



TO DO LIST

Full and Upper Canyon Trip

- ❑ **Physical Conditioning:** You are signed up on an active participatory outdoor adventure so it is important that you are in good physical condition. Being in shape will help you get the maximum enjoyment out of your experience. For those of you on the Upper Canyon trip only, physical conditioning is essential for the arduous hike up the Bright Angel Trail. (See About Your Hike on the Bright Angel Trail)
- ❑ **Purchase Trip Insurance:** We cannot stress enough the importance of purchasing trip insurance to protect your vacation investment as the trip fare is non-refundable. Refer to the Travelex Insurance information or explore other travel insurance providers such as AAA.
- ❑ **Trip Packet:** Read the entire trip packet thoroughly.
- ❑ **Hotel Reservations: TIME SENSITIVE.** Contact the Radisson Woodlands Hotel directly to make a reservation for the night prior to your trip. *Full Canyon* participants may also wish to reserve a room at the Radisson for the night of your return. *Upper Canyon* participants, may wish to secure hotel accommodations at the South Rim for the evening you hike out of the Canyon. Call Xanterra Parks and Resorts directly to make reservation. (See Trip Logistics)
- ❑ **Paperwork To Us:** Fill out the included paperwork and send to us 120 days prior to your trip or immediately if you sign up within this time period. This includes the Trip Member Information sheet and the Acknowledgement of Risk form.
- ❑ **Orientation:** Be in Flagstaff, AZ, at 7pm the night before your trip. (See Trip Logistics)
- ❑ **Transportation:** Make flight and shuttle arrangements to and from Flagstaff for *Full Canyon* participants or to Flagstaff and from the South Rim for *Upper Canyon* participants. (See Transportation Options)
- ❑ **Final Payment:** Due 120 days prior to your trip or immediately if you sign up within this time period.
- ❑ **Faq's:** Questions? You can visit our website at www.azraft.com for frequently asked questions or contact us via phone or email. We're happy to help you with any questions you have regarding any part of the trip.
- ❑ **Guidebook:** If you would like to receive the guidebook prior to your trip, call or email us and we will send it to you. Otherwise, you will receive it at your orientation.

ABOUT YOUR HIKE ON THE BRIGHT ANGEL TRAIL

Your trip will either end (if you are on a 6-7 day upper Canyon trip) or begin (if you are on a 8-10 day lower Canyon trip) with a hike on the Bright Angel Trail. If you are hiking out of the Canyon, a sack lunch is provided. If you are hiking down, a light breakfast and snacks will be provided. The trail is **7.5 miles long and almost a mile (4,460 vertical feet) in elevation from the river to the South Rim**. While the trail is well-traveled and maintained by the National Park Service, it is a very demanding hike. It takes 5 to 10 hours depending on your physical condition. You must also carry your personal gear for the trip along with at least 3 quarts of water. The hiking conditions of the trail vary from day to day. The heat may be the biggest obstacle you face when the weather is clear and sunny. **During the summer it can be extremely hot on the trail, over 100 degrees.** Drinking water is *usually* available at 3 rest huts along the trail, although this cannot be guaranteed by the Park Service.

Remember: *This is the Grand Canyon. Hiking in the Canyon is arduous and steep.*

If you regularly engage in some sort of physical labor or aerobic exercise at work or play, this hike is possible for you. **HOWEVER, PHYSICAL CONDITIONING AND CONSISTENT EXERCISE PRIOR TO YOUR TRIP IS ESSENTIAL.** Be sure to concentrate on strengthening your leg muscles, calves, and quads to avoid extreme muscle fatigue often experienced toward the end of your hike. While most of our passengers make the hike into or out of the Canyon without incident, you should consider other trip alternatives if any of the following conditions apply to you:

- asthma
- heart disease
- foot, knee or hip problems
- more than a few pounds overweight
- out of shape
- history of heat related problems (heat exhaustion or stroke)
- vertigo or unusual fear of heights
- a generally sedentary lifestyle
- smoker
- age

Any of these conditions will make your hike more difficult. If you have any doubts about your physical condition and ability to hike this trail, it would be wise to consider other options (talk with your doctor or sign up for a full Canyon trip).

The use of mule duffel service provided by Xanterra Parks & Resorts is **NOT** an option.

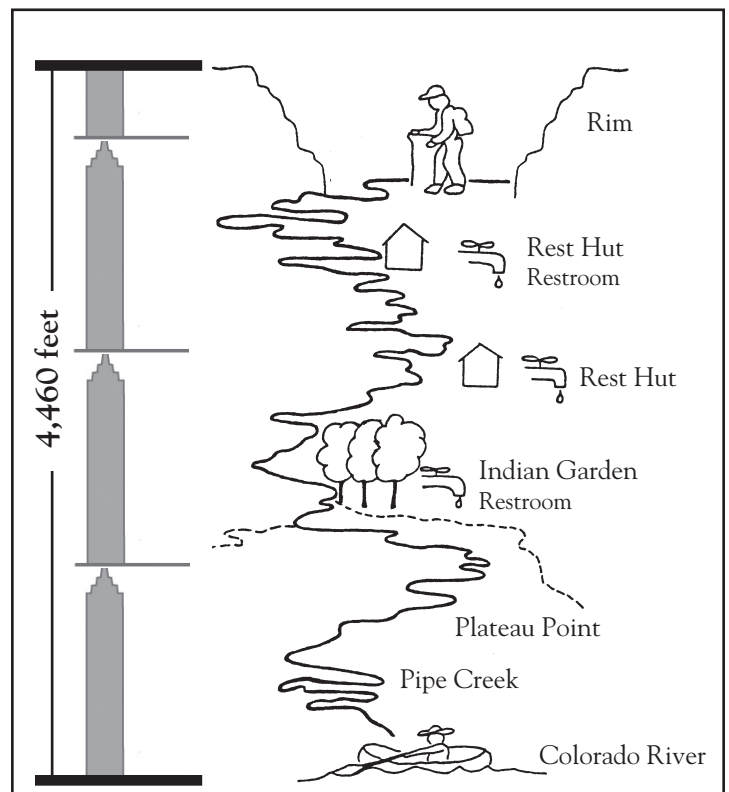
TIPS FOR HIKING

1. PACK LIGHT: A small-medium internal or no frame backpack is usually sufficient (medium size around 2500 cubic inches). The Equipment List provided in the trip packet offers a guide for packing the minimum gear recommended. Take into account the following: you will wear one set of recommended clothing the day your trip begins, wearing the same clothing throughout the trip is normal protocol, and clothes can be washed in the River. Bright Angel Trail hikers commonly bring more gear than necessary. A lighter pack makes for an easier hike whether you are going up or down!

2. AVOID ALCOHOL: Avoid drinking alcohol the evening before the hike as it promotes dehydration. Caffeinated drinks are also diuretics that promote dehydration.

3. STRETCH: It is important to stretch before your hike and when you stop to take breaks. This will help you to stay flexible and keep your muscles from getting stiff.

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4. EATING & HYDRATION: You should prepare for your hike by eating well and drinking plenty of fluids at least one full day before the “big hike.” Be sure to eat breakfast the morning of your hike. It is also important to eat as well as drink during your hike. If you don’t take this seriously, you may cause yourself to become very ill from either water intoxication or dehydration. Severe dehydration or water intoxication will leave you feeling sick for several days or possibly cause you to be evacuated from your trip.



Water intoxication (also known as hyponatremia) happens when a person drinks a large amount of water and eats very little or not at all, creating an electrolyte imbalance. Eating is an important defense against exhaustion and water intoxication because your body spends an enormous amount of energy (food calories) keeping you cool in the heat.

The opposite of water intoxication is dehydration. Dehydration happens when your body does not get as much water and fluids as it should. Dehydration can be caused by losing too much fluid, not drinking enough water or fluids, or both. We sweat around 1/2 to 1 quart of water each hour when hiking in the heat. Drink 1/2 to 1 quart each hour that you are hiking. Do not wait until you are thirsty to start replacing fluids. If you are thirsty, you are already dehydrated. Hydration packs are great for the hike on the Bright Angel trail because they make drinking water easy and accessible. Be aware of signs of dehydration: dizziness, nausea, irritability, cool clammy skin and dark colored urine.

We recommend eating small amounts of food every 1/2 hour even if you don’t feel hungry. It is also a good idea to rotate back and forth between water and an electrolyte replacement drink. We will provide you with food and electrolyte replacement drink for your hike.

5. STAY COOL: Frequently pour water on your head and cotton shirt to maximize evaporative cooling. This reduces fluid, electrolyte, and energy loss significantly. Anytime you cross a stream, water pump, or rest house, stop and soak yourself. The water in Pipe Creek is not safe to drink.

6. PACE YOURSELF: Prior conditioning is invaluable. Remember to hike at a pace that is comfortable for you. When you huff and puff, your body does not get enough oxygen to function efficiently. Don’t exceed your normal level of physical activity or training. You should be able to walk and talk at the same time.



7. TAKE BREAKS: It is important that you stop and rest. Look to rest in shaded areas. You might also like to put your legs up. This flushes out 20-30% of the lactic acid that builds up in your legs while hiking. Don’t forget to have a snack and stretch while you are resting.



8. TAKE CARE OF YOUR FEET: Trim toenails. Shoes should fit properly and broken-in sufficiently. Wear a clean pair of hiking socks with heel and toe cushioning. If you are on an upper half trip, keep a clean pair of socks set aside specifically for the hike out. Some people like to wear a pair of sock liners, in addition to socks, to reduce rubbing. Retighten shoelaces during the hike to provide proper support for feet. Painful and crippling blisters are common but preventable. Address any blisters as soon as possible with Moleskin (a padding which protects against painful friction).

9. STAY TOGETHER: It is a good idea to stay with the other members in your party. This allows everyone to keep an eye on each other and look for signs of trouble such as dehydration. If you stick together and one member has trouble, there will be others to assist or go for help.

10. SHARE THIS INFORMATION: If you share this information with others in your group, you will help to ensure a healthy hike for everyone.

EQUIPMENT LIST

✓ Red River Sports items available for purchase through retail division.

ITEMS SUPPLIED

Waterproof Day Bag – Any gear you need access to during the day needs to go in this bag. This bag is not a backpack. Suggested items to keep in this bag include: water bottle, camera, rain gear, polypropylene, long sleeve cotton shirt, sunscreen, hiking shoes, socks, river guidebook, and a fanny pack or small day pack.

Waterproof Bag – Any gear you do not carry in your day bag must fit into this bag. Once you pack this bag in the morning you will not have access to it until the evening. It is approximately 1 1/2 feet tall and 1 foot in diameter when packed. For photos and a packing demonstration of the dry bags visit www.azraft.com/gc_whitebags.cfm

Sleeping Unit – Waterproof bag containing a sleeping bag, sheet liner and a 5'x7' tarp.

Foam Sleeping Pad – 1 1/2 inches thick, used to pad boats during the day and to sleep on at night.

Tent – We provide one 2-man free standing dome tent for every 2 people on a reservation.

Mug – Take it on the river for coffee and juice and then it's yours to keep.

Guidebook – A mile by mile guide of the Colorado River through the Grand Canyon. The guidebook will be handed out at the pre-trip orientation. If you would like to request this book be sent to you ahead of time, please call our office.

Eating Utensils – Knife, fork, spoon and plate.

Life Jacket – All trip participants are required by the National Park Service to wear an outfitter provided life preserver.

CLOTHING

This is a “minimum gear needed” guide. We recommend you pack the following gear so you have the essential pieces of clothing to layer appropriately throughout the day. It is important to be prepared for both hot & dry and cold & wet conditions during all seasons. You may adjust quantities to pertain to your own tolerance for heat and cold or trip length (upper & lower Canyon guests should keep gear to a minimum). Clothes may be washed in the river with biodegradable soap✓. Clothing may get stained or possibly ruined.

- ❑ **1 Rain Jacket✓** - A waterproof rain jacket with sealed seams and fitted cuffs is mandatory. Rain gear is used for protection from the wind, the rapids (48 degree water) and the rain. This is an item you might not use but if you need it, you will be glad you have it.
- ❑ **1 Rain Pant✓** - Optional during June-August but if you get cold easily, bring rain pants year round.
- ❑ **1 Polypropylene Top✓** - Polypropylene is a quick-dry performance material that wicks moisture away from your skin which keeps you warmer. There are many names for similar types of material such as capilene, coolmax, etc. This is another “must have” item. Although there are certainly times throughout the year you may never use this item, weather in the Grand Canyon can be unpredictable and you should always have this item with you. Bring 2 in April and October. Rash guards are also acceptable.
- ❑ **1 Polypropylene Bottom✓** - Optional June-August but if you get cold easily, bring them year round. Bring 2 in April and October.
- ❑ **2 Non-Cotton Base Layers** - Women wear two piece swim suits or quick dry underwear and sport bras as a base layer during the day. Over the base layer, wear a pair of quick dry shorts and a polypropylene shirt if you are cold or a cotton shirt if you are hot.
- ❑ **2 Quick Drying Shorts✓** - The best thing for men is to wear swim trunks as shorts. Women generally wear quick dry shorts over a non-cotton base layer or a pair of quick dry shorts with a built-in underwear liner. Do not wear cotton shorts on the river.
- ❑ **1-2 Long Sleeve Shirt(s)** - Bring at least 1 long sleeve cotton shirt✓. Cotton is essential to keep cool on hot days as it provides an evaporative cooling effect when wet. Guides recommend a button down shirt (from the thrift store) because they are easier to put on and take off. We also have passengers who bring long sleeve nylon shirts with or without SPF as a second shirt. Light colors during the summer will help to reflect sunlight.
- ❑ **1 Lightweight Cotton Pant✓, Nylon Pant✓ or Sarong✓** - Highly recommended to keep sun exposure to a minimum especially June-August. May be used as camp wear too.
- ❑ **1-2 Hats** - A hat with a wide brim✓ is great for face and neck sun protection. Baseball caps are also acceptable. Canyon wind is common so you should have a chin strap or ❑ cap strap✓ to keep hat attached in windy conditions.
- ❑ **2-3 Pairs of Socks✓** - To use on side hikes with hiking shoes or with river sandals for additional warmth and/or sun protection. Wool-poly blends are recommended.
- ❑ **1-2 Camp Wear Outfits** - Bring something comfortable to wear in camp. You may like 2-4 pairs of cotton underwear along with cotton shorts and short sleeve shirts, tank top, capris, sarong or sundress. Flip flops are nice for camp.
- ❑ **Sleepwear** - You might choose to sleep in your camp wear or bring something comfortable to sleep in.
- ❑ **1 Pair of Shoes for the River** - See footwear insert
- ❑ **1 Pair of Shoes for Side Hikes** - See footwear insert

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REQUIRED ADDITIONAL ITEMS

- 2-3 Water Bottles✓and/or Hydration Pack✓** - Be able to carry at least three quarts of water. Two quarts is sufficient for motor trips. Have a strap on your bottle or carry in a pack to allow for hands-free hiking. You may wish to use a hydration day pack. If so, bring at least one additional water bottle as a spare, for mixing powdered electrolyte drinks and for having water easily accessible while on the boats.
- 1-2 Carabiners✓** - Pronounced cara “beener.” A minimum of one carabiner is needed to secure the waterproof day bag to the boat. You only need one but many guides recommend having a second carabiner for attaching a water bottle to the outside of your waterproof day bag. 4” size, aluminum with screwgate locking mechanism.
- 1 Medium Size Internal Frame (or no frame) Backpack (2000-2500 cu in)** - ONLY NEEDED IF YOU ARE HIKING IN OR OUT OF THE CANYON on a 6-7 day hybrid/paddle or 8-10 day hybrid/paddle trip. You need this bag to carry your personal gear up or down the Bright Angel Trail. Packs will be stored in a large waterproof bag while you are on the river.
- 1 Small Day Pack✓ or Lumbar/Hip Pack✓** - Use on side hikes to carry water and other items such as a sack lunch, rain jacket, camera, water bottle, or other items you might need on a side hike. Allows you to hike with your hands free. The waterproof day bag provided is not a backpack.
- 1-2 Sunglasses** - 100% UV protection recommended. Have a **retainer✓** to prevent losing glasses in the rapids.
- 1 Headlamp✓/Flashlight** - Headlamps are great for hands-free movement around camp. Extra batteries recommended.
- 1 Moisturizing Lotion** - Avoid lotions containing alcohol and bring plenty.
- 1 Super Salve✓ or similar product** - Keep your skin from drying out and cracking with a heavy-duty salve or moisturizer.
- 1-2 Sunscreen✓ and Lip Balm✓** - Recommend 30 SPF or higher.
- Medications** - If your medication is critical to your health, separate into two sets and give one set to the trip leader. A fully stocked first aid kit is available but if you routinely take an over-the-counter medication, you should bring your own supply. Diabetics should bring a glucose monitoring kit and individuals with allergic reactions or potential for an anaphylactic reaction must bring own epinephrine.

OPTIONAL ITEMS

- Gloves** - Recommended for many reasons: warmth, paddling, climbing on hot rocks and to reduce sun exposure. Polypropylene gloves✓ work well for warmth and cotton garden gloves work well for sun protection.
- 1 Paddle Jacket, Paddle Pants✓** - Offers added protection from the cold river water in place of or in addition to raingear.
- 1 Microfleece Top and Bottom✓** - Microfleece is a performance fleece that is less bulky than regular fleece. Useful if you tend to be cold easily or if you are going in April-early May or late September-October.
- 1 Fleece Hat** - A wool or fleece hat is recommended during April-early May or late September-October.
- Neoprene Socks✓** - A technical fabric that retains water and then warmed by your own body. Certainly not ideal for everyone but some passengers find neoprene useful (such as if you are cold natured or going in the cooler season).
- Bandana✓** - Use for sun protection under a baseball cap, as a wet cloth tied around your neck to cool off, wash cloth, or hanky.
- Towel** - A small towel for bathing. A sarong may also work.
- Small Pillow✓** - A compressible camp pillow or small travel pillow may add to your sleeping comfort. A pillow case stuffed with clothes is another alternative.
- Camp Chair✓** - Camp chairs are provided on motorized trips. However because of space limitations, chairs for camp are not provided on hybrid or all-paddle trips. You may bring a small frameless soft sided camp chair (like a Crazy Creek or stadium style chair) as long as it fits inside the waterproof dry bag provided for your personal gear. (chair should not exceed 18” in length).
- Hygiene Products** – Toothpaste, toothbrush, nail clippers, tissues, tampons, extra eye glasses or contacts, biodegradable soap and shampoo.
- Camera Equipment** - Waterproof cameras work well for water shots. It is advisable to purchase a waterproof camera bag or hard shell case for expensive photography equipment. The container you bring must fit into your waterproof day bag (lunch box size or smaller). A small portable solar charger is useful for recharging camera batteries.
- Book, Journal✓, Pen, Watercolors✓, Small Binoculars** - For your personal enjoyment and creative expressions!
- Beverages** - See Frequently Asked Questions insert for guidelines on beverages.
- Fishing Gear** - You may bring a collapsible rod stored in a hard-shell case. You also need an Arizona fishing license which you can purchase in advance from the Arizona Game & Fish at 800-705-4165. Licences are also available at Wal-Mart in Flagstaff. Additional details on fishing see Frequently Asked Questions on the AzRA website.
- Valuables** - Leave all nonessential valuables at home! If you want to bring your wallet, credit cards, etc. along on your trip, place them in zip lock baggies and pack them at the bottom of your waterproof bag. You may want some cash for the bus ride home, for your hike out of the canyon and/or for gratuities. If you feel inclined to leave a gratuity, a suggested range of 5-10% of your trip price is always appreciated by the guides. Cash or check (payable to trip leader) acceptable.

TRANSPORTATION FOR THE UPPER CANYON TRIP & AREA MAP

The following information is provided to guide you with making transportation arrangements to and from Flagstaff and the South Rim of the Grand Canyon. **Transportation to the river on the first day of your trip is provided. Transportation from the South Rim back to Flagstaff is NOT provided by AzRA Discovery but can easily be arranged using one of the shuttle options listed below.** *AzRA Discovery does not endorse commercial providers.*

BY AIR: If you fly to Arizona, the major connecting city is Phoenix. If you disembark in Phoenix, you will need to transport yourself to Flagstaff for the beginning of your trip. One option is to rent a car or take a bus or van shuttle to Flagstaff (approximately three hours). We recommend that you arrange your shuttle transportation prior to securing your flight. A second option is to get a connecting flight (approximately 45 minutes) from Phoenix to the Flagstaff Pulliam Airport. US Airways, www.usairways.com, serves the Flagstaff area from Phoenix (800-235-9292). Flagstaff is also serviced by Horizon Air, www.horizonair.com, with direct flights from Los Angeles (800-252-7522). If you fly in/out of the Flagstaff Pulliam Airport and if you are a guest at the Radisson Hotel, they will provide you with a FREE taxi shuttle to their hotel. To receive this complimentary taxi service, call the front desk when you arrive (928-773-8888). A less popular option, but a possibility for some, is to fly in/out of Boulder City (30 miles outside of Las Vegas). Operating out of the Boulder City Airport, Scenic Airlines (800-535-4448, 702-638-3300) offers commuter flights directly to and from the Grand Canyon South Rim Airport. If you fly in and out of the Grand Canyon Airport, be aware that your trip begins in Flagstaff (75 miles away) and that you still need to arrange transportation to Flagstaff for the beginning of your trip. You should carry on all essential items in case of airline luggage problems. Suggested items include hiking and river shoes, prescription medications, glasses, or anything that may be difficult to replace the night before your trip begins.

BY PERSONAL OR RENTAL CAR: Flagstaff is located at the junction of Interstate 40 and Interstate 17 in Northern Arizona and approximately a 2.5 hour drive north of Phoenix and a 5 hour drive southeast from Las Vegas. Your trip begins at the Radisson Hotel in Flagstaff and you may leave a car in the hotel parking lot. Your trip ends at the South Rim so you need to arrange transportation via one of the shuttle options so you can return Flagstaff (you can also hire a taxi). Another option is to drive a car up to the South Rim before the trip departure out of Flagstaff. If you drive a vehicle to the South Rim before your trip, National Park entrance fees are \$25 per vehicle and you may park in the backpacker's long term parking lot located next to the Backcountry Ranger Office. Approximate driving time between Flagstaff and the Grand Canyon is 1 3/4 hours. If you drive your vehicle to the South Rim before the trip, be sure to return back to Flagstaff in time for the pre-trip orientation meeting. There is no car rental pick-up or drop off location at the South Rim.

BY SHUTTLE: There are services that provide daily shuttles between the Phoenix Sky Harbor Airport, Flagstaff and the South Rim of the Grand Canyon. These services all require reservations. We recommend you view shuttle schedules prior to making your plane reservations.

- Flagstaff Express provides transportation between Phoenix, Flagstaff and the South Rim.
Contact at www.flagstaffexpress.com or by phone at 928-225-2290 or 800-563-1980.
- Open Road Tours offers daily connecting services from Phoenix, Flagstaff, and the South Rim.
Contact online at www.openroadtours.com or by phone at 928-226-8060 or 800-766-7117.
- A Friendly Shuttle serves Flagstaff and the Phoenix Sky Harbor Airport with two shuttles daily.
Contact online at www.afriendlyshuttle.com or by phone at 928-226-0106.

BY TAXI: Taxi service between the Flagstaff Airport, Radisson Hotel and the South Rim is available through the following companies: A Friendly Cab (928-774-4444) and Sun Taxi and Tours (928-774-7400). If you need local taxi service at the South Rim, inquire at the front desk of any lodge.

BY BUS: Flagstaff is served from downtown Phoenix by Greyhound Bus Lines (928-774-4573). Contact them directly for availability, pricing and scheduling.

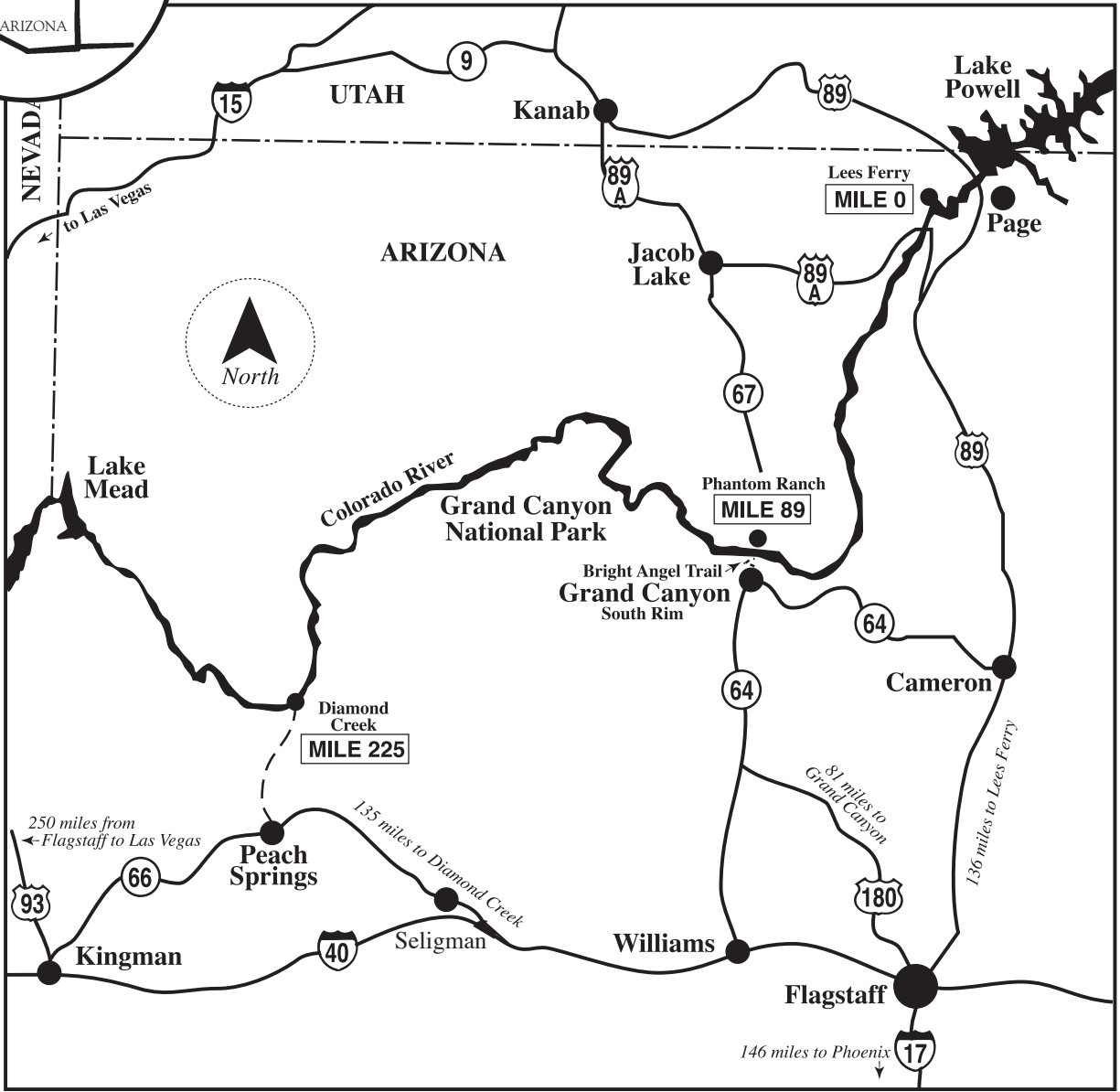
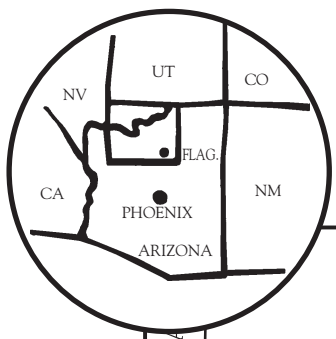
BY TRAIN: Amtrak (800-872-7245) provides service to Flagstaff. Contact them directly for availability, pricing, and scheduling.

COMPLIMENTARY TAXI SERVICE AVAILABLE

If you are a guest at the Radisson Woodlands Hotel, the hotel will provide you with complimentary taxi service between the hotel and the Flagstaff Pulliam Airport, Amtrak Train Station (located downtown next to the Flagstaff Visitor's Center) or the Greyhound Bus Station. To receive this service, call the Radisson front desk upon arrival at 928-773-8888.

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AREA MAP



TRIP LOGISTICS - UPPER CANYON TRIPS

Pre-Trip Hotel Accommodations: Most of our customers choose to stay at the Radisson Hotel the night before the trip begins. This works out nicely because we meet you that evening at the Radisson for a pre-trip orientation meeting at 7:00 p.m. If you would like to stay at the Radisson Hotel, you need to call them directly to make your reservation. Their local phone number is 928-773-8888 or you can call Central Reservations at 800-333-3333. Refer to the "Arizona Raft Adventures" rooming block to receive a preferred room rate of \$89.00 + tax per room per night up to 4 person occupancy. You may also go online at www.radisson.com/azraftadventures to make your reservation. This rate is only guaranteed for the night before your trip departs. If you need additional nights, you may be charged the going rate for that night. The Radisson Hotel does fill quickly so it is important that you make your reservations well in advance. There are other economy hotels located nearby including the Days Inn (928-774-5221), AmeriSuites (928-774-8042), Comfort Inn (928-774-2225) and Motel 6 (928-779-3757). If you choose to stay at another hotel, you are responsible for arranging your own transportation to and from the Radisson.

The Radisson Hotel is located near shopping centers and restaurants. If you need to buy beverages, fishing licenses or additional supplies there is a Wal-mart, Target and grocery store within several blocks.

Pre-Trip Meeting: We hold a meeting at 7:00 p.m. at the Radisson Hotel the night before your trip. It is imperative that you attend this meeting. You will receive two dry bags at this time. (Your sleeping unit will already be at Lee's Ferry). We will review last minute details such as packing your gear, luggage and vehicle storage arrangements, and answer any last minute questions. Products from our Red River Sports catalog will be available for purchase after the meeting but NOT the next morning. As you travel to the area, if you realize that your arrival will be delayed for any reason, please call our office before 4:00 p.m. M.S.T. M-F or leave a message at the Radisson Hotel front desk (928-773-8888). If you are calling the office after hours, follow the message prompts to the manager on duty.

Vehicle and Extra Luggage Storage: You may leave a vehicle in the Radisson Hotel parking lot while you are on your trip. This is not a secured lot and you must fill out a Vehicle Release Form at the front desk prior to leaving ensuring your vehicle will not be towed while you are on the river. We will also store your travel luggage for you. *Please limit luggage to 1 piece per person.* While you are on your trip, we will transport your luggage up to the Maswik Lodge Bell Desk at the South Rim of Grand Canyon National Park. Your orientation hostess will finalize details with you at the orientation meeting.

The Morning of your Trip: You will meet your orientation hostess at the Radisson Hotel at 6:00 a.m. A wake-up service is available at the Radisson. If you are a guest at the Radisson, be sure to check out of your room with ample time to avoid delays at the front desk. It is also very important that you allow time for a hearty breakfast. The Radisson offers several breakfast options beginning at 6:00 a.m. Contact the Radisson directly for breakfast details or inquire upon check-in. The bus will depart at 6:45 a.m. All beverages and personal items must be purchased prior to the morning.

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The Morning You Hike Out of the Canyon: We will provide you with sandwiches, snacks and electrolyte replacement the morning of your hike up the Bright Angel Trail. You will unpack your personal gear from the dry bags and repack your gear into your own personal internal frame (or no frame) backpack. The hike will usually begin before 9 a.m.; however, this cannot be guaranteed. The crew will drop you off at Pipe Creek where you will begin the 7.5 mile hike on the Bright Angel Trail. When you reach the top of the trail you will be in the Grand Canyon Village at the South Rim. Your stored luggage will be available to you at the Maswik Lodge bell desk. The Maswik Lodge is about a quarter mile from the top of the trail across the train tracks. Once you pick up your luggage you are on your own. You may have arranged for hotel accommodations or arranged a late afternoon shuttle. Not knowing how long the hike out of the canyon will take, a large percentage of our guests choose to stay at the South Rim the evening of their hike out. We do not provide a shuttle back to Flagstaff. However, there are shuttle options available to get from the South Rim back to Flagstaff. See Transportation Options for details.

Post-Trip Hotel Accommodations: If you decide to stay at the South Rim the evening after you hike the Bright Angel Trail, we recommend you secure a reservation as soon as possible. Due to the high volume of visitors at Grand Canyon National Park, the Grand Canyon Village hotels often book far in advance. There are five lodges at the South Rim but we suggest staying at the Maswik Lodge since this is where your luggage will be stored. If you can't get a room at the Maswik Lodge, the Thunderbird Lodge, the El Tovar, and the Bright Angel Lodge are within walking distance but you will still have to retrieve your luggage from the Maswik. There is a free park shuttle operating at regular intervals (www.nps.gov/grca/planyourvisit/shuttle-buses.htm). To make a hotel reservation, call Xanterra Parks and Resorts by phone at 888-297-2757 or 303-297-2757 or reserve online at www.xanterra.com.

The Maswik Lodge is located in the southwest corner of the Village area inside the Grand Canyon National Park boundary and is only a five minute walk from the rim. Each room offers two double beds, a full bath, TV and phone. A cafeteria, lounge and gift shop are located in the complex. Check-in time is 4:00 p.m.

You are responsible for arranging your own transportation from the South Rim at the end of your trip. Look for directions on the area map in your packet.

FOOTWEAR & WEATHER INFORMATION



Personal preferences vary so it is difficult to recommend one shoe over another. However, it is important to bring shoes that are comfortable, “broken-in” and also in decent condition. The structural failure of shoes is a common occurrence, especially with older and cheaper sport sandals. Since space is a consideration, most people bring two pairs of shoes: one pair for the river and one pair for hiking. Passengers who don’t have to hike the Bright Angel Trail might want to bring a third pair to wear around camp. If you are hiking the Bright Angel Trail you will need a pair of sturdy, supportive shoes with good tread.

HIKING: The hikes vary from trip to trip. They may range in length from 20 minutes to eight hours (rare) and may include significant grade change, uneven terrain, bouldering, loose or wet footing, and exposure to the elements. Most hikes are on non-maintained wilderness trails and some cross streams and pools of water. For hiking footwear we *recommend a well-built athletic shoe or low hiker with good arch support and substantial traction*. For more ankle support, bring lightweight hiking boots. We don’t recommend all leather hiking boots, as they are heavy, hot, and don’t dry quickly.

BOAT WEAR: Footwear must be worn on the boats at all times. Since your feet may be wet and cold a good deal of the time, your shoes should be lightweight and quick drying. One option might be to wear wetsuit river booties with a sturdy sole. These may be good especially in spring and fall to keep your feet warm in the 48 to 53 degree water temperatures. However wetsuit booties often promote foot rot and are not suited even for short hikes. *A more popular choice might be a recreational sport sandal such as a Teva, Chaco ✓ or Keen*. These shoes work well on the boats, in camp and may be used on shorter hikes at your discretion. They allow your feet to dry quickly and provide warmth when used in conjunction with a neoprene ✓, or a wool/poly blend sock. ✓ When purchasing a sport sandal pay particular attention to the fit, how much support it offers, the quality of the fastenings and how well the straps are secured to the sole.

TIPS:

- The constant elements beating against your feet such as cold water, scorching sun, grinding sand, dry air, and wind really take a toll on your skin. Here are some suggestions to keep your feet healthy during your trip. 1) Avoid getting sunburned on your feet. 2) Keep your toenails trimmed. 3) Always wear shoes, even in camp. 4) Keep your feet from soaking in the water as much as possible. 5) Clean your feet with soap once a day. 6) Put dry shoes on when you are in camp. 7) Use a heavy-duty moisturizer on your feet such as Super Salve ✓ or similar product before bed. 8) If you start having any problems with your feet, don’t hesitate to talk to a guide about it.
- Wear hiking or athletic shoes on side hikes. It is very likely that you will encounter rocks and cactus when hiking. Wear a closed toe shoe to prevent cuts and scrapes.
- We highly discourage old or cheap generic brand shoes because they tend to fall apart quickly, don’t offer much support and often don’t have enough tread.

✓ *Red River Sports items available for purchase through retail division.*

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WEATHER & FOOTWEAR INFORMATION

Any time of the year is a good time to be in the Canyon and your preparation for the Canyon's diverse weather conditions is essential. Expect to experience two major extremes: **hot/dry** and **cold/wet**. We recommend bringing quality waterproof rain gear as well as polypropylene on every trip. It is better to be prepared and not need it than to need it and not have it!

Early to Mid-April: Expect daytime temperatures in the 70-80's and nighttime temperatures in the 50's. A wet winter could present a brilliant display of wildflowers. A cold snap, rain and wind are also possible so be prepared with raingear or paddle jacket & paddle pants, polypropylene long underwear, fleece and warm footwear.

Mid-April to Mid-May: Warm days (80-90 degrees) and cool nights (50-60 degrees). Rainstorms are unlikely but not impossible. Winds combined with early morning and late afternoon canyon wall shade and rapid splash can be chilly.

Mid-May to Mid-June: The weather warms up with daytime temperatures into the 90's. An early summer could bring temperatures up over 100 degrees. Nighttime temperatures range in the upper 60's to low 70's. Rain is unlikely but not impossible. Wind is still likely.

Mid-June to Mid-July: This is typically the hottest, driest time in the Canyon with temperatures over 100 degrees and nighttime temperatures hovering around 75-80 degrees. Sun protection is essential! Early monsoon storms are a possibility so be prepared just in case!

Mid-July to Mid-August: The weather is still hot but now there is the potential for the Arizona summer monsoon storms. A typical monsoon storm starts with cloud cover in the late morning-early afternoon with a late afternoon thunderstorm and then a clear evening. Some can be quite severe and may limit hiking in some of the slot canyons. However, the storms bring color and drama to the Canyon that you get no other time of the year and the storms help to cool off a hot day. Be prepared for both hot mornings (long sleeve cotton shirt) and cooler afternoons (raingear). Daytime temperatures are generally still over 100 degrees and nighttime temperatures around 75-80 degrees.

Mid-August to Mid-September: Possible late monsoon season so be prepared! Temperatures usually begin to drop back to the 90's but could certainly still reach 100 degrees with a blast of late summer. Nighttime temperatures are in the upper 60's to low 70's.

Mid-September to October: As autumn approaches, the weather is usually clear. The low 90 degree daytime temperatures of late September are followed by slightly cooler temperatures in October (mid to upper 80's). Nighttime temperatures range in the 50's to 60's. Along with your shorts and t-shirts, be prepared with raingear or paddle jacket & paddle pants, polypropylene long underwear, fleece and warm footwear. The chance of rain is still possible but unlikely.

You may access Grand Canyon weather conditions at www.nps.gov/grca/planyourvisit/weather-condition.htm
To see a forecast along the River, click "Phantom Ranch."

FREQUENTLY ASKED QUESTIONS

What should I expect of the dry bags provided? We will provide three dry bags per passenger. If you are on a full Canyon or an upper Canyon trip, two of these bags will be handed out at the orientation meeting the night before your trip departs. The first dry bag you will receive is for personal gear. The bag stands about 1 1/2 - 2 feet tall and is about 14 inches in diameter. This bag will be tied down during the day and you will not have access to it until camp. The second dry bag is smaller, rectangular in shape and when flat, is 1 1/2 feet by 2 feet in size. It holds gear that you want access to during the day such as rain gear, sun screen, hiking shoes, camera, small daypack, etc. The third dry bag will contain your sleeping unit (sleeping bag, tarp and sheet). This bag will already be loaded on the boats prior to your orientation and available to you at your first camp. If you are on a lower Canyon trip, your bags will be waiting for you when you meet your guides at Pipe Creek. To see pictures and a packing demonstration visit www.azraft.com/gc_bluebags2.cfm.

What are the meals like? Our menu consists of quality foods—fruits, vegetables, whole grain breads, meats, desserts—and range from chicken fajitas to pineapple upside down cake. The guides are excellent chefs and the menu is varied with plenty of choices. Vegetarians are easily accommodated and most dietary restrictions can be met. Dietary *preferences* are limited due to the lack of food storage space (**please do not bring your own food**). Indicate dietary concerns on your Trip Member Information Sheet.

What drinks are provided and what can I bring? We provide coffee, teas (black and herbal), hot cocoa and juice in the a.m., as well as filtered water and electrolyte replacement mix throughout the day. If you want additional beverages such as soda, beer, wine, mixers, hard alcohol or additional juice - you may bring your own. Soda, beer, mixers and juice must be in aluminum containers. You may bring wine or hard alcohol as long as it is NOT in a glass container. You can either decant into a hard plastic bottle (Nalgene work well) or purchase boxed wine. Since space is an issue on most trips, we have limited the number of canned drinks per person according to trip type: **Upper:** up to 18 cans, **Lower:** up to 24 cans, **Full:** up to 30 cans. A box of wine or a Nalgene container is about the size of 6 cans. If you are on a *Full* or an *Upper Canyon* trip, your trip begins in Flagstaff. There is a Safeway grocery store within walking distance of the Radisson Hotel. They have a good selection of soda, beer, wine, juice and alcohol. If you are on a *Lower Canyon* trip, your trip begins up at the South Rim of the Grand Canyon. We don't want you hiking down the extra weight of beverages so we provide a Beverage Order Form in your trip packet to order ahead. Follow the directions at the top of your Beverage Order Form to receive this service (lower trips only).

How strenuous are the hikes? Hiking in the desert southwest is unlike any hiking most people have ever done. The trails are not maintained and may include wading through creeks and scrambling over boulder strewn terrain with slippery spots and unprotected high places. You may experience significant grade change, loose or wet footing, and exposure to the heat. However, all in all, they are incredible and often take you to parts of the Grand Canyon only reachable by the river. Side hikes are optional but we encourage you to participate. You will need to bring a small day or hip/lumbar pack for your side hikes. To read more about hiking, visit www.azraft.com/gc_info-hiking.cfm.

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What are the rapids like? There are roughly 160 rapids between Lee's Ferry and Diamond Creek. However, these rapids only account for about 9 percent of the total distance. There is a lot of flat water between the rapids. The Colorado River is considered a class III river with some class IV rapids. Some of the more popular rapids on the upper half include Hance, Sockdologer, Unkar and House Rock. Some of the more well-known rapids on the lower half include Crystal, Lava, Horn Creek, and Hermit. The difficulty of the rapids change with the fluctuating water levels.

What is the camping and toilet situation like? For many guests, this trip is a first time back country camping experience. After an eventful day on the river, you will stop late afternoon and make camp. The camps are not maintained by the National Park Service and vary considerably. Some camps are wide and rocky, some are small and flat, some are close to rapids, some have longer sun exposure or shade coverage, etc. You should anticipate a lot of sand, sand and more sand! For some, maneuvering around at camp can be challenging.

Upon arriving at camp, everyone pitches in to help unload the boats and set up camp. You will gather your personal dry bags and select your spot for the evening. We provide you with a sleeping unit (bag, tarp and liner), a sleeping pad and a tent. If you don't know how to set up a tent, just ask a guide and they will assist you. However, many guests choose to sleep out under the stars. The kitchen is set up with a water filtration system, a fully stocked commissary and a propane stove to cook the delicious meals. Your guides will prepare the meals; however, we always encourage participation in the kitchen as it is a great opportunity to socialize.

Throughout the day, all urine goes directly in the river. This can be a challenge for women but you will quickly learn the skills needed. When you arrive at camp, we set up a portable toilet (the "groover") for all solid waste. You do not need to bring your own toilet paper. Your trip leader will talk in more detail about the bathroom etiquette.

What is a typical day like? Itineraries vary on every trip and can depend on factors such as weather, water levels, group interest, and time of the year. We can only provide you with an outline of what you might expect as each trip is different. You will wake up when you hear the coffee call (around dawn). Breakfast is usually ready about 30 minutes after the coffee is served. After breakfast, camp is broken down and the boats are loaded. You are on the raft an average of two to three hours at a time, four to eight hours each day. A balanced itinerary is planned daily by your trip leader. You will hike in scenic side canyons and stop at points of interest. You may hike in the morning and then stop for lunch. If you hike in the morning, you will most likely push through the afternoon until you get to camp. Other days you might have a long morning and then take a hike after lunch. Your trip leader will try to get to camp in the late afternoon. Once you get to camp, you may have the option to hike, relax, bathe, or if you feel like helping out, you might join the cooks in the kitchen. Dinner will be served in the evening hours. After dinner, you may turn in for the night or socialize.

Should you leave your cell phone behind? Yes, please do. It won't work in the Grand Canyon anyway! In addition, electronic devices such as laptops, phones of any kind, and music playing devices are going to be exposed to elements such as sand, water and other hazards and may get ruined. It is more respectful to the other visitors on your trip and their opportunity to enjoy the wilderness of the Grand Canyon if these items are left at home. Instead, we encourage you to bring a good book, a camera, a personal journal, or a watercolor set.

For answers to more "frequently asked questions," please visit our website at www.azraft.com/gc_faqs.cfm.

IF YOU ARE INTERESTED



Many passengers have asked us for suggested reading materials for either before or after their trip.
Here are some of our favorites!

Grand Canyon River Guide by *Buzz Belknap*

A mile by mile guide of the Colorado River through the Grand Canyon including geology, history, natural history and archaeology information. Each passenger will receive their own copy at the orientation the night before their trip departs. If you would like to receive this guidebook ahead of time, please call our office.

Introduction to Grand Canyon Geology by *Greer Price*

This book explores the basic principles of geology and the history of geologic exploration at the Grand Canyon. Structural features of the Canyon and the river are discussed and visualized by 70 photos and illustrations.

Breaking into the Current: Boatwomen of the Grand Canyon by *Louise Teal*

Louise Teal, an AzRA guide for over 20 years, gathered stories from the first female guides who began working in the early 1970's.

Carving Grand Canyon - Evidence, Theories, and Mystery by *Wayne Ranney*

Provides a synopsis of the intriguing ideas and innovative theories that geologists have developed over time.

River to Rim by *Nancy Brian*

This book explains how the names of the Grand Canyon came to be: the record of who named what and when, quotations from explorers, tourists and river runners and the often bizarre, funny, and moving events that gave rise to the names on the maps today.

The Exploration of the Colorado River and Its Canyons by *John Wesley Powell*

This volume features the full text of Powell's classic account, which includes his observations about the terrain and its Native American inhabitants, along with reproductions of the original line drawings.

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The Grand by *Steve Miller*

Journey down the Colorado River through the magnificent Grand Canyon with photographer and river guide Steve Miller as he shares more than 300 extraordinary photos and reflections from 30 years of rafting the Grand.

There's this River - Grand Canyon Boatman Stories by *Christa Sadler*

There's This River tells the tales of great experiences from the perspective of the guides who spend their lives here.

River and Desert Plants of the Grand Canyon by *Kristin Huisinga, Lori Makarick & Kate Watters*

The first comprehensive field guide devoted to the plants that live below the canyon rim. This guide describes more than 300 plant species, including ferns grasses, shrubs and trees.

The Very Hard Way by *Brad Dimock*

The Very Hard Way is a story about Bert Loper's tale of river running in the West. He was born in 1869 the very day that Major John Wesley Powell discovered the confluence of the San Juan and Colorado Rivers. Loper spent much of his life devoted to those two streams. But it was never easy. Orphaned and abused, Loper worked most of his life at the very bottom, the nameless grunt in hard rock mines, the sore-backed shoveler on a placer bar, the subsistence rancher on a lonely gravel delta in Glen Canyon. Whatever Loper got, he got the very hard way.

River Runners of the Grand Canyon DVD or Video by *Don Briggs*

As both river runner and experienced documentarian, Don Briggs is uniquely qualified to tell the story of river runners. This video traces the evolution of an adventure that is unique to the American West. From its origins in Native American myths to the major recreational industry that it is today, it is the story of people testing their limits in one of the most spectacular places on earth.

For a more extensive reading list, visit our www.azraft.com/gc_additionalreadings.cfm

All publications on this insert are available for purchase through our Red River Sports retail division.
Call our office or order online at www.azraft.com/redriversports.