



Texas Big Bend National Park Hiking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

- [Texas Big Bend National Park Hiking Tour](#)- Trip Planner for 2026
- **Activity Level 3:** Daily 4- to 8-hour hikes up to 10.5-miles on steep, uneven terrain with some moderate exposure to heights. Hikes will often be broken up across multiple different trails with rest breaks. The hike to the top of Emory Peak involves a strenuous climb of about 2,500 feet along a dirt and rock trail. The last 25 feet to the summit is optional and requires climbing solid rock without a rope, handrails, or other artificial handholds.
- Your Adventure Coordinator is Erin Rosvold: 1-510-594-6025 or ErinRosvold@MTSobek.com

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Arrive into El Paso, Texas (airport code **ELP**) by 6 am on Day 1 of the trip.

Transfer on your own to meet your guides and fellow travelers at the [Home2 Suites By Hilton El Paso Airport](#) at 7 am on the morning of Day 1. The hotel provides a free courtesy shuttle from the airport. To schedule an airport pick-up, call the hotel at 915-887-0300. It generally takes 7-10 minutes for the bus to arrive, and 5 minutes to transfer to the hotel.

DEPARTURE: Departing flights from El Paso, Texas can be booked on Day 6 after 7 pm.

The trip concludes on Day 6 with a drop-off at the El Paso International Airport. We plan to arrive by 5:30 pm; timing is approximate and subject to change due to traffic, weather and other conditions beyond our control. For guests extending their time in El Paso we will provide a drop off after leaving the airport.

Extending Your Stay

We recommend booking a pre-trip stay at [Home2 Suites By Hilton El Paso Airport](#) (stay not included).

The hotel provides a discount rate to Mountain Travel Sobek travelers. When booking online, click on the field “+Add special rate codes” and enter the following code in the Corporate Account field: 0560069902. If you have any difficulty, you can also call the hotel directly at 915-887-0300 to book and inform them you are a Mountain Travel Sobek client and entitled to a corporate discount.

If you are planning to book a room at the host hotel either pre or post trip, we recommend making your reservations as quickly as possible after receiving notification that your trip has been confirmed. This hotel is in high demand and often sells out.

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Passports

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A valid US citizens Passport or Passport Card is required on for our visit to Boquillas del Carmen in Mexico. Citizens of other countries should check with the nearest embassy for current entry requirements.

If you don't have a passport, apply for one now because the process can be lengthy. If you do have a passport, check the expiration date. Most countries require that your passport be valid for at least six months **beyond** the date you complete your trip and contain at least one blank page for each country you plan to visit. For more information, visit [Department of State US Passports](#).

Minors Traveling

If a minor is **not accompanied** by all parents or legal guardians, we strongly urge the parent/legal guardian who is traveling to carry a notarized document from all guardians granting approval for the minor to travel outside his/her country or state of residence. Air carriers and local authorities do request such documentation from time to time. Similarly, if the minor is traveling with his/her sole parent or guardian, he or she is recommended to carry notarized documentation of such.

On Your Trip

Accommodations

We stay in historic Texas hotels all 5 nights. Our unique and remote accommodations are reflective of the iconic areas we visit. Please refer to your [itinerary](#) and the hotel contact list included in your final trip details for the specific accommodations on your adventure.

Communications

Due to its remote nature, cell phone service in the Big Bend area may be spotty and will depend on your cell provider's coverage. Wi-Fi is available at each of our hotels throughout the trip.

Electronics

The hotels use 120 voltage outlets. You will not need a plug adapter or voltage converter.

You will have the opportunity to charge your phone or other electronic devices each evening. If you anticipate needing to charge devices during the day you may want to consider bringing a portable charger.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

BREAKFASTS: A mixture of healthy takeaway options, guide prepared breakfasts, and restaurant meals.

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LUNCHES: A combination of made-to-order sandwiches, salads and wraps, with options including meats, cheeses, fresh vegetables, served with fresh and dried fruit and energy snacks. Lunch is typically served picnic style or eaten on the trail.

DINNERS: Dinners are enjoyed at local restaurants or our lodgings. Options include beef, chicken, pork, fish and vegetarian dishes with a variety of sides. Due to the remote nature of the areas you will be visiting, choices may be less varied in some restaurants than you are accustomed to in other regions.

ALCOHOL: Alcohol is not included with your trip.

Money

Tipping your adventure guides is a common practice to show appreciation for their hard work and expertise in ensuring you have a great experience. The amount you tip may vary based on factors such as the length of the trip, the level of service, your guide team size, and your overall satisfaction.

On our hiking and rafting adventures in the United States and Canada, we recommend tipping your guide team \$50 - \$70 per day, per guest. On our camping based trips where guides prepare meals and look after accommodations, please consider tipping at the higher end of the range if you received excellent service.

Guides can accept gratuities paid by cash or apps like (Venmo, Zelle, PayPal, etc.). To ensure equitable distribution to the entire guide team, please deliver all gratuities to the trip leader.

Tips for restaurants, activity vendors, and hotel staff are included in your trip price.

Remember gratuities are always optional and at your discretion.

Transportation

We will be traveling in an air-conditioned 15 passenger van throughout the trip. The van has viewing windows, cup holders and charging USB ports.

US National Park Passport

If you have a US National Park Passport, remember to bring it along so that you can get it stamped in Big Bend National Park and the other NPS locations on your trip! This is a terrific way to commemorate all your National Park visits! If you don't have one, US National Park Passports will be available for purchase at all NPS Visitor Centers on our journey.

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Packing List

Please pack into one piece of luggage plus your daypack. Always pack essential items such as your money, medications, eyewear, camera, small electronics, hiking boots, and a change of clothes in your carry-on baggage, in case your luggage is delayed

LUGGAGE

- ☐ Soft-sided wheeled duffel or suitcase
- ☐ Daypack with 15-25/30-35 liter capacity
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Lightweight base layer tops
- ☐ Lightweight base layer bottoms
- ☐ Lightweight casual shirts
- ☐ Long-sleeved hiking shirts
- ☐ Short-sleeved hiking shirts
- ☐ Casual pants
- ☐ Hiking pants
- ☐ Hiking shorts

OUTERWEAR

- ☐ Fleece or wool sweater/jacket
- ☐ Down jacket
- ☐ Waterproof rain jacket with hood
- ☐ Waterproof rain pants
- ☐ Sun hat with wide brim or baseball cap
- ☐ Bandana and/or neck gaiter (buff)
- ☐ Fleece or wool hat
- ☐ Gloves or mitts

FOOTWEAR

- ☐ Hiking boots or shoes
- ☐ Comfortable walking shoes
- ☐ Wool or synthetic hiking socks

TRAVEL ACCESSORIES

- ☐ Reusable water bottle(s) and/or backpack hydration system (**min. 3 liters total capacity/4 liters is recommended**)
- ☐ Powdered electrolyte supplements
- ☐ Headlamp
- ☐ Camera, charger, and memory
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection

OPTIONAL TRAVEL ACCESSORIES

- ☐ Preferred hiking poles
- ☐ Swimsuit
- ☐ Water shoes/sandals
- ☐ America the Beautiful National Park Pass
- ☐ US National Park Passport
- ☐ Ace bandage or brace
- ☐ Reading and writing material
- ☐ Favorite snacks
- ☐ Spare roll-up duffel for souvenirs

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Please give us a call at 800-974-0300

Packing Notes

Packing for Weather

In the fall, winter and spring, temperature averages range from 37F to 86F for daytime lows to daytime highs. Terrain conditions such as mountain, canyon or desert will affect temperatures considerably, with a possible range from 20-100F. It is not unusual to see a 30 degree differential between daily low and high temperatures.

Expect temperatures in the mountains to be 5 to 10 degrees lower than the average, and temperatures along the Rio Grande to be 5 to 10 degrees higher. Note: Air temperature lowers by 5 degrees for every 1000' of elevation gain and the high Chisos Mountains can be 20 degrees or more cooler than along the Rio Grande. Sunshine is abundant and the relative humidity is very low. Rainfall is infrequent except in summer months; however, raingear is recommended and can double as a shell garment if temperatures drop.

Because this trip operates during a variety of seasons, it is imperative that you check the [Big Bend National Park Weather page](#) prior to your travels and pack accordingly. Gear that is essential in January may not be necessary in mid-April, and vice versa. In addition, weather systems in the entire Big Bend region can change dramatically from one week to the next.

Guests are required to have a minimum carrying capacity of 3 liters for water - 4 liters or more recommended.

You will be hiking in a high desert environment that includes high altitude, low humidity, and the possibility of high temperatures, depending upon the time of year. Adequate hydration is essential. Because water sources on our longer hikes are not reliable, a three-quart carrying capacity per hiker is required for safety reasons. If you choose to use a hydration system, please also bring a 1-quart water bottle, regardless of the size of your hydration pack. A water bottle is useful to have during van transfers and shorter hikes when a daypack is not necessary, as a container for electrolyte drinks, as well as serving as a back-up for failed hydration systems.

Be sure to bring adequate sun protection (sunscreen, hats, bandanas, and long sleeve shirts).

Personal electrolyte replacement supplements are also required to help avoid heat stress and aid in recovery.

Daypack

Please choose your daypack wisely! Your daypack should be adequately sized to hold any gear you will need to access while on the trail, including your lunch, drinking water, sunscreen, hat, camera, and your trekking poles, when you are not using them. In some seasons this will also include additional clothing layers like rain jacket, rain pants, and fleece/cold weather garments.

Footwear

Sturdy, properly fitting footwear is essential. If you're buying new hiking boots, be sure to completely break them in prior to the trip. To choose the right hiking boots, please look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks or thorns beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

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Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information — especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

BLISTERS

Blisters are common on long walking trips. Please come prepared. We recommend a combination of Band-Aids or blister cushions placed directly on your heel, and an adhesive bandage placed over the blister cushion to keep it in place and add extra protection.

Tips for Getting in Shape

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

- **For Level 3 trips:** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. We suggest spreading out this exercise during the course of a week. For example, get outside on a 2-4 mile hike or do aerobic activity for 40 minutes twice or more per week. Remember to take breaks! Over-training can lead to stress fractures, pulled tendons, or worse. Take a rest every few weeks and also back off training a couple of weeks prior to departure.

For trips at elevation: While hiking, carry some extra weight in your daypack, which should have a hip belt and sternum straps. Start with your water, snacks, and the same gear you plan to bring on your trip, which will weigh +/- 10 lbs.

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Gradually add weight in 2-3 lb increments (such as bags of rice) as you get closer to your trip.! Make sure the weight is comfortably placed in your daypack and doesn't stress your back or shoulders. Carrying weight builds muscle and simulates the experience of hiking at a higher altitude.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage.

For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

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We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities.

Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in MT Sobek accommodations.

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