



## Davis Mountains Education Center

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[www.dmectexas.org/elderhostel](http://www.dmectexas.org/elderhostel)

### **Program #14372 — Trails and Rails: All-Aboard The Texas Eagle Railroad**

#### **About the Davis Mountains Education Center (DMEC)**

The Davis Mountains Education Center (DMEC) is located on a serene hillside just outside the historic town of Fort Davis. We have classroom, dining, lodging and outdoor program facilities. Some local attractions include Fort Davis National Historic Site and McDonald Observatory.

Our office is usually staffed Mondays through Fridays, 9 a.m. – 5 p.m., but we do vary our hours due to programs and group demands and can often be reached after hours and weekends. You may leave a message, and a staff member will return your call.

The following information should answer the majority of your questions; however, you are welcome to contact us if you still have questions. *When calling, please specify the program number you have a question about, we operate a variety of programs.*

#### **Health concerns/physical activities**

Elevation during your trip ranges up to 5,050 feet (Fort Davis). This is not one of our more active programs. The primary physical strain will be getting on and off the trains and buses. Participants must also be able to stand for up to one hour, be able to negotiate bus and train steps, and be able to transport their own luggage for a short distance. If you are prone to motion sickness, we suggest you take necessary medication prior to traveling on the train or bus.

#### **What to wear and bring**

Dress is casual. Some items you should bring include:

- a comfortable pair of walking shoes (a must),
- a jacket (warm for winter trips, or light for cooler summer evenings and mornings),
- a sweater or two for evening and early mornings,
- clothing that can be worn in layers is best,
- a swimsuit - some lodging facilities offer indoor or outdoor pools or hot-tubs.

#### **Necessary items to pack**

- a hat or cap, sunscreen,
- alarm clock,
- small flashlight,
- a supply of your medications,
- antibiotics,
- motion sickness medicines, etc.,
- a small personal first aid kit is useful with band-aids, antibiotic ointment, tweezers, pain medication, etc., and
- washcloth, wet wipes or waterless antibacterial hand wash.

Additional items that you may want to bring—

- camera with spare batteries and film,
- a walking stick or cane,
- a small “fanny pack” or backpack,
- a cushion for softer seating if you like, and

### **Dietary concerns**

Your meals are planned and paid for in advance. You will enjoy a meal at DMEC prepared by our kitchen staff, and at a variety of area restaurants. We plan your meals taking into consideration nutritional value and variety. If you have special dietary needs, please specify this on the *Personal Information Form* you send us in advance. We will make every effort to meet your dietary needs. Please keep in mind that plate changes are not possible at mealtime due to time constraints. Everyone usually finds plenty of food and a variety of choices.

### **Cellular telephones/computer access**

Cellular phone service and internet access can vary. Contact your local carrier for information on your specific coverage and service. A public access computer is available at DMEC in Fort Davis. *Remember your log-in and password* for access to your local provider website.

### **Emergency contact information**

Emergency phone calls should be directed through the DMEC office. Advise friends and relatives of these numbers:

- DMEC office, daytime: 432-426-3481 and 1-800-403-3484,
- DMEC office e-mail: [info@dmectexas.org](mailto:info@dmectexas.org).
- DMEC office, after hours, in an emergency, and only after trying the above number, you can call Scott Turner at home at 432-426-3427.

### **Illness/accident/emergency situations**

We do everything that we can to make your trip safe. However, as is life, people do become ill, have accidents, or require other emergency assistance. Elderhostel, Inc. provides, as a part of your enrollment cost, a 24-hour travel assistance and insurance plan for medical and other emergencies. This service is provided by American International Group, Inc. (AIG Assist). An informational brochure entitled *Welcome to US/Canada Programs, Elderhostel*, is included in your program confirmation material from Elderhostel and will explain your coverage. This travel assistance and insurance plan covers you from beginning to end of your program. For more information regarding this coverage, contact Elderhostel at 1-877-426-8056.

#### **Pre-Program Checklist**

- Submit Personal Information Form**, as soon as possible.