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KNOW BEFORE YOU GO

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

- **Hunters headed to Canada**, if the Immigration Officer chooses to enter your name into the National Crime Information System (NCIS) and you have a DUI less than 10 years old, the agent will deny your entry.
- 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.
- 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. Recommended travel agency: Falcon Travel, Inc., San Antonio. 210-492-6933, Stacey Gibson. 34 years experience, 20 years in hunting related travel. Stacey has agreed to be your personal travel agent worldwide. 24/7/365. She will supply you with her cell phone number. There is a fee for her booking services.
- 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. 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.
- 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.
- Always pack ammunition (limit is 11 pounds, 2 oz.) separate from your firearms. It should be in the original container. Put it in a metal lockable box (a metal cash box (model CB-10) found at Wal-Mart) as more and more countries are requiring hard, lockable cases. Pack it where you can access it easily. Foreign customs will ask to see it and count the ammunition. Know where it is in your luggage.
- 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.
- Visit the [Transportation Security Administration](http://www.tsa.gov) (TSA) website Traveling with Special Items: Firearms & Ammunitions.
- To carry firearms abroad, go to U.S. Customs and Border Protection office well in advance of your trip. Fill out [Form 4457](#) (Certificate of Registration for Personal Effects Taken Abroad). Staple it on the last page of your passport. It serves as proof of ownership which is required by some countries. Be prepared to show it upon return into the U.S. to eliminate paying duty on the items you took out.
- 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](#).
- Take only new cash bills. Old ones are not accepted. If you take more than \$10,000 cash or negotiable instruments, you are required to declare it before departing. See [Form 4790](#). They might ask to see and count the money you carry. If you should choose not to follow the law, it could result in the confiscation of your cash and negotiable instruments.
- 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 change.
- Be vigilant and aware of your surroundings. Watch out for pickpockets.
- In African countries, particularly in the baggage claim areas, watch you baggage carefully. Again, watch for pickpockets.
- 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.
- 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 nor hunting outside the USA.
- We strongly recommend a 9505 Iridium satellite phone. www.satellite.org (rent or buy).
- U. S. citizens should check www.travel.state.gov before overseas travel.
- If traveling to foreign country(s), it is mandatory to have parent(s) fill out [Minor Travel Forms](#).

TROPHY PROBLEMS CHECKLIST FOR IMPORTATION INTO THE US

Tags: Must be (1) permanently attached; (2) through a hole (ear, eye, mouth, nose, 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 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 Form 3-201 with you for the required animal(s) harvested if you are bringing them home with you, and USFW Declaration [Form 3-177](#) (original and 3 copies required). 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 Argali into the U.S, we recommend [Coppersmith Inc. Custom Brokerage](#) firm. If you choose to personally take your trophy home with you, you may act as your own importer or you may use DHL.

Export Permits: Examine for errors of name of permittee and name and number of species, signature and seal by 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.

Animal and Plant Inspection Service Dept. requires ruminants (even toed trophies and hoofed animals (sheep, goats, caribou and deer) from Africa and turkeys from Mexico be released to a USDA licensed taxidermist or his agent only. You can only personally import two (2) of these ruminants in one shipment. If you bring three or more, you must have a commercial licensed importer. 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 USFW agent to clear your paperwork at the port of entry (no one else can do this). If you arrive either before normal or after normal working hours, on a holiday, a Saturday, or a Sunday, be aware that you may be charged an overtime fee. Have the USFW phone number, fax, e-mail address at your port of entry readily available. You must notify USFW at your port of entry at least 72 hours in advance.

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 layover in an intermediate country without appropriate import and re-export permits from that country.

Post-Shipment Corrections: Exporting authorities must immediately contact and confer with US authorities before issuing a retrospective permit or replacement permit, not months later or after issuing a new permit. The importing agent must set corrective action in motion immediately and use a true value for the trophy on the 3-177 Declaration entry form rather than carry over the export fee as the value or some other incorrect value from the export documents.

Re-shipment: Send trophies back whenever you can, else it is treated as illegal to possess contraband, like stolen goods or illegal drugs, without any protectable interest.

Re-shipment Import Permits: When trophies are returned to the exporting country and re-shipped, new original import permits are required.

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

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.

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 co-ordination (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.

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 your 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.

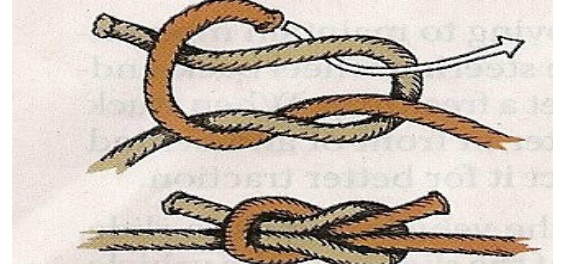
Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. We are not medically trained and take no responsibility for your health. Contact your physician for advice.

SEVEN KNOTS EVERY HUNTER SHOULD KNOW

Square Knot

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

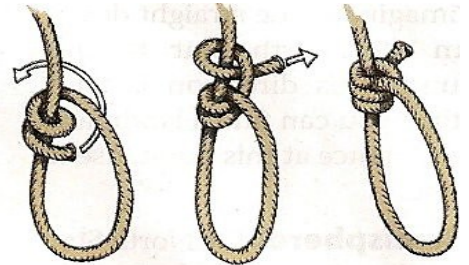
How to Tie: Remember left over right, right over left. Put two line ends together left over right, then, twist the left hand side behind the right-hand side, then around the front of the right-hand side to make a simple overhand know. Bring up the ends even with one another. Twist the right-hand end 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 tying guy lines. It can be tied on a line that's taut-thus the name-or tied and placed over a peg.

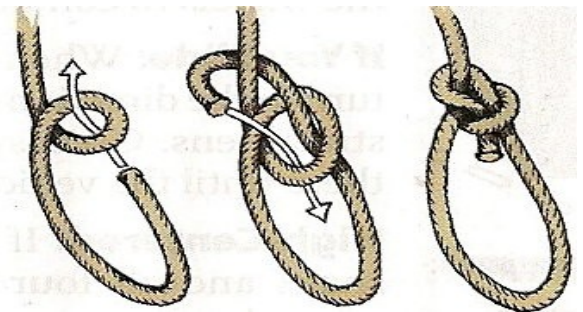
How to Tie: Pass the rope around the peg and bring the end over, then under, the standing part, and twice through the loop you just formed. Bring the rope over, under and through the loop to make another turn around the standing part. Slide it upward to tighten the line.



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).

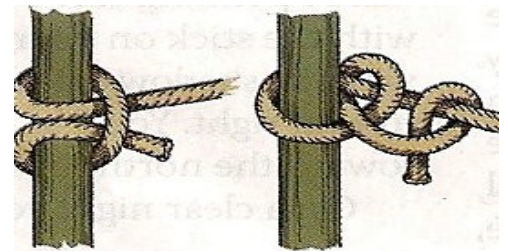
How to Tie: Form a bight (a turn of the rope that does not cross itself) in the thicker line, hold it firmly in your left hand. Pass the running end of the thinner line up through the bight, then over, around and under the bight, and slip it beneath itself where it enters the bight. Hold the bight with one hand and tighten the know 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 typing 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 though 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.

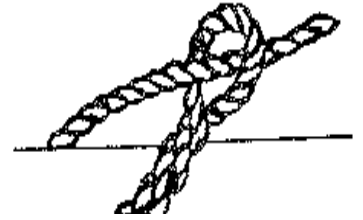


Figure Eight Knot

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



