Adventure WV Winter Break Trip 2021-2022
Big Bend National Park
Participant Information Packet

Trip Description: Welcome!!! This winter break trip is a great way to get away between semesters and explore some amazing areas of the desert Southwest. The trip runs for 13 days and includes visits to three different national parks: Big Bend, Guadalupe, and Carlsbad Caverns. Activities include backpacking, caving, and day hikes. Although the trip takes place in desert environments, snow and freezing temperature are still to be expected in December-January.

Trip Cost: The trip fee is $625. This fee includes instruction, camping, park entrance fees, backcountry fees, transportation group equipment, some loaner equipment, and food while camping and doing activities. Food on the road is the responsibility of the individual and NOT included in the trip cost. Participants often enjoy having extra money for snacks, souvenirs, etc. Participants are encouraged to review https://adventurererecreation.wvu.edu/guided-trips for refund policies.

Requirements: All participants must meet Adventure WV’s Essential Eligibility Criteria. Participants are required to complete a participant information form, waiver, and media release. Participants are encouraged to read all paperwork and understand the inherent risks involved in Adventure WV programming.

No previous experience in camping nor the adventure activities is expected nor required. The trip is designed for beginners, although participants should expect to be challenged and work at gaining skills during the program. Participants can expect varied and cold temperatures along with physical challenges associated with hiking and backpacking at elevations of 6000+ feet.

Participants are required to follow all WVU and Adventure WV policies as outlined by AWV staff members and other WVU and AWV resources. The program is free from alcohol, tobacco, drugs, and weapons. Specific policies related to COVID-19 mitigation may be in place as well. Students who do not follow policies may be subject to removal from the trip without a refund and/or student conduct.

Adventure WV extended trips are focused on getting students outside to explore new places, gain skills, meet new people, and have fun. Adventure WV is not a guide service; participants are “crew not passengers;” expected to practice good self-care, contribute to group tasks (cooking, campsite management, etc.), and engage in group meetings and discussions.

Pre-Trip Meetings: Given the length and nature of the program, it is necessary to meet up prior to the trip to review requirements, expectations, and essential safety information. Pre-Trip meetings are required for all participants. If a participant has an ACADEMIC CLASS conflict with scheduled meetings, they must contact the trip Course Director to discuss. Failure to attend pre-trip meetings may result in cancellation of registration with no refund. Pre-trip meeting topics will include (but are not limited to): itinerary, equipment, personal equipment review, group expedition behavior & participant expectations, safety & risk management, policies, basic skills, menu, and equipment. During pre-trip meetings participants will also complete the required paperwork.

Pre-Trip Meeting Dates & Times:

<table>
<thead>
<tr>
<th>DATE TBD</th>
<th>7pm</th>
<th>Outdoor Recreation Center, SRC</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE TBD</td>
<td>7pm</td>
<td>Outdoor Recreation Center, SRC</td>
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</table>
Itinerary:
This itinerary is subject to change based on weather conditions, group needs, emergency situations, and other unforeseen scenarios. Driving time are estimates and do NOT include stops! Expect driving to take longer than listed.

<table>
<thead>
<tr>
<th>Day</th>
<th>Day</th>
<th>Date</th>
<th>What’s Happening?</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Monday</td>
<td>12/27</td>
<td>10am meet up for final pre-trip essential topics Lunch at the ORC Depart by 1pm, drive to Edgar Evins State Park in TN (8.5 hours, 506 miles)</td>
</tr>
<tr>
<td>2</td>
<td>Tuesday</td>
<td>12/28</td>
<td>Drive to Abilene State Park (14 hours, 927 miles)</td>
</tr>
<tr>
<td>3</td>
<td>Wednesday</td>
<td>12/29</td>
<td>Drive to Rio Grande Village (6.5 hours, 385 miles)</td>
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<tr>
<td>4</td>
<td>Thursday</td>
<td>12/30</td>
<td>Day Hike &amp; Backcountry Prep Camping at Rio Grande Village</td>
</tr>
<tr>
<td>5</td>
<td>Friday</td>
<td>12/31</td>
<td>Drive to Chisos Basin Campground (1 hour, 30 miles) Split into two backcountry groups—both groups are doing a loop in Chisos Mountains, reverse of each other.</td>
</tr>
<tr>
<td>6</td>
<td>Saturday</td>
<td>1/1</td>
<td>Happy New Year! Day 2 of backpacking</td>
</tr>
<tr>
<td>7</td>
<td>Sunday</td>
<td>½</td>
<td>Both groups return to Chisos Basin Campground</td>
</tr>
<tr>
<td>8</td>
<td>Monday</td>
<td>1/3</td>
<td>Day hike in Chisos Basin area</td>
</tr>
<tr>
<td>9</td>
<td>Tuesday</td>
<td>¼</td>
<td>Travel to Guadalupe Mountains National Park (5 hours, 270 miles) Food resupply in Marfa, TX Short day hike if time allows Camp at Pine Spring Group Site</td>
</tr>
<tr>
<td>10</td>
<td>Wednesday</td>
<td>1/5</td>
<td>Day Hike at Guadalupe Mountains National Park Camp at Pine Springs Group Site</td>
</tr>
<tr>
<td>11</td>
<td>Thursday</td>
<td>1/6</td>
<td>Travel to Carlsbad Caverns National Park, self-guided tour Continue travel to Lubbock, TX (4 hours, 233 miles)</td>
</tr>
<tr>
<td>12</td>
<td>Friday</td>
<td>1/7</td>
<td>Travel to Village Creek State Park in Arkansas (11.5 hours, 765 miles)</td>
</tr>
<tr>
<td>13</td>
<td>Saturday</td>
<td>1/8</td>
<td>Travel to Morgantown (12.5 hours, 793 miles) (Lodging not provided this night)</td>
</tr>
<tr>
<td>14</td>
<td>Sunday</td>
<td>1/9</td>
<td>Cleaning &amp; Trip Close @ ORC</td>
</tr>
</tbody>
</table>

Sites to Check Out:

Big Bend National Park
https://www.nps.gov/bibe/index.htm
https://visitbigbend.com/

Guadalupe Mountains National Park
https://www.nps.gov/gumo/index.htm

Carlsbad Caverns National Park
https://www.nps.gov/cave/index.htm
ADVENTURE WV – Big Bend 2021-2022 Winter Break Trip  
Participant Packing List

- **EQUIPMENT FOR LOAN**: Adventure WV has a small collection of hiking boots and rain jackets that are available at no charge for individuals who register for our programs. If you are in need of either of these items, you should indicate during pre-trip meetings so we are sure to reserve for you.

- **BRING WARMER CLOTHING**: It will be colder than you expect and you’ll end up dressing in layers! The weather in the desert in the Winter can vary greatly and be chillier than expected.

- **AVOID COTTON**: Avoid cotton clothing as much as possible. Cotton does not keep you warm once it gets wet, which is a big deal when you’re in the outdoors. Please bring **SYNTHETIC** (polyester, fleece, wool, nylon, etc.) as much as is possible.

- **CONSIDER BUYING USED OR BORROWING**: When beginning to prepare for your trip, consider that not everything needs to be purchased new, nor do things have to have the latest and greatest brand names. Use what you have, borrow from a friend or family member, or visit a local thrift store or discount store!

- **HOW TO PACK.** Most everything you bring (except your sleeping bag, sleeping pad, and backpacking pack) should fit into a 18-gallon Rubbermaid bin and a day pack.

| FEET | 1 pair of sturdy, waterproof hiking boots  
*Available to borrow from AWV | 1 pair of sneakers or croc-like shoes for wearing around camp  
6 pairs of medium weight synthetic/wool socks for hiking. Do not bring cotton socks for backpacking! |
| --- | --- | --- |
| HEAD | Warm synthetic hat for chilly mornings/evenings  
Sunglasses (optional)  
Brimmed hat for sun protection (optional) |
| UPPER BODY | 3-4 t-shirts At least 3 should be synthetic.  
2 light weight long-sleeved shirts–synthetic!  
2 mid-weight long-sleeved synthetic fleece, jacket, or sweater. Do not bring a cotton hoodie! Consider another layer or a vest if you tend to be cold!  
1 WARM fleece or synthetic jacket (should fit over your other layers)  
1 pair thin synthetic gloves  
Waterproof/water resistant rain jacket  
*Available to borrow from AWV |
| LOWER BODY | Underwear and sports bras, as needed. Synthetic is better than cotton  
1-2 pairs synthetic long pants- comfortable for hiking, etc. Do not bring jeans or cotton sweatpants! These should fit over your tights and warm pants.  
2 pairs of long tights/spandex/long underwear—synthetic  
1 pair warm fleece pants cozy!  
Waterproof rain pants (optional) |

(continued next page)
### EQUIPMENT

**Day Pack/Small Backpack** For day hikes. Should be big enough for water, snacks, and layers.

**Sleeping bag** - synthetic fill, 0-20 degree bag that you can carry in your backpacking backpack  
*Provided by AWV - no need to reserve in advance*

**Sleeping pad**  
*Provided by AWV - no need to reserve in advance*

**Backpacking backpack** - approximately 65 liters or larger  
*Provided by AWV - no need to reserve in advance*

2 (1-quart) **Water bottles** (durable, Nalgene-style bottles work best).

**Headlamp** with fresh batteries and extra batteries. LED lights strongly recommended.

**Sturdy food container (plate or bowl), mug, and spoon or spork.** You will use these to eat your meals - no glass!

### HYGIENE (please no aerosols!)

15+ **Masks** (one mask per day with extras, fabric or disposable) Must cover mouth and nose. Required to mask in van [Mask Requirements](#).

**Lip Balm** (preferably with SPF)

**Sunscreen**

**Menstruation Kit/Supplies**  Click [HERE](#) for details.

**Toothbrush & toothpaste**

**Hand sanitizer** (travel-sized)

(If applicable) **Glasses, contacts, contact solution, contacts case, travel mirror**

**Medications:** If you regularly take any medications, you MUST bring them on the trip (be sure to list them on your form also)

**Travel soap, shampoo, conditioner**

**Small towel**

### OPTIONAL (past participants say they would recommend the following items, but none listed below are required!)

**Watch** with alarm

**Camera** – **digital or disposable** (optional) - you may not be able to use a phone for photos on your trip!

1-2 **Bandanas** - Many uses!

**Crazy Creek portable chair (or similar)** - must be without legs

**Travel pillow**

**Extra utensils**- plastic knife, spoon, fork, bowl, etc.

**Notebook/journal with pen or book** (optional)

**Snacks**- AWV provides all food and snacks, but feel free to bring a small amount of something you really like

### DO NOT BRING (REALLY- DON’T):

- Drugs, alcohol, tobacco (including ecigs/vapes), or weapons. Bringing these items is grounds for dismissal from the trip with no refund, with possible university sanctions.

- Anything not on the packing list! Adventure WV will be providing other necessary group items, including food, tents, tarps, stoves, cooking gear, coolers, and water purification.