

HIGH MOUNTAIN HUNTS

Joel Pat Latham, President

www.HighMountainHunts.com

Latham@HighMountainHunts.com

Cell: 817-371-4340

KNOW BEFORE YOU GO

NO NEED TO MAKE THE MISTAKES THAT SOME HAVE ALREADY MADE....SO, READ CAREFULLY!

Decide what kind of hunt you are interested in. Along with your interests, think **honestly** about your capabilities. If you are not in good shape, a back-pack Mountain Goat hunt or a spot-and-stalk Brown Bear hunt in muskeg probably isn't a good idea. Start now to learn as much as possible about the type of hunt you're interested in so you will know the right questions to ask.

Ethics-Make sure you understand the fair chase standards for the type of hunt you're considering. For example, the vast majority of the hunting in South Africa is on high-fenced ranches. Some are very large. Others are not. Some hunts are for a specific animal on one ranch. Other hunts allow you to look over numerous quality animals on one property. Many operations in New Zealand, Argentina and Saskatchewan are behind an escape-proof wire as well. Some New Zealand operators use a helicopter to hunt Tahr and Chamois. Others offer foot hunts for the same species. Be thinking about such specifics for your hunt.

First, check out the hunts of your interest in advance of the shows. Second, make a plan to visit specific agents/facilitators. Spend some time online researching. Interview and vet carefully. You know your tastes, preferences and abilities. Make sure you communicate those to the agent/facilitator and ask questions to ensure a good fit.

- **Solution to Communicating with Family, Business and Friends while out of the country. WhatsApp** Messenger is a smartphone messenger available for Android and other smartphones. WhatsApp uses your 3G or WiFi (when available) to message with friends and family. Switch from SMS to WhatsApp to send and receive messages, pictures, audio notes, and video messages. First year FREE! (\$0.99 USD/year after). There are no hidden costs once you and your friends download the application, you can use it to chat as much as you want. Send as many messages as you want a day...free! WhatsApp uses your Internet connection: 3G/EDGE or Wi-Fi when available. You can also send Video, Images, and Voice notes to your friends and contacts. There are no international charges.
- We recommend that you either buy or rent an **Explorer Satellite Telephone**. These telephones offer you unparalleled satellite phone service providing every mobile satellite customer with tailor-made satellite solutions via the Inmarsat, Iridium, Globstar and Thuraya satellite. <http://www.explorersatellite.com>
- We recommend that you sign up for **Ripcord Rescue**, the world's premier provider of medical & security advisory and evacuation services. Only **Ripcord Rescue** has the field rescue units that will come to help you wherever your emergency occurs, by whatever means necessary. Their corps of deployable paramedics, field rescue specialists and special operations veterans will find you, stabilize you and bring you home. They will also give you medical advice via telephone at no charge. www.ripcordrescuetravelinsurance.com/portal/highmtnhunts
- We recommend TRAVEL WITH GUNS, travel agency, out of San Antonio, Texas. <http://www.travelwithguns.com> Call Steve Turner at (210) 858-9833. His staff knows each airline and every detail of international regulations when it comes to transporting guns to a hunting destination. They will know about Visa requirements and changes to passport requirements.
- We recommend Travel Guard Insurance plans designed to cover travelers worldwide. Plans can include valuable medical coverage, trip interruption, emergency travel services and more.
- You will need a CPB Form 4457 as proof of ownership of your firearm. Cut the expiration date off the top of this form. That date has caused some problems for travelers.

- **At this time, American Airlines and United will not interline firearms with other airlines on foreign travel but they will check them to domestic destinations. Check with your travel agent or plan on using the firearm supplied by your foreign outfitter! Delta has new firearms requirements. See www.delta.com/content/www/en_US/traveling-with-us/baggage/before-your-trip/special-items.html.**
- No Jewelry. Don't attract attention unnecessarily. Customs in some countries require abundant & unnecessary paper-work.
- Call your credit card company. Tell them you will be out of the country.
- Be sure there are at least two blank pages in your passport (not counting the last page where there should be no country stamp) for visa stamps, more if you are adding stops to other countries in your itinerary and make sure you will be returning at least 6 months before expiration. Check with your travel agent to see if a visa is required for the country (s) in which you intend to travel. Make a copy of your passport and put it in a bag that is separate from where you keep your passport. It is much easier to obtain a new passport if you have a copy of your passport. If you lose your passport, contact the US Embassy. In 2004, the South African Passport control required you to have a front and back page blank that is titled Visa. Don't check that when you are on the airplane filling out your immigration form.
- Check the accuracy of your firearm and well in advance of your trip (allow time for any necessary repairs) and then, check again in hunting camp.
- Some airlines require that you show your firearms permit, hunting license or your letter of invitation from your hunting destination country before they will allow you to board. It is a good practice to ask the pilot to verify that your firearm luggage is onboard before departing. Bow hunters, avoid traveling through the Netherlands. All of your arrow points will be ceased and confiscated by the government. Do not go through this country.
- Visit the [Transportation Security Administration](http://www.tsa.gov) (TSA) website: Traveling with Special Items: Firearms & Ammunitions. Pack ammunition in your checked luggage until told otherwise and know where you can access it easily. Foreign customs will ask to see it and count the ammunition. Know where it is in your luggage. You may carry up to 11 pounds of ammunition, including the case it is in. Some countries may have other requirements so be prepared to repack the ammunition. (Adjust, Adapt, And Improvise!) Some countries require that you show the spent shells as well as remaining.
- The TSA has implemented enhanced security measures at select overseas airports with direct flights to the U.S. Travelers who plan to **carry on** electronic devices, including cell phones, may be required to turn them on during security screening. **Devices that do not power on may not be permitted onboard the aircraft.** Travelers should be sure to charge their devices and allow additional time for security screening.

Travelers must declare all firearms, ammunition, and parts to the airline during the ticket counter check-in process. The firearm must be unloaded. The firearm must be in a hard-sided container. The container must be locked. A locked container is defined as one that completely secures the firearm from being accessed. Cases that can be pulled open with little effort cannot be brought aboard the aircraft. Federal regulations prohibit unlocked gun cases (or cased with broken locks) on aircrafts. TSA inspects all firearm cases at the ticket counter. Travelers should remain in the area designated by the aircraft operator or TSA representative to take the key back after the container is cleared for transportation. If travelers are not present and the security officer must open the container, TSA or the airline will make a reasonable attempt to contact owner. If contact is not made, the container will not be placed on the aircraft. Travelers must securely pack any ammunition in fiber (such as cardboard), wood or metal boxes or other packaging that is specifically designed to carry small amounts of ammunition. Travelers may not use firearm magazines/clips for packing ammunition unless they completely and securely enclose the ammunition (e.g., by securely covering the exposed portion of the magazine or by securely placing the magazine in a pouch, holder, holster or lanyard). TSA prohibits black powder or percussion caps used with black powder.

To carry firearms abroad, Open, print and fill out at home Form 4457 ([Certificate of Registration for Personal Effects Taken Abroad](#)). Go to U.S. Customs and Border Protection office well in advance of your trip. Leave your firearm in your gun case in your car. Go inside the office and explain your purpose. Once you are authorized, bring your firearm inside the office where the agent will check the numbers and stamp the form. (No record is kept insuring your privacy) Make 3 copies. Staple one on the last page of your passport, one visible in your gun case (if you and your firearm get separated, Customs can and will open your gun case. If the Form 4457 is present, they will forward your firearm, if not, you must send a copy to Customs to the Port of Entry) and keep one at home in a safe place. It serves as proof of

ownership which is required by all countries. Be prepared to show it upon return into the U.S. to eliminate paying duty on the items you took out. Do Not Neglect to get this form or your firearm will not be allowed into many countries. These regulations are strictly enforced. Violations can result in criminal prosecution and civil penalties of up to \$10,000 per violation. Airlines may have additional requirements for traveling with firearms and ammunition; therefore, travelers should also contact the airline regarding firearm and ammunition carriage policies. Please note that other countries have different laws that address transportation and possession of firearms. If you are traveling internationally, please check regulations at your destination about their requirements. Many sporting goods stores now stock a lockable hard plastic ammunition box. To be on the safe side, pack your ammunition in a lockable, metal container. Total weight of the container and ammunition not more than 11 pounds and put it in your checked baggage and know where it is in case you must adjust, adapt and improvise within foreign countries and airline requirements.

- To save space, take the foam out of your gun case and pack clothing there in place of the foam.
- **NEVER** put any ammunition or firearm parts in your carry on bags...repeat...**NEVER!**
- Foreign Customs will want to see your optics, camera, iPods, cell phones, firearms, etc. While on the aircraft, be prepared to fill out a declaration for foreign customs. Have all the numbers, descriptions and model numbers readily available. They will verify it and give you a copy. It is imperative that you keep that declaration until you exit the country as they will again ask for your inbound declaration to match against your outbound declaration.
- Canada-if you take more than CAN\$10,000 into or out of Canada, you must fill out a [Customs Form E677](#) .
- If you are traveling into or out of the U. S. A. carrying currency or other monetary instruments totaling \$10,000 or more, you are required to declare it on the day of departure on [Dept. of the Treasury Financial Crimes Enforcement Network Form 105](#) with the Customs officer in charge at any Custom Port of Entry or Departure. They may count the money. They will sign and stamp the Form and give you a copy. Take only new cash bills. Old ones are not readily accepted in many foreign countries. If you should choose not to follow the law, it could result in the confiscation of your cash and/or negotiable instruments.
- The Kyrgyz Republic will only allow \$3,000 in U.S. currency per person to be imported into their country.
- Put your snacks, audio-video and photo gear in your carry-on bag. Do not allow two airport porters to carry your belongings separately. One porter should be responsible to transport it all.
- Constantly check for updates on your flights as gates and times may change. If the board shows "delayed" , your first thought should be that this flight is oversold and the airline is attempting to lull passengers into walking away from the gate or hanging out in the bar. The board will then show "boarding" and at that time they will board the remaining passengers leaving you and others behind. Don't ask me how I know.
- Be vigilant and aware of your surroundings. Watch out for pickpockets, particularly in African countries in the baggage claim areas, watch you baggage carefully. Again, watch for pickpockets.
- Tipping is a personal preference associated with quality perceived. However, a Customary Tipping Schedule for African Safaris, according to Craig Boddington, is 7% of the total cost of the hunt (before tax, if applicable) to the Professional Hunter or 9% of the total daily rate if hunting for dangerous game. I recommend consulting with the P.H. for the amount of tip for the cooks, trackers, skimmers, laundry workers, tent boys, etc. I put this amount in small bills into an envelope and then allow the P.H. to distribute these tips according to the pecking order.
- Tipping for Elk, Brown Bear, and Turkey, according to Craig Boddington, 1x1 guided is \$75 per day; for guided Whitetail 1x1 guided is \$50 per day on a management hunt and \$100 per day on a Trophy Hunt.
- Tipping for camp cooks, according to Craig Boddington, should be \$20 per day.
- Keep your valuables and papers in a safe place on your body.
- Before leaving the U.S. thoroughly clean your boots and put them in a clear plastic bag. Some countries are very jumpy about this fearing mad cow disease. Do the same when you return to the U.S. It will save your precious time between airline connections.
- We strongly recommend that you consider contributing to www.conservationforce.org and joining the [National Rifle Association](#). If it were not for these, you could most likely not be using a firearm in the USA
- If traveling to foreign country(s) with minor, it is mandatory to have parent(s) fill out [Minor Travel Forms](#).
- All pieces of your trophy (s) should have a personal, waterproof identification tag attached, example: skins, horns and skull. Your taxidermist will be happy to supply you with these.

- All imports of wildlife and parts into the USA require [Form 3-177](#) (original for client plus 3 copies) It must be given first to USFW, then Customs and then USDA. All containers with wildlife must be conspicuously marked with the word "Wildlife". To be on the safe side, notify USFW 21 days before arrival to clear wildlife at [Designated Port of Entry \(page 5\)](#). Most countries today require that trophies be processed to eliminate transfer of diseases. Be prepared to have your trophies processed and shipped after the hunting season ends.
Allow 3 hours lead time when checking in at airlines for out of the country travel with firearms and ammunition inside lockable case...not in with your firearm.
- Staying healthy while traveling... You have made a sizeable investment in your hunt. You should use precaution when departing from your home environment. Take medical wipes. Consider that many hands have touches the surfaces that you are touching on trains, planes, buses and automobiles. Ask your doctor's advice about taking preventative medications in advance and throughout your trip. All of these precautions may save your hunt and make this a more enjoyable adventure.
- It is important for passengers not to panic if they leave an airplane feeling a little sick. Oxygen levels are lower inside the airplane and humidity levels inside the cabin often drop below 10 percent to avoid fuselage corrosion, so passengers should stay hydrated on the plane by drinking plenty of water and avoiding alcohol. The pandemic scares that get the most attention, such as SARS or H1N1 in recent years, are the ones passengers need to fear least. Colds and stomach viruses should be a larger concern. Possible recommended safeguards against such ailments include hand-washing and wiping down surfaces, such as tray-tables with hand sanitizer. Chew gum or use earplugs to avoid discomfort of having your ears constantly pop. Pack antibacterial soap and sunscreen while staying abroad to prevent both infections from dirty hands and sunburn.
- U. S. citizens should check www.travel.state.gov before overseas travel.
- There is no standard mains voltage throughout the world and also the frequency, i.e. the number of times the current changes direction per second, is not everywhere the same. Moreover, plug shapes, plug holes, plug size and sockets are also different in many countries. Those seemingly unimportant differences, however, have some unpleasant consequences. Most appliances bought overseas simply cannot be connected to the wall outlets at home. There are only two ways to solve this problem: you just cut off the original plug and replace it with the one that is standard in your country, or you buy an unhandy and ugly adapter. While it is easy to buy a plug adapter or a new "local" plug for your "foreign" appliances, in many cases this only solves half the problem, because it doesn't help with the possible voltage disparity. A 120-volt electrical appliance designed for use in North America or Japan will provide a nice fireworks display - complete with sparks and smoke - if plugged into a European socket. (<https://www.worldstandards.eu/electricity/plugs-and-sockets/>)

When making your airline reservations, (High Mountain Hunt is NOT a travel agent) you should strive not to over-night in a country in which you do not have a firearms permit. Should you spend the night before arriving at your destination country, you will have a custom problem that could prove to be very time consuming and could result in the confiscation of your firearms.

It is necessary to obtain a Visa before traveling to Tajikistan (at this time, \$50).

<https://liveandletsfly.boardingarea.com/2017/09/21/visa-on-arrival-tajikistan/>. Follow the instructions to obtain your Visa and send your passport to the Embassy in Washington, D.C. Additionally, when traveling to the Pamir region (which is generally Khorog, Murghab, Darwaz, Ishkashim, Vanj, Rushan), you will need a special boarder permit to travel in that area of the country. It is called the GBAO (Gorno-Badakhshan Autonomous Region) Permit and at this time the additional cost is \$50

TROPHY PROBLEMS CHECKLIST FOR IMPORTATION INTO THE US

Tags: Must be (1) permanently attached; (2) through a hole in the ear, the eye, the mouth, nose, or bullet hole, but not around the leg above the foot. Tag number must match that on the permit.

Permit Expiration: Get a faxed copy of the import permit before exporting. Do not ship an Appendix I or II species without seeing a copy of the import permit to be sure it will not expire before the shipment arrives. Examine both the export and import permits for expiration dates and look for date errors.

Import Permits: A CITES or other Permit (s) may be required by U.S. Fish & Wildlife for your trophy if it is deemed endangered wildlife. No sale may be consummated until a permit has been obtained. Have the original U. S. CITES Import Permit with you for the required animal(s) harvested if you are bringing them home with you, and USFWS Declaration [Form 3-177](#) (original and 3 copies required). [Filing Instructions for Form 3-177](#). Wait to have your CITES trophy parts converted into

utilitarian or decorative items until after importing them into the U.S.A. or they could be confiscated. A copy of the Permit must be supplied to the outfitter prior to trophy shipment.

Importing Any Argali Trophy: When importing any CITES animal into the U.S through New York City or Houston, we recommend [WELL-Worldwide Energy Logistics, Inc.](#) Houston, Texas at 281-606-2400. If you choose to personally take your trophy home with you, you may act as your own importer. **Export Permits:** Examine for errors of name of permittee and name and number of species, signature and seal by the exporting country's CITES designated officers.

Validation: Make sure section 14 of export permit is fully completed, i.e., all trophy parts itemized, signed and sealed by designated CITES officer before the final step of shipment.

Purpose code: If crafted or worked item of trophy parts (feet, tail swish, bracelet, scrimshawed tusks, boots, gun cases, clothing, etc.) export permit must be coded "P" for person instead of "H" for hunting trophy. If part of an elephant or rhino trophy on Appendix II, it must have an Appendix I import permit (Form 3-200-37) because it's not treated as a trophy. Only trophy trade is Appendix II, not trophies converted into "personal" items.

Valuation: Understatement of value is the cause of excessive seizures, i.e. forfeiture of \$50,000 trophies for a \$500 offense. A true representative value should be used, not an understatement. Pro-rated cost of acquisition (cost of the hunt) is best or insurance value. Note: trophies are not taxed upon entry into the U.S., but they most certainly are seized. The exporter should use the full value from the get-go as import brokers carry it over onto their declarations.

USDA requires ruminants (even toed trophies and hooved animals (sheep, goats, caribou and deer) from Africa and turkeys from Mexico be released to a USDA Licensed Taxidermist or his agent only. You should have shipping instructions available when arriving at your point of entry into the U.S.A. This has to do with mad cow disease (BSE) and Newcastle disease for turkeys.

Return Flight: In planning your return flight home to the US with a CITES trophy, you will need a USFWS agent to clear your paperwork at the port of entry (no one else can do this). At this printing, the fee is \$56.00. If you arrive either before normal or after normal working hours, on a holiday, a Saturday, or a Sunday, be aware that you may also be charged an overtime fee. Have the USFWS phone number, fax, e-mail address at your port of entry readily available. To be on the safe side, you should notify USFWS at your [Designated Port of Entry](#), Page 5, at least 21 days before your hunt.

Papers: Keep your papers in a folder in your carry-on or day pack.

In Transit: Transfer through intermediate countries must be immediate, without delay. A hunter traveling with his trophy cannot lay over in an intermediate country without appropriate import and re-export permits from that country.

Forfeiture of Contraband: "Under the 2007 USFWS CITES regulations, all errors of any kind render the trophy 'contraband or illegal to possess.' That is the underlying basis for forfeiture the USFWS is relying upon. If it is "contraband or illegal to possess," the 2000 CAFRA reform measure Congress passed to provide protection to all innocent owners of property subject to forfeiture, does not apply. If it is 'contraband or illegal to possess,' none of the Bill of Rights of the United States Constitution provide any protection. If it is 'contraband,' then it can't be sent back because it is illegal to possess. It must be forfeited. Moreover, forfeiture is the primary and preferred course under these CITES regulations according to USFW

PERSONALLY TRANSPORTING YOUR HARVESTED –NON CITES UNGULATE TROPHY AS PART OF YOUR BAGGAGE.

All imports of wildlife and parts into the USA require [Form 3-177](#). You must have an original and 3 copies of the [Form 3-177](#). Keep the original for your files and in a safe place. The first copy of Form 3-177 will be given to the U.S. Fish and Wildlife officer which is the first agency you will deal with. The second copy will be given to the U.S. Customs officer which is the second agency. The third copy will be given to the U.S. Department of Agriculture which is the third agency you will deal with. Also give the Letter from the Taxidermist authorizing you to be his agent to the U.S. Department of Agriculture. If for some reason, the USFW or the USDA personnel are not present, give their copies of the Forms to the U.S. Customs official and he will give it to them on the next business day. All containers with wildlife must be conspicuously marked with the word "Wildlife". To be on the safe side, notify USFW 21 days before arrival to clear wildlife at [Designated Port of Entry](#).

The Kyrgyz Republic is one of the only foreign countries that will allow you to return home with your trophy in your baggage. If that is your choice and you choose to return home with your Ibex (any Ungulate) as personal baggage, get I.D. tags from your U.S.D.A. Approved Establishment (taxidermist) and a letter from him making you his agent. USDA will allow you to take your trophy to your U.S.D.A. approved establishment (taxidermist). Otherwise, it must be shipped to him. Your trophy must go to your taxidermy shop or both you and the taxidermy shop could be fined. Be sure your skin is tagged through a hole in the skin or eye (not around a leg) and that the horns are tagged securely. You

may saw the skull cap in two and tape them together to save space. Mark the bag containing your trophy with the word "WILDLIFE" on the outside and put your hunting license, Veterinary Export Certificate and a copy of your completed Form 3-177 inside. The following website is a list of the USDA Approved Establishments:

<https://vsapps.aphis.usda.gov/vsps/public/AESearch.do?method=unspecified>.

Documents Needed to clear AFTER HOURS and weekend trophy shipments

These procedures were prepared by USFW Houston, Texas and we assume that these procedures are acceptable nationwide; however, we are unable to confirm.

1. Declaration Form (form 3-177)
2. USFWS – Import permit (for threatened or endangered species)
3. **Export Permit (CITES or non-CITES)**
4. Hunting Permit
5. Veterinary Certificate

These documents may be FAXED to your designated Port of Entry USFW before departing the foreign country. The Fish and Wildlife Service needs copies of the above documents (per 50 CFR 14.52©) before any hunter who travels internationally imports into the Port of Houston a trophy using passenger baggage outside of FWS business hours. The inspector reviewing the above documents requires the documents during weekday business hours prior to the importation for the wildlife to ensure the hunter's trophy is released when the hunter departs the airport. **Trophies imported outside FWS business hours without prior document review may be detained for inspection resulting in a delay in release to importer.** Please understand that this new protocol will help expedite the clearance for hunters' trophy shipments. Also understand that prior submission of documents does not guarantee that an import will not be selected for random FWS inspection.

PERSONALLY IMPORTING YOUR NON-CITES ANIMAL USING A FREIGHT FORWARDING COMPANY

High Mountain Hunts recommends that you use a commercial customs import broker and we take no responsibility for your auctions regarding animal harvest or transportation.

After you have harvested your trophy, you must have your facilitator obtain 2 copies of a Veterinarian Certificate indicating that the trophy is flint dry and disease free. The **Original** Veterinarian Certificate, hunting license and [Form 3-177](#) should be put inside a water proof, transparent envelope or Zip lock bag and placed **inside** of the package.

On the **outside** of the package should be "**CONSPICUOUSLY**" marked with the word:

"WILDLIFE". On the label side of the package should be written: "**IN TRANSIT - IN CUSTOM BOND**". The package should be IN TRANSIT – IN CUSTOM BOND

SHIP TO: Port of Entry – Dallas, Texas USA

Notify: John Doe, 1414 Maple Drive, Waco, Texas 76002, USA

Phone: 817-333-5667

When your package arrives at the local Custom Bond location (DHL location), you should contact the shipping company and verify that the package is actually at a certain location. You should phone the local USFWS office and set up an appointment during regular government business hours to meet at the freight company's Custom Bond location to clear your shipment and release it to you. USFWS are the only ones who can do this for you. You must personally comply with the USFWS requirements of the permit. At this same time, you must also file a Declaration for Importation of Fish or Wildlife (Form 3-177, original and 3 copies: one each to USFWS, Customs, and USDA which the USFWS agent will deliver to the various agencies for you. You may be charged \$56 plus any overtime (after normal working hours) or double time (during government holidays) by the USFWS for their services. Keep your papers in a safe place for possible future requirements or needs.

If for some reason the freight company should attempt to deliver this trophy bag to your home, do not accept it or allow any family member or employee accept it. Explain that the trophy is in Customs' Bond and must remain in their possession until USFWS, Customs, and USDA clears it. Immediately contact USFWS explain the situation, share the bill number and make an appointment to meet at the freight company's custom bond location.

There are many federal laws that protect wildlife such as the Lacey Act, Endangered Species Act, Migratory Bird Treaty Act, Eagle Protection Act, Marine Mammal Protection Act, African Elephant Conservation Act, Rhinoceros and Tiger Conservation Act, Wild Bird Conservation Act and state and foreign wildlife laws.

High Mountain Hunts takes no responsibility for your actions regarding importation or transportation of any animals or animal parts.

addressed to you to a port of entry of your choice (near your home). Your facilitator should notify you that the package has shipped and give you the shipper's (DHL) package tracking number.

Example:

PERSONALLY TRANSPORTING YOUR HARVESTED CITES TROPHY AS PART OF YOUR BAGGAGE.

High Mountain Hunts recommends that you use a commercial customs import broker and we take no responsibility for your actions regarding animals harvest or transportation. But, if you choose to transport your harvested CITES TROPHY as part of your baggage, you must have your original USFWS CITES IMPORT PERMIT, original CITES EXPORT PERMIT from the country of harvest, your hunting license and an Veterinarian Certificate indicate that the trophy is flint dry and disease free in you possession when you clear it in the USA.

After you have harvested your trophy, a CITES Export Permit will be issued by the country of harvest. That Permit must be authenticated by sign and sealing by the country's designated CITES Authority. The U.S. Fish and Wildlife Service has completed phasing in the requirement that the export permit for all CITES trophy shipments be validated, i.e. at the time of export an official must inventory, seal, sign and date the CITES Export Permit. You must check for errors on the CITES Export Permit. You should be sure that it is properly authenticated and with the proper spelling, correct dates and correct hunter's name. If mistakes are detected, the permit must be re-issued with the corrections before it is transported. If not executed correctly, the trophy may be seized by the USFWS and forfeited upon entry to the USA.

A **copy** of the Veterinarian Certificate, your hunting license, Export Permit, and a copy of your USFWS CITES IMPORT PERMIT should be put inside a water-proof, transparent envelope or Zip Lock plastic bag and placed **inside** and outside the package with your trophy (this is in case the bag is mishandled by the airlines and is shipped to Timbuktu before it is returned some weeks later to you). When your baggage arrives from the airlines, telephone USFWS and notify them that the baggage has arrived and make an appointment with them to meet at the airlines to clear it first with USFWS, Customs and USDA.

If your trophy bag arrives on the plane with you, you should have notified USFWS at least 21 days before your scheduled flight arrival (you may do this weeks in advance) at your [Designated Port of Entry](#), Page 5, into the USA and made an appointment to clear your CITES harvested wildlife. A USFWS CITES Officer at a [Designated Port of Entry](#) is the ONLY one that can clear your CITES Trophy! You must have completed an original and 3 copy of the Declaration for Importation of Fish or Wildlife (form 3- 177) one copy each to: USFWS, US Customs, and USDA. You may be charged \$56.00 plus any overtime (after normal working hours) and double time (during government holidays) by the USFWS for their services. After your successful importation, keep your Authenticated Original USFWS Import Permit in a safe place for any possible future requirements or needs. Know that the USFWS Import Permit is conditional with time deadlines and all conditionals must be met by you as it is your personal responsibility.

It's a good idea to have your USDA Licensed Taxidermist give you a letter (2 copies) making you his agent for transporting wildlife. If your harvesting country's ruminants (even-toed and split-hoofed trophy) have been placed on the quarantined list, USFWS and USDA will allow you to continue to transport your trophy with you to your taxidermist. If you are not your Licensed Taxidermist's agent, your trophy may be required to be shipped by a freight forwarding company to your USDA Licensed Taxidermist so have the address of your taxidermist available and the shipping cost ready to give to the USDA. USDA then sends a letter to the USDA Licensed Taxidermist informing him of the impending arrival and a hefty fine will be imposed upon you if the trophy is not delivered to the location.

If for any reason your Trophy is not completely ready to transport internationally WITH YOU, you should be prepared to have it shipped when ready by a freight forwarding company like DHL. See: "**PERSONALLY IMPORTING YOUR CITES TROPHY USING FREIGHT FORWARDING COMPANY**"

If the bag containing your trophy is lost in transit, you must fill out a lost baggage claim with the airlines before you proceed through Customs. You have made an appointment for them to clear your trophy and now your trophy is missing. You need to show USFWS a copy of your lost baggage claim and have USFWS official give you a document stating that you have met with him and that your trophy has been temporarily lost in transit. Proceed through Customs where you must file [Form 3-177](#) with the 3 copies and indicate that the bag containing your trophy has been temporarily misplaced by the airlines. You must then go to USDA where you must exercise the same procedure. If and when you are notified by the airlines that your trophy bag has been found, it must remain in their possession until you make an appointment with USFWS for you to meet them with your original US CITES Import Permit in hand to officially clear your

trophy.

If for some reason the airline should attempt deliver this trophy bag to your home, do not accept it or allow any family member or employee to accept it. Explain that the trophy is in Customs' Bond and must remain in the airlines or a freight company's possession until USFWS, Customs and USDA clears it. Know that there is a huge difference between a [Designated Port of Entry](#), page 5, and a Wildlife Inspection Office at a Port of Entry. CITES Trophies may **ONLY** be imported through a Designated Port of Entry. Know that there are many federal laws that protect wildlife such as the Lacey Act, Endangered Species Act, Migratory Bird Treaty Act, Eagle Protection Act, Marine Mammal Protection Act, African Elephant Conservation Act, Rhinoceros and Tiger Conservation Act, Wild Bird Conservation Act and state and foreign wildlife laws that you are required to follow. **High Mountain Hunts takes no responsibility** for your actions regarding animals harvest or transportation.

Documents Needed to clear AFTER HOURS and weekend trophy shipments

These procedures were prepared by USFW Houston, Texas and we assume that these procedures are acceptable nationwide; however, we are unable to confirm.

1. Declaration Form (form 3-177)
2. USFWS – Import permit (for threatened or endangered species)
3. **Export Permit (CITES or non-CITES)**
4. Hunting Permit
5. Veterinary Certificate

These documents may be FAXED to your designated Port of Entry USFW before departing the foreign country. The Fish and Wildlife Service needs copies of the above documents (per 50 CFR 14.52©) before any hunter who travels internationally imports into the Port of Houston a trophy using passenger baggage outside of FWS business hours. The inspector reviewing the above documents requires the documents during weekday business hours prior to the importation for the wildlife to ensure the hunter's trophy is released when the hunter departs the airport. **Trophies imported outside FWS business hours without prior document review may be detained for inspection resulting in a delay in release to importer.** Please understand that this new protocol will help expedite the clearance for hunters' trophy shipments. Also understand that prior submission of documents does not guarantee that an import will not be selected for random FWS inspection.

PERSONALLY IMPORTING YOUR CITES TROPHY (S) USING A FREIGHT FORWARDING COMPANY

High Mountain Hunts recommends that you use a commercial customs import broker and we take no responsibility for your actions regarding animals harvest or transportation. CITES trophies not handled by a professional importer maybe confiscated by USFW and held FOREVER due to the mistakes of common carriers. High Mountain Hunts is not responsible for trophy care, shipment and does not take responsibility for your trophy.

For USA Citizens who are *personally* importing their personally hunted CITES trophy (s) using a freight forwarding company (DHL) or others without using a commercial Customs Import Broker. After you have applied and received your USFWS CITES Import Permit, **The following must happen even if you hire a Custom Import Broker!!!**

After you have harvested your trophy, a CITES Export Permit will be issued by the country of harvest. That Permit must be authenticated by sign and sealing by the country's designated CITES Authority. A copy of the CITES Export Permit that has been authenticated (sign & sealed) by the CITES designated authority of the country of export must be sent to the Owner of the trophy (you) by your outfitter's designated facilitator (you should pay him the estimated freight cost in advance and give him a respectable and reasonable tip) in the country of export (scan is the best way). It must be examined for errors and checked to verify that the permit has been properly authenticated and the Trophy, dates and hunter name is correct. Approve it, if correct and return it to your facilitator for proper shipment. If mistakes are detected, the permit **must be reissued** with the corrections before it is shipped. If not

corrected, the trophy may be seized by the USFWS and forfeited upon entry to the USA.

You must have your facilitator obtain a Veterinarian Certificate (indicating that the trophy is flint dry and disease free) scan it and send you a copy for your file. The **Original** Veterinarian Certificate, the authenticated (sign & sealed) **Original** CITES Export Permit, the **Original** of your USFWS CITES Import Permit 3-201 and 3 copies of Form 3-177 should be put **inside** a water proof, transparent envelope or Zip lock bag and placed **inside** the package with your trophy. A **copy** of the authenticated Cites Export Permit, a **copy** of the Veterinarian Certificate and a **copy** of your USFWS CITES Import Permit and 3 copies of [Form 3-177](#) should be put in a transparent water proof envelope and securely attach with transparent tape to the **outside** of the package.

On the label side of the **outside** of the package should be "**CONSPICUOUSLY**" marked with the word: "**Wildlife**". On the label side of the package should be written: "IN TRANSIT IN CUSTOM BOND". The package should be addressed to a **designated port of entry** of your choice (close to your home). Your facilitator should notify you that the package has shipped and give you the shipper's (DHL) package tacking number.

Example: IN TRANSIT - IN CUSTOM BOND

SHIP TO: Port of entry- Dallas, Texas, USA

Notify: John Doe, 1414 Maple Dr., Arlington, Texas, 76002, USA, Phone: 817-333-5667

When your package arrives at the local Custom Bond location (DHL location), you should contact the shipping company and verify that the package is actually at a certain location. You should phone the local USFWS office and set up an appointment during regular government business hours to meet at the freight company's Custom Bond location and clear your shipment and release it to you. USFWS are the only ones that can do this for you. You must personally appear with your **original** USFWS CITES Import Permit and comply with the USFWS requirements of the permit. At this same time, you must also file a Declaration for Importation of Fish or Wildlife ([Form 3-177](#), original and 3 copies: one each to USFWS, Customs and USDA Animal and Plant Control which the USFWS agent will deliver to the various agencies for you) . You will be charged \$56.00 plus any overtime (after normal working hours) and double time (during government holidays) by the USFWS for their services. Keep your Authenticated USFWS Import Permit in a safe place for any possible future requirements or needs.

If for some reason the freight company should attempt to deliver this trophy bag to your home, do not accept it or allow any family member or employee to accept it. Explain that the trophy is in Customs' Bond and must remain in their possession until USFWS, Customs and USDA clears it. Immediately contact USFWS explain the situation, share the bill number and make an appoint to meet at the freight company's custom bond location. You must personally appear with your **original** USFWS CITES Import Permit and comply with the USFWS requirements of the permit.

There are many federal laws that protect wildlife such as the Lacey Act, Endangered Species Act, Migratory Bird Treaty Act, Eagle Protection Act, Marine Mammal Protection Act, African Elephant Conservation Act, Rhinoceros and Tiger Conservation Act, Wild Bird Conservation Act and state and foreign wildlife laws.

Clarification about importing hunting trophies into Canada.

Importing hunting trophies is regulated under [The Health of Animals Regulations, Section 42 and 50](#), and the import requirements for trophies are outlined in the [CFIA Importation of Integumentary Tissues Policy](#). The CFIA's animal product import requirements are aimed at preventing foreign animal disease, such as foot-and-mouth disease, from entering Canada and posing a risk to human and animal health. The CFIA reminds importers who are bringing animal hunting trophies across the borders that these items need to be clean, disease-free and confirm to CFIA polity. For more information, consult the [CFIA Importation of Integumentary Tissues Policy](#). If you have specific questions, contact the respective CFIA Area Import Specialist. The CFIA spells out the requirements for trophies to enter and clear inspection in Canada. In simple terms, trophies that come from countries with disease of concern (including all of Africa) must either be completely taxidermied (no additional processing necessary) or must be shipped, under seal, from the port of import to a pre-approved disinfection station.

WATER PURIFICATION

This is our formula. We prefer it to using iodine tablets as they discolor the water and make it foul tasting. The purification pumps are bulky, fragile, time consuming and expensive. Check with your doctor to make sure our formula is safe for you. We are not medically trained and take no responsibility for your health. Contact your physician for advice. The formula: Take a small, plastic eye dropper bottle from the pharmacy. Fill about $\frac{3}{4}$ full with normal laundry bleach containing chlorine (sodium hypochlorite). If the water appears relatively safe, add 5 drops per liter. Shake vigorously and allow it to stand for 10 minutes. After that time, I open the container to allow the chlorine to

evaporate. Screw the lid back on. It is now ready to drink or travel. If the water has animal feces and/or other debris, add 10 drops and follow the procedure above. We have never been ill using my formula.

ALTITUDE SICKNESS

We are not medically trained and we recommend you contact your physician. Altitude sickness is a lot like seasickness...you never know if or when it will hit you. In fact, the malady isn't totally understood. One thing is clear, though; climbing down is the only remedy. Altitude sickness is caused by exposure to low air pressure commonly encountered during rapid ascent into mountain terrain. Not everyone is affected. Some may feel no ill effects at 8,000 feet, whereas some may begin to feel sick at 6,500 feet. Symptoms include headache, fatigue, stomach illness, dizziness and difficulty sleeping. Physical exertion exacerbates every one of them. The best way to avoid the sickness is a gradual ascent. The carbohydrates you consume today are your hunting strength tomorrow. Reduce your protein intake. It can be deadly if it progresses to High Altitude Pulmonary Edema (HAPE) or High Altitude Cerebral Edema (HACE). Pulmonary edema (fluid in the lungs) is experienced by roughly 2% of those who climb to 10,000 feet or more. In addition to the above symptom, it includes a persistent dry cough, fever and shortness of breath even while resting. Cerebral edema (swelling of the brain) is experienced by 1% of those climbing to 9,000 feet or more. Symptoms include headache, unresponsive to pain reliever, unsteady gait, increased vomiting and gradual loss of consciousness. In all cases, descent to lower altitudes is the only surefire remedy.

Symptoms: Shortness of breath (it may be hard to take even 2 steps)

- Nausea
- Vomiting
- Loss of appetite
- Sleeplessness
- Rapid pulse/heart rate
- Fever (abnormal cold or hot feeling of temperature)
- Dizziness
- Headache
- Shakes

These are just some possible symptoms but are not the only symptoms. Some signs (but not all for more severe altitude sickness are:

- Chest Tightness
- Gray or pale complexion
- Decreased consciousness or withdrawal from social interaction or conversation
- Confusion
- Coughing up blood
- Inability to walk in a straight line

Red blood cells account for 35–50 percent of the blood volume. Red blood cells are filled with hemoglobin, which enables them to deliver oxygen to the tissues of the body. When blood circulates through the lungs, the hemoglobin releases carbon dioxide and picks up oxygen. The oxygen-rich cells then circulate in the body, where they deliver oxygen to tissues in exchange for carbon dioxide before cycling back to the lungs. If the red blood cell volume falls below 35 percent, the cells can no longer meet the body's demand for oxygen, and anemia can develop. Anemia can cause shortness of breath, fatigue, and pale skin.

When climbing at altitude, lift your baklava (neck gator) up over your nose and mouth. This will help to warm the air going into your lungs. It will help to prevent frost bite in your lungs that could result in a dry cough lasting for days and could be confused with symptoms of pulmonary edema (fluid on the lungs). Don't ask me how I know!

- The body begins to cope with decreased oxygen within 12 to 24 hours after arriving at altitude by:
- Heavy breathing
- Producing more red blood cells to carry oxygen
- Increased production of an enzyme that releases oxygen from hemoglobin to the body tissues.
- Receiving more blood into parts of the lungs that are not used at sea level.
- Adjusting breathing while sleeping, to shallow breathing-increase to deep, then falls rapidly to shallow

Mountain sickness seems to be more noticeable at night when respiratory responses decrease. If symptoms increase to severe headache (that are not relived by medication), increased nausea, vomiting, weakness, fatigue, shortness of breath or decrease in coordination (if a person is unable to walk a straight line, heel to toe as in a sobriety test), descend at least 2,000' immediately. If necessary contact a doctor.

Some guidelines for prevention of altitude sickness

- Don't fly or drive to high altitudes. Start below 10,000' and walk up.
- If you do fly or drive, do not overexert yourself or move higher for the first day.
- You can climb more than 1,000' in a day, then come back down and sleep at lower altitudes.
- If you begin to show symptoms of moderate altitude sickness, don't go higher until symptoms decrease.
- If symptoms increase, descend at least 2,000'.

- Keep in mind that different people will acclimate at different rates. Makes sure everyone in your party is properly acclimated before going any higher.
- Stay properly hydrated. You need to drink lots of fluids to remain properly hydrated...at least 4 to 6 liters per day.
- Take it easy and don't overexert yourself when you first get up to altitude. But, don't sleep right away.
- Avoid tobacco, alcohol and other depressant drugs including barbiturates, tranquilizers, sleeping pills and opiates. These further decrease the respiratory responses during sleep resulting in worsening of symptoms.
- Eat a high calorie diet while at altitude.

Remember: Acclimation is inhibited by overexertion, dehydration and alcohol.

We are not medically trained and take no responsibility for your health. Contact your physician for advice. Visit with your doctor. He may give you a prescription for Diamox, a carbonic anhydrase inhibitor that is used to treat, among other things, altitude sickness. It's a diuretic that forces the kidneys to excrete bicarbonate in the urine (essentially, it helps pull fluid from your cells), which makes the blood more acidic to stimulate ventilation.

PREVENTING ALTITUDE SICKNESS

Treating Acute Mountain Sickness (AMS)

The mainstay of treatment of AMS is rest, fluids, and mild analgesics: acetaminophen (paracetamol), aspirin, or ibuprofen. These medications will not cover up worsening symptoms. The natural progression for AMS is to get better, and often simply resting at the altitude at which you became ill is adequate treatment. Improvement usually occurs in one or two days, but may take as long as three or four days. Descent is also an option, and recovery will be quite rapid.

A frequent question is how to tell if a headache is due to altitude. See Golden Rule I. Altitude headaches are usually nasty, persistent, and frequently there are other symptoms of AMS; they tend to be frontal (but may be anywhere), and may worsen with bending over. However, there are other causes of headaches, and you can try a simple diagnostic/therapeutic test. Dehydration is a common cause of headache at altitude. Drink one liter of fluid, and take some acetaminophen or one of the other analgesics listed above. If the headache resolves quickly and totally (and you have no other symptoms of AMS) it is very unlikely to have been due to AMS.

Acetazolamide (Diamox®)

Acetazolamide (Diamox®) is a medication that forces the kidneys to excrete bicarbonate, the base form of carbon dioxide; this re-acidifies the blood, balancing the effects of the hyperventilation that occurs at altitude in an attempt to get oxygen. This re-acidification acts as a respiratory stimulant, particularly at night, reducing or eliminating the periodic breathing pattern common at altitude. Its net effect is to accelerate acclimatization. Acetazolamide isn't a magic bullet, cure of AMS is not immediate. It makes a process that might normally take about 24-48 hours speed up to about 12-24 hours.

Acetazolamide is a sulfonamide medication, and persons allergic to sulfa medicines should not take it. Common side effects include numbness, tingling, or vibrating sensations in hands, feet, and lips. Also, taste alterations, and ringing in the ears. These go away when the medicine is stopped. Since acetazolamide works by forcing a bicarbonate diuresis, you will urinate more on this medication. Uncommon side effects include nausea and headache. A few trekkers have had extreme visual blurring after taking only one or two doses of acetazolamide; fortunately they recovered their normal vision in several days once the medicine was discontinued.

Acetazolamide Use & Dosage:

For treatment of AMS: doctors recommend a dosage of 250 mg every 12 hours. The medicine can be discontinued once symptoms resolve. Children may take 2.5 mg/kg body weight every 12 hours.

For Periodic Breathing: 125 mg about an hour before bedtime. The medicine should be continued until you are below the altitude where symptoms became bothersome. There is a lot of mythology about acetazolamide:

MYTH: acetazolamide hides symptoms

Acetazolamide accelerates acclimatization. As acclimatization occurs, symptoms resolve, directly reflecting improving health. Acetazolamide does not cover up anything - if you are still sick, you will still have symptoms. If you feel well, you are well.

MYTH: acetazolamide will prevent AMS from worsening during ascent.

Acetazolamide DOES NOT PROTECT AGAINST WORSENING AMS WITH CONTINUED ASCENT. It does not change Golden Rule II. Plenty of people have developed HAPE and HACE who believed this myth.

MYTH: acetazolamide will prevent AMS during rapid ascent.

This is actually not a myth, but rather a misused partial truth. Acetazolamide does lessen the risk of AMS, it's used for people on forced ascents. This protection is not absolute, however, and it is foolish to believe that a rapid ascent on acetazolamide is without serious risk. Even on acetazolamide, it is still possible to ascend so rapidly that when illness strikes, it may be sudden, severe, and possibly fatal.

MYTH: If acetazolamide is stopped, symptoms will worsen.

There is no rebound effect. If acetazolamide is stopped, acclimatization slows down to your own intrinsic rate. If AMS is still present, it will take somewhat longer to resolve; if not - well, you don't need to accelerate acclimatization if you ARE acclimatized. You won't become ill simply by stopping acetazolamide. Map

How to Survive Chest Pains When Alone

If you experience severe pain in your chest that radiates out into your arm and up into your jaw, your heart is beating improperly and you may begin to feel faint. You have only 10 seconds left before you lose consciousness. DO NOT PANIC but start to COUGH repeatedly and very vigorously.

A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside your chest. A breathe and cough must be repeated about every 2 seconds without let-up until help arrives, or until your heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. We are not medically trained and take no responsibility for your health. Contact your physician for advice.

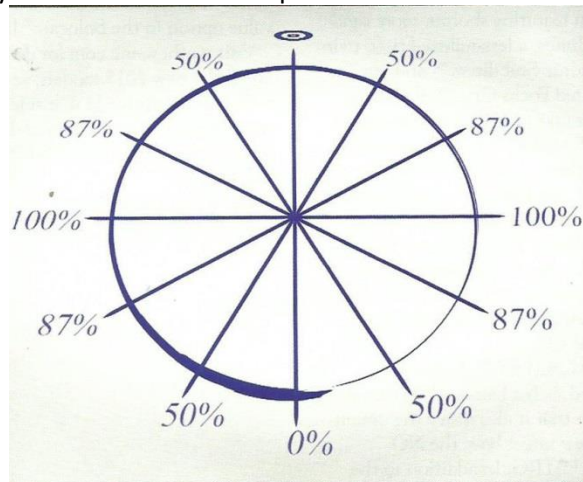
USEFUL WEBSITES

- Useful Passport and Visa Information: www.embassyworld.com
-
- Airport Codes Worldwide: www.logisticsworld.com/airports.asp
- Lonely Planet travel guidebooks and online travel site: www.lonelyplanet.com
- Cheap Flights: www.travelix.com or www.discountair.com
- Country Reports on Terrorism from around the world: <http://www.state.gov/j/ct/rls/crt/2012/>
- National Geographic Map Machine: <https://mapmaker.nationalgeographic.org/>
- U. S. Travel Clinic Directory: www.astmh.org/scripts/clinindex.asp
- Travel Health: www.mdtravelhealth.com
- U. S. State Department: www.state.gov
- World Time Server: www.worldtimeserver.com
- Currency Converter: www.xe.com/ucc
- Telephone Dialing from and To Anywhere: <http://kropla.com/dialcode.htm>
- Online Unit Conversions: www.onlineconversion.com
- Heat Index (temperature, dewpoint and relative humidity): www.weatherimages.org/data/heatindex.html
- Electricity Around the World: [www. users.telenet.be/worldstandards/electricity.htm](http://www.users.telenet.be/worldstandards/electricity.htm)
- Travel With Guns: <http://www.travelwithguns.com/>

The Value of a Head Wind

- We were dealing with a head wind in this shooting situation which is the trickiest wind to deal with. A slight change in angle creates a drastic change in value. The value of a head wind being either from 11 o'clock or 1 o'clock is a 50% value.

With the 12 o'clock straight towards us wind having no value. The average wind speed was about 10 MPH. The 50% value is 5 MPH because of the angle. With the ballistics of our rifle at a range of 500 yards at 5 MPH wind calls for a 1 minute of angle (MOA) wind hold. With an 11 o'clock wind from left to right the wind hold is 1 MOA into the wind to the left. With just a slight angle change coming at 1 o'clock from right to left the wind hold is 1 MOA into the wind to the right. This results in a 100% variance in wind hold. When you compare the value of wind and angle change from 2 o'clock to 4 o'clock the adjustment is much less. Wind from 3 o'clock has a 100% value. A quartering wind from either 2 o'clock or 4 o'clock has a 87% value just a 13% difference from the 3 o'clock wind. The same math applies for a wind from the opposite side. Thus just the slight change in angle of 1 hour on a 12 hour clock can result in a small change in relevant bullet impact depending upon which direction the wind is coming from. Having the ability to accurately compensate for wind drift in your scope is absolutely critical to ethical shot placement on animals.

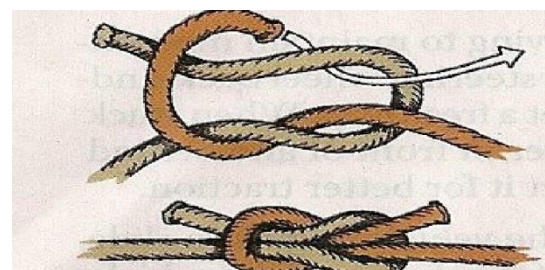


SEVEN KNOTS EVERY HUNTER SHOULD KNOW

Square Knot

Tied properly, the square knot appears to have four sides. It's best for tying together two thin ropes of equal size and for typing bandages.

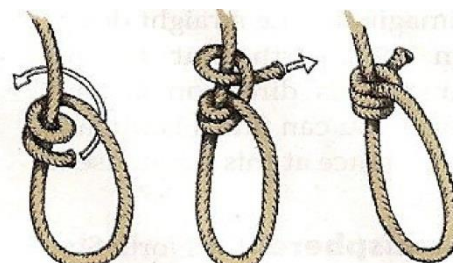
How to Tie: Remember left over right, right over left. Put two line ends together left over right, then, twist the left hand side behind the right-hand side, then around the front of the right-hand side to make a simple overhand knot. Bring up the ends even with one another. Twist the right-hand end behind and down through the bight (a turn of the rope that does not cross itself). Grasp both ends and pull to tighten.



Taut-Line Hitch

This is used for typing guy lines. It can be tied on a line that's taut-thus the name-or tied and placed over a peg.

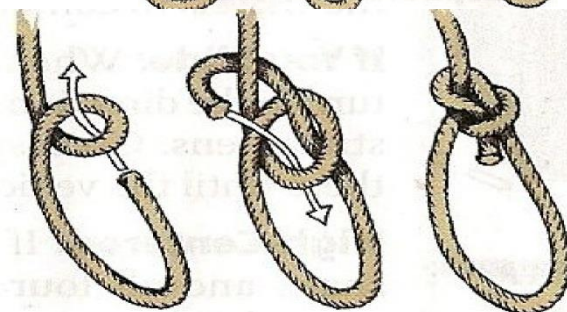
How to Tie: Pass the rope around the peg and bring the end over, then under, the standing part, and twice through the loop you just formed. Bring the rope over, under and through the loop to make another turn around the standing part. Slide it upward to tighten the line.



Bowline

Originally used to secure the bow of ships, the bowline is called the "king of all knots" because it's favored by climbers, cowhands and sailors alike. It's a "rescue" knot: use it to secure a loop around yourself or anyone else being plucked from the water or the side of a mountain.

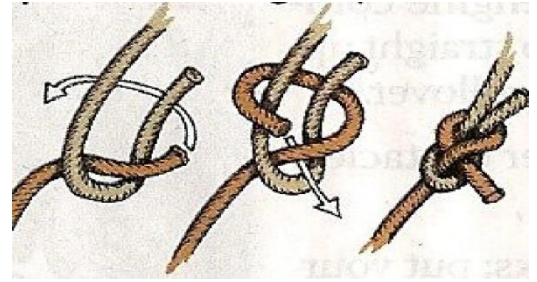
How to Tie: Form a loop in the standing part (fastened part, the whole rope, or just the line of rope); pass the running end up through the loop, around back of the standing part and back down through the loop. Place the end on the standing part; with a twist of your hand, carry around the end to form a loop in the standing part. Bring the end around the standing part, and down through the



small loop formed alongside its own continuation. Hold onto the bight (a turn of the rope that does not cross itself) and pull hard to tighten.

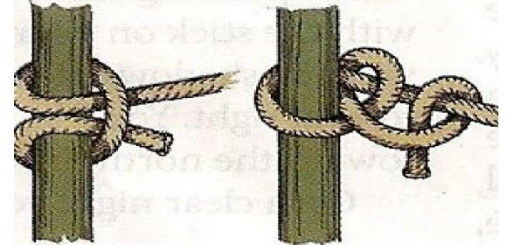
Sheet Bend This is the best knot for tying together two ropes of slightly unequal size-like when you need 10 feet of line but have only two 5 foot lengths or parachute cord and clothes line. It was named by sailors who "bent the sheets" (attached the ropes used to rig ships).

How to Tie: Form a bight (a turn of the rope that does not cross itself) in the thicker line, hold it firmly in your left hand. Pass the running end of the thinner line up through the bight, then over, around and under the bight, and slip it beneath itself where it enters the bight. Hold the bight with one hand and tighten the knot by pulling the other rope's standing part. Both short ends should finish on the same side.



Two Half -Hitches (a loop that runs around a shaft, stake or piece of rope to lock itself) This knot is good for tying off line to a post or ring when securing cargo or hoisting a deer.

How to Tie: Pass the end of the rope around the post or through the ring, then over and under the standing part (fastened part, the whole rope or just the line or rope), then back through the loop you formed. Repeat the process to make a second half-hitch in front of the first: bring the rope over, under and through the loop just formed.



Timber Hitch

This knot is very useful for hoisting and towlines and holds without slipping or jamming.

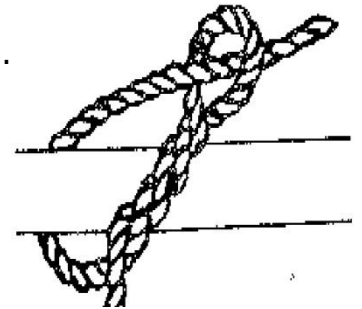


Figure Eight Knot

This figure eight knot is used at the end of a rope to temporarily prevent the stands from unlaying.



GEAR

Good things in life are generally expensive. Finding the perfect equipment that will do it all, last a lifetime, and become a family heirloom is important.

Boots - For **High Mountain Hunts**, the proper boot is the most important singular piece of equipment you will ever own. On it everything depends: your feet, ankles, knees, back, neck, your hunt and your life!

Some say an ounce on your feet is like a pound on your back. I say, "invest six more ounces in your boot to stay warm and protect your feet and take six pounds off your back". I have also heard it said that there is no single boot to cover all hunting needs. I have put on many pair of wet, frozen boots and walked them dry; and I believe from an extensive fifty-four years of testing and research that one stands out above all the others. It performs

perfectly from ninety-six feet below sea level at 115°F to 16,500' at -58°F . While supporting a 70 pound back pack for weeks and months, **Meindl Perfekt (400 grams Thinsulate)** 10" Glockner Sil-Nubuckleather, made in Kirchanschoring, Bavaria containing 400 ounces of thinsulate and weighing in at about 4 ¼ pounds does the trick. These boots can be found at Cabella's. I suggest that you put a thick coat of tennis shoe goo on the toe, and they will last for years. This boot is the intelligent choice and inexpensive for what it does and how long it lasts. In the highly unlikely event a hot spot develops while wearing any boot, immediately unwrap a piece of duct tape from your gun barrel or pack frame, and put it over the hot spot thus preventing blisters

Rainwear - Your life depends on staying dry. Spend what it takes because, when you hunt enough, you will be rained on and often. **Cabela's** MT050 Professional Rainwear will do the job and is quiet too. Use it as an outer layer of clothing when you stop climbing. It's a great wind stop.

Sleeping Bag - On one of my many 21 day stone sheep hunts, my cheap, light weight, small packable rain suit was almost ripped from my body and I stayed cold and wet all day. Upon returning to camp just at dark, in a driving rain storm, I saw that our rain fly over our sleeping bags had been blown away and the unrolled bags had been exposed to the storm all day. To my surprise, my 7 pound goose down bag was dry. The quality shell had turned all the rain. In the '80s the \$450 price tag was more than worth that night's sleep. With today's compression sacks, there is no reason not to have a bag that does it all. My poor guide agreed.

Clothing - Dress in layers and wear suspenders. Your clothing must breathe, be quiet, comfortable and wick the moisture your body generates while climbing in the mountains. If you sweat, you freeze! In the middle of the day, when temperatures and time permit, while glassing or sleeping, etc. I remove my boots, laying them on their side thus allowing drying of the inner boot. If damp, I remove socks and dry them or replace them with a dry pair; however, they do not absorb moisture. An army moves on its feet and so does a **High Mountain Hunter**. While climbing, I unbutton my jacket, shirt and pants (the reason for the suspenders). This gets rid of the moisture. When not climbing, close up everything and put on a rain jacket.

Binoculars - **Ziess** 10x25B-Field of Vision - 282 yards, 8.4 oz. It folds and fits nicely in a shirt pocket.

Rifle - I believe that the **Gunwerks** System in the 7 mm magnum and a 168 grain bullet will handle all African and North American animals, except elephant, rhino, hippo, lion, cape buffalo, brown and polar bear. That is seven animals out of hundreds. This is a tried and tested opinion. I prefer a 7 mm magnum Gunwerks Custom Helios with the Long Range Package Mountain Rifle barrel. When going downhill, I carry my rifle in front across my chest to protect it from catching on limbs and rocks or in the likelihood that I should slip and fall. It is protected as it is secured to my chest. Put a piece of tape over the end of the barrel for protection and shoot through it. It doesn't hurt anything.

Rifle Scope - Gunwerks System (Nightforce G7 scope) Leave it on the lowest setting (2.5 or 5.5). More game has been missed because hunters have their scope on the highest power and can't find the target quickly. When and if time permits, one can adjust upwards. A 3" wide piece of tire inner tube is the most reliable scope lenses cover. It is inexpensive, tough and won't break.

Range Finder - G7 Rangefinder by Gunwerks. Without a ranger finder, I've watched many hunters miss at 200 yards thinking and arguing that it was much farther. Why pay big bucks to go on the other side of the earth and dumb out by not bringing a finder.

Spotting Scope and Tripod - Small, compact, lightweight, great clarity and light gathering capabilities, fitted with a very short, light-weight tripod is the **Alpen 711** 20x50. The cost is about \$90 which is surprising quality for the price. It also makes an excellent gift for your guide in lieu of cash. If someone else is carrying your weight, then take your Swarovski, it is the best (approx. \$3,200).

Rifle Sling - I prefer the **Dick Murray** quick adjust.

Flashlight - I prefer a headlamp

Insect Repellent - A small finger mister applies it efficiently and accurately.

Satellite Phone - **9575 Iridium**

Ripcord Rescue - www.ripcordrescuetravelinsurance.com/portal/highmtnhunts

Water - stay hydrated! Always carry 2 liters of good, fresh, healthy water in your pack. You don't have to eat, but you have to drink! Altitude, dampness, cold and water are the most important things you have to worry about, and in that order. They all can be deadly. Take them very seriously and plan accordingly.

Fire - In an emergency, be prepared to spend the night away from the base camp and/or the fly camp. That means you must have fire and fire starter. In a rainfall, you should have the starter. Both should be carried in your pocket and not your pack. You may have to give your pack to a bear. Don't ask me how I know!

Ultra Violet Radiation - From sea level to 10,000', UVR increases approximately 90%. Adding to that, snow reflects about 70%; therefore, you will get burned if you don't take precautions. Cover bare skin and use sun screen. Protect your eyes with good sun glasses.

Wind - It can be your friend. When hunting, keep it in your face. When trying to survive, keep it at your back and get away from it as much as possible.

Lightening - When you are near cumulonimbus clouds and you feel the hair on your arms, neck and head stand erect, know that you are in lightning's crosshairs. I choose to immediately dive to the ground shucking my rifle and pack in the process and pan cake out. This allows for the hairs to rescind and the body's positive charge to be dispatched. I have experienced this on many occasions and lightening stuck very near. Some experts advise to have as little contact with the ground as possible. I don't know how to do that on a mountain top. Stay away from tree trunks, ridge lines and mountain points and know that lightening can travel horizontally for many miles. Use your best judgment as I have not been trained by an expert.

SUGGESTED ITEMS FOR TRAVELERS MEDICAL KIT

The following is a list of items that we recommend for every trip, whether you're going to Switzerland or Nigeria. The shelf-life on these meds is literally years so once assembled, it's always ready to go. Your medicine pack should be compact and fit into a corner of your luggage easily. Any items used are easily replaced. Many of the medicines listed are obviously by prescription only but your doctor can easily fill these needs. While in his office, be sure to update your Tetanus, toxoid booster (every 10 years) and your Hepatitis vaccinations. This kit is designed as a personal kit for individual use and the majority of items can be carried in a small zippered pouch:

- Of course, your personal requirement medications
- Tweezers, fine point
- Tick remover (yes, a single-use item but very handy if needed and nearly paper thin.
- Alcohol pads (8 is a good number)
- Band-Aids (about a dozen)
- Blister pads (prefer the Band-Aid Advanced Healing, which works great and stays in place.
- Gauze Pads (a few small 2"x3" pads)
- Super glue (from minor skin tears, not ideal but works in a pinch, to getting a few more miles out of your shoes). Available with a small brush.
- Cravats (carry two standard size triangular bandages. There is very little you can't splint or bandage with two well-placed cravats. Too many uses to list.
- Ibuprofen 400 mg (pain-reliever, inflammation, minor fever reducer) or Advil, Alleve, Motrin IB, Tylenol XS gelcaps, Anaprox DS or Naprelan 250-500-750 mg.
- Ondansetron 8mg ODT (anti-emetic; these dissolve on your tongue; great for nausea and vomiting) or Phenergan, Compazine, or Tigan both oral and rectal suppositories
- Robitussin DM, Phenergan VC w/Codeine for cough and congestion.
- Cipro 500 mg (gold standard for traveler's diarrhea, unless you're in Southeast Asia) also Imodium AD, Lomotil 10 mg. or Zithromax (Z pack)
- Doxycycline 100 mg (malaria prophylaxis, tick-borne disease, skin infections; a good multipurpose antibiotic)
- Bacitracin or Neosporin triple antibiotic ointment
- Pepto Bismol (chewable tablet) for [diarrhea](#), [indigestion](#), [heartburn](#) and [nausea](#) or Maalox, Mylanta or Prilosec.
- Zyrtec or Claritin antihistamine (the non-drowsy types); use for hives, itching, watery eyes, rash, runny nose, and sneezing due to allergies or the common cold. Secondary use for motion sickness, anxiety or as a sleep aid or Afrin Nasal spray, Benedryl oral tablets or Benedryl topical ointment for skin rashes.
- Sewing kit (TSA approved for carry-on if needles and scissors are under four inches)

- Chapstick, with SPF (sunscreen for your lips, nose, ears; also useful on zippers or even hot spots)
- Iodine tabs (clean, treated water is a must)
- Small, emergency headlamp
- Duct tape (wrap about 3 feet around the outside of your kit)
- Consider an Epi-Pen; one shot disposable injection if you or a member of your group have potentially life threatening allergies
- Visine/artificial tears for eye drops
- Advil PM/Tylenol PM, Ambien, or Lunesta for sleep aids
- Gold Bond medicated powder or Dr. Scholl's Moleskin plus padding for foot care

For trips that will take place in a more remote setting, you might augment this kit with other items, namely more medications and bandaging materials.

GEAR

Thinking about gear and its related bulk and weight, think small, light, yet top quality for performance and diversity. Good things in life are generally expensive. Finding the perfect equipment that will do it all, last a lifetime, and become a family heirloom is important.

Boots - For **High Mountain Hunts**, the proper boot is the most important singular piece of equipment you will ever own. On it everything depends: your feet, ankles, knees, back, neck, your hunt and your life!

Some say an ounce on your feet is like a pound on your back. I say, "invest six more ounces in your boot to stay warm and protect your feet and take six pounds off your back". I have also heard it said that there is no single boot to cover all hunting needs. I have put on many pair of wet, frozen boots and walked them dry; and I believe from an extensive fifty-four years of testing and research that one stands out above all the others. It performs perfectly from ninety-six feet below sea level at 115°F to 16,500' at -58°F. While supporting a 70 pound back pack for weeks and months, **Meindl Perfekt (400 grams Thinsulate)** 10" Glockner Sil-Nubuckleather, made in Kirchanschoring, Bavaria containing 400 ounces of thinsulate and weighing in at about 4 ¼ pounds does the trick. These boots can be found at Cabella's. I suggest that you put a thick coat of tennis shoe goo on the toe, and they will last for years. This boot is the intelligent choice and inexpensive for what it does and how long it lasts. In the highly unlikely event a hot spot develops while wearing any boot, immediately unwrap a piece of duct tape from your gun barrel or pack frame, and put it over the hot spot thus preventing blisters

Rainwear - Your life depends on staying dry. Spend what it takes because, when you hunt enough, you will be rained on and often. **Cabela's** MT050 Professional Rainwear will do the job and is quiet too. Use it as an outer layer of clothing when you stop climbing. It's a great wind stop.

Sleeping Bag - On one of my many 21 day stone sheep hunts, my cheap, light weight, small packable rain suit was almost ripped from my body and I stayed cold and wet all day. Upon returning to camp just at dark, in a driving rain storm, I saw that our rain fly over our sleeping bags had been blown away and the unrolled bags had been exposed to the storm all day. To my surprise, my 7 pound goose down bag was dry. The quality shell had turned all the rain. In the '80s the \$450 price tag was more than worth that night's sleep. With today's compression sacks, there is no reason not to have a bag that does it all. My poor guide agreed.

Clothing - Dress in layers. Your clothing must breathe, be quiet, comfortable and wick the moisture your body generates while climbing in the mountains. If you sweat, you freeze! Starting at the bottom, I use cotton socks even in sub-zero conditions. In the middle of the day, when temperatures and time permit, while glassing or sleeping, etc. I remove my boots, laying them on their side thus allowing drying of the inner boot. If damp, I remove socks and dry them or replace them with a dry pair. An army moves on its feet and so does a **High Mountain Hunter**.

For **High Mountain Hunts** in cold weather, Goose down coat and hood and **Northface** goose down mittens (**Nuptse**) finish it off. For hunts in medium cold weather, I prefer Gore-tex pants and suspenders, wool shirt, and medium-weight Gore-tex jacket. If necessary, I use the rain wear for wind relief. For **High Mountain Hunts** in light cold weather, Gortex pants, cotton shirt and upon occasion, rainwear. Kangaroo leather Gore-tex shooting gloves (super tough) are my choice for all-around climbing. While climbing, I unbutton my jacket, shirt and pants (the reason for the suspenders). This gets rid of the moisture. When not climbing, close up everything and put on rain jacket.

Binoculars - **Ziess** 10x25B-Field of Vision - 282 yards, 8.4 oz. It folds and fits nicely in a shirt pocket.

Rifle - I believe that the **Gunwerks** System in the 7 mm magnum and a 168 grain bullet will handle all African and North American animals, except elephant, rhino, hippo, lion, cape buffalo, brown and polar bear. That is seven animals out of hundreds. This is a tried and tested opinion. I prefer a 7 mm magnum Gunwerks Custom Helios with the Long Range Package Mountain Rifle barrel. When going downhill, I carry my rifle in front across my chest to protect it from catching on limbs and rocks or in the likelihood that I should slip and fall. It is protected as it is secured to my chest. Put a piece of tape over the end of the barrel for protection and shoot through it. It doesn't hurt anything.

Rifle Scope - Gunwerks System (Nightforce G7 scope) Leave it on the lowest setting (2.5 or 5.5). More game has been missed because hunters have their scope on the highest power and can't find the target quickly. When and if time permits, one can adjust upwards. A 3" wide piece of tire inner tube is the most reliable scope lenses cover. It is inexpensive, tough and won't break.

Range Finder – G7 Rangefinder by Gunwerks. Without a ranger finder, I've watched many hunters miss at 200 yards thinking and arguing that it was much farther. Why pay big bucks to go on the other side of the earth and dumb out by not bringing a finder.

Spotting Scope and Tripod - Small, compact, light weight, great clarity and light gathering capabilities, fitted with a very short, light-weight tripod is the Alpen 711 20x50. The cost is about \$90 which is surprising quality for the price. It also makes an excellent gift for your guide in lieu of cash. If someone else is carrying your weight, then take your Swarovski, it is the best (approx. \$3,200).

Rifle Sling - I prefer the Dick Murray quick adjust.

Flashlight - I prefer a headlamp

Insect Repellent - A small finger mister applies it efficiently and accurately.

Satellite Phone - 9575 Iridium

Ripcord Rescue - www.ripcordrescuetravelinsurance.com/portal/highmtnhunts

Water - stay hydrated! Always carry 2 liters of good, fresh, healthy water in your pack. You don't have to eat, but you have to drink! Altitude, dampness, cold and water are the most important things you have to worry about, and in that order. They all can be deadly. Take them very seriously and plan accordingly.

Fire - In an emergency, be prepared to spend the night away from the base camp and/or the fly camp. That means you must have fire and fire starter. In a rainfall, you should have the starter. Both should be carried in your pocket and not your pack. You may have to give your pack to a bear. Don't ask me how I know!

Ultra Violet Radiation - From sea level to 10,000', UVR increases approximately 90%. Adding to that, snow reflects about 70%; therefore, you will get burned if you don't take precautions. Cover bare skin and use sun screen. Protect your eyes with good sun glasses.

Wind - It can be your friend. When hunting, keep it in your face. When trying to survive, keep it at your back and get away from it as much as possible.

Lightening - When you are near cumulonimbus clouds and you feel the hair on your arms, neck and head stand erect, know that you are in lightning's crosshairs. I choose to immediately dive to the ground shucking my rifle and pack in the process and pan cake out. This allows for the hairs to rescind and the body's positive charge to be dispatched. I have experienced this on many occasions and lightening stuck very near. Some experts advise to have as little contact with the ground as possible. I don't know how to do that on a mountain top. Stay away from tree trunks, ridge lines and mountain points and know that lightening can travel horizontally for many miles. Use your best judgment as I have not been trained by an expert.

COVID-19 has been declared a worldwide pandemic by the World Health Organization in March 2020. According to the Centers for Disease Control, COVID-19 is believed to be extremely contagious, spreading from person-to-person via close contact, coughing, sneezing, and possibly by touching contaminated surfaces. As a result, federal, state, and local governments and health agencies are recommending social distancing and personal protection procedures, and in some locations, prohibiting the congregation of groups of people.

High Mountain Hunts has put in place preventative measures to reduce the spread of COVID-19; however, High Mountain Hunts cannot guarantee that employees, clients, agents, or guests will not become infected with COVID-19 at any point in time. Traveling to hunting area, traveling to outfitter's lodging, and in remote out camps could increase your risk of contracting COVID-19. High Mountain Hunts suggests and recommends each person inquire as to emergency medical coverage available to them via their personal health insurance, and/or trip/travel insurance, to include emergency medical transportation from a remote area.

I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk of exposure to and consequences of COVID-19 infection while traveling to or staying at **High Mountain Hunts'** outfitter's lodges and out camps, may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to High Mountain Hunts employees, agents, guests, volunteers, program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, expense, of any kind, that I may experience or incur in connection with my voluntary attendance at any **High Mountain Hunts'** agent or outfitter's lodge, facility and out camps. I hereby release, covenant not to sue, discharge, and hold harmless **High**

Mountain Hunts, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any actions, omissions, or negligence of **High Mountain Hunts**, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after my visit to **High Mountain Hunts'** agents or outfitter's facilities or out camps.

A Lesson in Life



If you don't know about something.....

Don't screw around with it.....

Or, you might lose your butt!