5 miles of hiking into two canyon mouths to gaze high up sheer walls at pour-offs where floodwaters plunge from Burro Mesa. All our camps will be near springs, but bring containers for at least four liters to assure water if some springs are not flowing. We’ll cache water near our trailheads as an added precaution. **Leader:** Mark Stein, 214.526.3733, mark@steinplanning.com

**Trip 2: Chisos Basin and the Window**  
**Rated: Moderate**  
This trip offers a great combination for backpackers who want to explore at a relaxed pace, camp in the backcountry and day hike some of the more scenic trails in the park.

Thursday: After breakfast, we’ll hike the scenic Laguna Meadows Trail, connecting to the Colima Trail across to Boot Canyon Trail from which we’ll go a short distance to set up our two night camp at Boot Canyon campground or a nearby alternative. (6 miles, gradual 1,400’ ascent).

Friday: This is our day to day hike in the Chisos Basin. We’ll hike in a counter-clockwise loop to enjoy spectacular vistas as the trail winds around the South Rim. From camp we’ll hike east on the Colima Trail, continuing a loop using the Northeast, Southeast and Southwest Rim trails before returning to camp.

Saturday: We’ll break camp and hike down the Boot Canyon and Pinnacles Trails to set up camp at the Chisos Basin Campground, stopping along the way for an optional 2-mile out-and-back hike to the summit of Emory Peak (elevation 7,832’), the tallest mountain in Big Bend National Park. From the peak we’ll have 360-degree views. We will have the option to enjoy dinner at the Lodge and then hike back to the campground (5 miles backpacking plus optional 2 miles to/from peak).

Sunday: On the last day, pack up early and head out the Window View Trail. Stop at the Window for a view (elevation 4,500’). A short section of this trail is somewhat exposed and can be slightly intimidating if you are afraid of heights. Hike to Oak Creek Spring, follow Oak Creek Spring Road to the Ross Maxwell Scenic Drive, where bus will collect us (6 miles, 1,350’ descent).

We’ll carry at least two liters of water each day but bring containers for 6 to 8 liters in case we don’t get the permits we expect and need to carry water to a dry campsite. If we cannot get permits for Boot Canyon camp area or nearby, we’ll camp at or near Juniper Flat and do our anticipated hikes as slightly longer day hikes. **Leader: Lynn Marple, mlmarple@gmail.com, 972.644,7266**

**Trip 3: Chisos Basin and Blue Creek Trail**  
**Rated: Moderately Strenuous**  
Thursday: We’ll start in the Basin and hike up the Pinnacles Trail to a camp near Boot Spring (5 miles, ascend 1,400 feet).

Friday and Saturday: We will camp near the South Rim on Friday night, depending on campsite availability. The South Rim has some of the best sunsets in Texas. We will day hike or backpack most of the trails in the Chisos Basin, including the trail to the top of Emory Peak (7,825 feet elevation), the highest point in the park. Saturday we’ll move over to Laguna Meadows to put us closer to the start of our Sunday backpack.

Sunday: We will leave the Chisos Mountains via the beautiful Blue Creek Trail (7 miles, descending 3,000 feet). We’ll meet the bus at Blue Creek Ranch. Total mileage for the trip is about 20 miles. Water should be available near Boot Spring, but not at the other campsites. Bring containers for 6 liters.

We won't know our exact itinerary until we find out what campsites are available Thursday morning in the Park. This trip may be limited to six participants. **Leader: Bill Greer, 972-800-0729, wbgreer@att.net**
Trip 4: Outer Mountain Loop via Smoky Creek to Mule Ears Overlook  
Rating: Strenuous
You will experience more of the different ecosystems in the park than on any other trip we offer.

Thursday: From the Basin trailhead, hike into the Chisos Mountains via the Pinnacles Trail to Boot Spring. (Depending on the strength of the group, we may have time to hike out to the South Rim, adding about 3 miles to our first day.) From there, hike the Juniper Canyon Trail to our dry campsite near Upper Juniper Springs. Total of 5.8 miles, 1,800’ ascent, 1,700’ descent.

Friday: Continue down the Juniper Canyon Trail to the Dodson Trail and then head west to a wet camp at Fresno Creek. Total of 8.4 miles, 1,700’ descent, 900’ ascent.

Saturday: Continue west on the Dodson Trail, then south on the Smokey Creek Trail to a dry camp. Total of 7.8 miles, 700’ ascent, 1,700’ descent.

Sunday: Hike off-trail over rough terrain to for a mile or so and then pick up the Mule Ears/Smoky Creek Trail. After a stop at Mule Ears Spring, head west to our pickup point at the Mule Ears Overlook parking lot, where the bus will pick us up. Total of 5.5 miles, 300’ ascent, 1,000’ descent.

The total backpacking mileage is between 27 and 31, depending on options. The last part of Day 3 and the first part of Day 4 may be modified to an easier route if needed. Due to the uncertainty of our water sources, you will need to bring containers for, and be able to carry, 6 to 8 liters of water. As the trip date approaches, we may have additional information on water sources. Leader: Steve Fleischman, Stephen.fleischman@verizon.net, 972.689.7317

Trip 5: Mesa de Anguila  
Rating: Strenuous
Spend four days on the Mesa de Anguila-- the most isolated part of Big Bend National Park. The Mesa de Anguila is rarely explored by park visitors and offers backpackers opportunities for unsurpassed solitude, spectacular views and magnificent experience in the Chihuahuan desert. We will travel on some infrequently maintained trails and mostly on cross-country routes.

Thursday: Lajitas to upper Tinaja Grande, taking the north trail. The first 4 miles are mostly backpacking through the Comanche Creek wash. There are two steep saddles to cross. We will pass near lower Tinaja Lujan and continue on a cross-country route to Upper Tinaja Grande and Wax Camp for a base camp for the next two nights. Approximate distance is 9 miles. There will be quite a few short and steep ascents and descents at elevations of 1,700 to 2,500 feet. Net elevation gain: 800 feet.

Friday: We will descend into the Bruja Canyon (“BC”) watershed via a steep break in the escarpment. Before entering the narrow and steep BC we will explore Lower Tinaja Grande and Tinaja Susan. Exploring BC aka “the Notch” will require some rock scrambling. After exploring the canyon we will climb up to a ridge from which we will have a fantastic view of the Notch and the Chisos Mountains. We will take another route back to our camp. The day’s distance is 7 miles.

Saturday: After breaking camp we will walk a short distance to a vista to view the watershed of Bruja Canyon and Middle Tinaja Grande, then backpack to the Sink Hole and continue to Canyon Flag, the highest point on the Mesa or climb La Mariposa, a somewhat exposed rock scramble. Continue to Joel’s Canyon. Overnight camp; near Tinaja Rana. Approximate distance for the day will be 10 miles.

Sunday: Backpack to Lajitas via the Saddle (trail), 5.5 miles and 800 ft. descent for a shower, lunch and bus pickup.

Trip participants should carry a minimum of 4 litters of water and have containers for 6 to 8 litters to minimize going back and forth to the tinajas. Bring a daypack large enough for a day’s worth of extra clothes, rain gear, water (3 litters minimum) and lunch. This trip is mostly on rough terrain which is covered by some of the meanest cacti on earth. Sturdy leather shoes and a pair of leather gloves are highly recommended for this trip. Maps: USGS 1:24000, Lajitas and Mesa de Anguila (7.5 Minute Series) Leader: Zeev Saggi (W) 972-960-4411, (M) 214-538-2437, Zeev.Saggi@hdrinc.com
All trip itineraries are subject to change. The availability of water, changing weather, limited availability of required permits and the leader’s assessment of the group’s strength may affect the trip. The leaders reserve the right to make changes to the above trip itineraries as necessary.

Maps: If you would like to get your own full map of the area (encouraged), one of the best is the National Geographic Trails Illustrated Big Bend National Park map number 225 which is usually available at REI, Mountain Hideout, The Map Place and similar stores. A National Park Service map of the Big Bend may be viewed at [http://www.nps.gov/bibe/index.htm](http://www.nps.gov/bibe/index.htm).

A FEW MORE RULES AND CAUTIONS

Leave No Trace: Low or no impact wilderness ethics are expected of all participants. All trash must be packed out; human waste buried, and used toilet paper packed out (so bring zip-lock bags for this purpose). Campfires are not allowed, so bring a small camp stove if you plan hot meals. Smoking, pets, radios and firearms are not allowed.

Medical: The leaders are not medical professionals. All participants are encouraged to have first aid supplies and a basic knowledge of how to deal with medical emergencies. If you have medical training, let the leader know so that he or she can use your skill in an emergency. Inform the leaders if you have a medical condition that could require special treatment in an emergency, such as controlled diabetes, heart problems, allergic reactions, etc. Carry any necessary medications for these conditions on your person at all times and let the leader know where you store them. If you are extremely allergic to bee stings, poison ivy or anything else that we are likely to encounter, ask your doctor if you should carry an antidote kit. If you are blind without your glasses, bring a spare. We will be hiking in a wilderness area, where rescue is difficult and time-consuming. The nearest hospital is over 100 miles away. Medical help could be days in arriving. Air evacuations are extremely expensive, and the injured party is responsible for payment of costs. If you have a health condition that could require immediate medical treatment, you should not go on this trip.

Group / Safety: It is important for group safety to follow the leader’s directions. By failing to obey the leader’s instructions, you assume the risks of any consequences that result. The group should stay together to minimize the chance of someone getting lost, or an injured person going unaided. Sierra Club prohibits individuals from leaving the led group (the leader and those participants with the leader) for separate day hiking or other activity. If you leave the group, you do so at your own risk. Participants who leave the led group against leader advice will be asked to sign out of the trip and are no longer part of the trip. Don’t expect the group or the leader to do more than notify the authorities if you do not return. The leader’s responsibility is to those who are following him or her, not to those who choose to follow a different route and put themselves at risk. Note that if you leave the group and miss the scheduled bus pick-up at the trailhead, the bus will not wait and you will be responsible for getting your own transportation home.

If you want to leave the led group to do separate day hiking, **you do so at your own risk**. If you choose to take that risk, please don’t hike alone. Most deaths in the wilderness occur when a solo hiker becomes incapacitated, and dies of hypothermia or dehydration before being found. If you do leave the led group, you should hike in parties of at least three people, and tell the leader your planned route and time of return. If someone is injured while away from the led group, leave one person and all of the party’s food and warm clothing with the injured person, and send all of the others for help, either at the trailhead or at the trip’s base camp.

If you do get lost, stop and wait to be found; don’t wander aimlessly. When day hiking, even for short trips, bring a jacket, raingear, warm hat, space blanket or space bag, food, water, map, compass, flashlight, first-aid kit, matches and whistle. If you twist an ankle or get lost, these essentials could save your life if you end up spending the night away from camp. Potential nighttime lows in the 20’s make hypothermia a real threat.

Leaders are not allowed to search for missing persons at night. They may not put others in the group at risk to look for a lost participant. When leaving camp even for a moment, especially at night, be careful to not get disoriented and lose your way back. This could create a life-threatening situation if the weather is bad or the person is not dressed for the cold.
The biggest single danger on this trip is falling off ledges due to clumsiness, in attention or loose and unstable rock. Do not get too close to cliff edges, such as at the South Rim, on Emory Peak, or at the Windows Overlook.

Sunburn is a potential problem. Remember, this is a desert environment with little shade; wear a long sleeve shirt, long pants, a wide-brimmed hat and bandana, and use sunscreen.

**Big Bend Rules:** The following regulations apply to this trip and must be followed:
- No ground fires. You must use a backpacking stove for all cooking.
- Pack out all litter. Trash should be carried back to Dallas. Big Bend has very limited solid waste disposal facilities.
- Disturbing or collecting any natural or historical feature or object is prohibited.
- Do not bathe, swim, wash in or contaminate water sources.
- Bury human waste at least 6 inches deep well away from camp or water sources. **Big Bend National Park requires that you carry out all toilet paper.** Carry extra Ziploc bags for your used TP.
- Possession of firearms or other weapons is prohibited.

**Bears:** After a long absence, bears have returned to Big Bend. Bear canisters will eventually be required for backcountry use, but we’ve been advised that the rule will not be enforced in 2014. The Park provides metal bear boxes at selected campsites. The following are Park Service requirements:
- Bring food that doesn’t have strong aromas. Consider foods that require no cooking, as those generate fewer dirty dishes and wastewater.
- Store all food, beverages, trash and toiletries inside the food storage box provided at your campsite if there is one. Do not store these items in your tent.
- Prepare meals away from your sleeping area.
- Keep your campsite clean. Keep scraps in the storage box with your trash and unused food.
- Do not pour oils or grease used in cooking onto the ground. Carry out these residuals once they have congealed. Take care not to spill liquids when cooking.
- Disperse cooking water over a wide area, away from camp.
- Carry out all garbage, left over food, and waste cooking oils and grease. **Do not bury your trash.**

Park rangers take food storage requirements seriously. A few years ago, a bus trip participant was fined $50 for improper food storage.

Should you encounter a bear or mountain lion, group together, make lots of noise, waive your arms, and look mean. Don’t run. Do not turn your back to a mountain lion – keep facing it directly. Give the animal an escape route, if you have accidentally cornered it. If you are between a bear and her cubs, slowly move away from both while doing all of the above.

The Dallas Sierra Club has run trips such as those described above for 35 years without any serious injuries. If you are in reasonably good physical condition, have the necessary experience and skills, and select a trip matching those abilities (and of course, don’t do anything stupid), these trips are reasonably safe. The above cautions and disclosures of risk are intended to give you the information necessary to make an informed decision on whether you should participate in any of these trips. Hopefully, they will also encourage those who do participate to be safe and careful; so we can all have a good time.

**Join us for fun and relaxation in Big Bend National Park!**
**RELEASE OF LIABILITY**

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<tr>
<th>Outing: Big Bend National Park Bus Trip</th>
<th>Date(s): November 5 -10, 2014</th>
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</thead>
<tbody>
<tr>
<td>Bus Leader: Mark Stein</td>
<td>Additional Leaders: Lynn Marple, Bill Greer, Steve Fleischman and Ze'ev Saggi</td>
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Sign-In Sheet & Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death ("Injuries and Damages") from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY the Sierra Club, its officers, directors, employees, agents, and leaders from any and all liability on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to HOLD HARMLESS the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Name (print clearly): ________________________________

Signed: ________________________________ Date: _________________

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor below.

Print Name and Age of Minor: ________________________________ Age: __________

Signature of Parent or Guardian: ________________________________ Date: _________________
Please fill in this form as accurately as possible. It is essential for leaders to evaluate individual and group health needs as part of trip planning, and for use during emergencies. After reviewing this form, the leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history.

We will keep the information on this form confidential. It will be seen only by leaders, medical personnel, or others who know and understand its confidential nature. This form will be destroyed following the trip. If you choose not to go on the trip, this form will be destroyed immediately.

---

**General Information**

First Name: ___________________________ Last Name: ___________________________ Nickname: ___________________________

Address: ____________________________________________________________ Gender: ___________________________

City: ___________________________ State: ___________________________ Zip: ___________________________

Home Phone: ___________________________ Work Phone: ___________________________ Mobile Phone: ___________________________

Email Address: ___________________________ Date of Birth: ___________________________

Height: __________ Weight: __________ Blood Pressure: _____ / _____ Resting Heart Rate: _______ bpm

---

Emergency Contact: __________________________________________________________ Relationship: ___________________________

Home Phone: ___________________________ Work Phone: ___________________________ Mobile Phone: ___________________________

Secondary Emergency Contact: __________________________________________________________ Relationship: ___________________________

Home Phone: ___________________________ Work Phone: ___________________________ Mobile Phone: ___________________________

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**Evacuation and Medical Insurance Information**

We strongly encourage you to have medical and evacuation insurance and to bring your insurance card or other documentation with you on the trip.

<table>
<thead>
<tr>
<th>Evacuation Insurance</th>
<th>Medical Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Company Name:</td>
<td>Company Name:</td>
</tr>
<tr>
<td>Policy Number:</td>
<td>Policy Number:</td>
</tr>
<tr>
<td>Contact Phone Number:</td>
<td>Contact Phone Number:</td>
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</tbody>
</table>

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**Allergies**

Include medicines, foods, animals, insect bites and stings, and environment (dust, pollen, etc.).  

<table>
<thead>
<tr>
<th>Allergy</th>
<th>Reaction</th>
<th>Medication Required (if any)</th>
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<tbody>
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Continued on next page . . .
### Medical History

Please list all prescription, over-the-counter, and natural medications you are taking. Use a separate sheet if necessary.

<table>
<thead>
<tr>
<th>Medication Name</th>
<th>Dosage</th>
<th>Frequency</th>
<th>Side Effects (known &amp; potential)</th>
<th>Reason for Taking</th>
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Do you currently have, or have a history with, the following conditions (explain in blank and use separate sheet if necessary):

- [ ] Yes  [ ] No  Respiratory problems, Asthma
- [ ] Yes  [ ] No  Do you smoke __________________________
- [ ] Yes  [ ] No  Diabetes ________________________________
- [ ] Yes  [ ] No  Gastrointestinal problems __________________
- [ ] Yes  [ ] No  Cardiac problems, Hypertension __________________
- [ ] Yes  [ ] No  Neurological problems, Seizures __________________
- [ ] Yes  [ ] No  Vision or Eye problems __________________
- [ ] Yes  [ ] No  Hearing problems __________________________
- [ ] Yes  [ ] No  Bone, Joint, Muscle problems __________________
- [ ] Yes  [ ] No  Head trauma, Traumatic Brain Injury __________________
- [ ] Yes  [ ] No  Substance Abuse, Anxiety, Depression __________________
- [ ] Yes  [ ] No  If female: Are you pregnant __________________
- [ ] Yes  [ ] No  Have you had an illness within the last 12 months __________________
- [ ] Yes  [ ] No  Have you had surgery or been hospitalized in the last 12 months __________________
- [ ] Yes  [ ] No  Have you ever had problems related to exposure to altitude __________________
- [ ] Yes  [ ] No  Any other health complaint or medical issue that would affect your participation in this trip __________________

If YES, please explain __________________

Date of last tetanus immunization: __________________ Date of most recent physical: __________________

Physician’s name: __________________ Phone number: __________________

Address: __________________

Please have physician sign if your leader requires a physical prior to trip

Physician’s signature: __________________ Date: __________________

---

The information provided here is a complete and accurate statement of any physical and psychological conditions that may affect my participation on this trip. I realize that failure to disclose such information could result in serious harm to myself and other participants. I agree to inform my trip leader should there be any changes to my health status prior to the start of the trip. I understand the outing may require vigorous activity that is both physically and mentally demanding in isolated areas without medical facilities. **I am fully capable of participating on this trip.**

**Trip Name:** Big Bend Bus Trip  **Trip Dates:** November 5-10, 2014

**Signature (required):** __________________ Date: __________________

**Print Name:** __________________
Dallas Sierra Club  
Big Bend National Park Bus Trip  
November 5 - 10, 2014

PARTICIPANT PREFERENCE FORM

Please return this form, your check payable to "Dallas Sierra Club," the Medical Information Form, and the Sierra Club Sign-In/Release of Liability to the trip leader (address on page 2).

PARTICIPANT NAME (please print): ________________________________________________________________

Current Sierra Club member: Yes _____ No _____   Amount enclosed: ____________________

TRIP PREFERENCE

Trip number choice (indicate 1, 2, 3, 4 or 5): 1 st choice: _________ 2 nd choice: ___________

BUS PREFERENCES:

Area of bus: Front _____ Middle _____ Back _____ No preference _____

Seat: Aisle ____ Window ____ No preference ____

Bunk: Upper ____ Lower _____ No preference _____

Sit / bunk together with (name): _______________________________________________________________________

GENERAL INFORMATION (required – please answer every question:)

How did you learn about this trip?
__________________________________________________________________________________________

Have you hiked at high altitudes before? If yes, how high and how far
__________________________________________________________________________________________

Have you ever backpacked before? Yes ____   No ____

Have you gone on any other Dallas Sierra Club bus trips? Yes ____ No _____

If YES, to where (and about when, if recent), if NO, describe your backpacking experience including location, distances and elevations:
__________________________________________________________________________________________
__________________________________________________________________________________________

By signing below, I certify that I have read the attached trip descriptions, restrictions and cautions, and understand the described difficulties and risks associated with the trip(s) that I have selected above. I certify that I have no known health problems that would require me to need immediate medical attention, and that I am in sufficient physical condition to participate in the trip I have selected. I understand that immediate medical assistance will not be available if I become ill or injured while on this trip, that evacuation could take several days if I do become ill or injured, and that I am responsible for any evacuation and medical costs that may be incurred should I need medical attention. I understand that should I miss the bus returning to Dallas, that I am responsible for the arrangement of, and the cost of, my return to Dallas.

SIGNATURE of Participant (Adult) __________________________________________ Date _________________

Signature of Legal Guardian if Participant is a Minor: ____________________________ Date _________________