

TRIP INFORMATION FOR UPPER CANYON TRIP 2012



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If you print, consider printing on scrap or recycled paper.



TO DO LIST

- Physical Conditioning:** You are signed up on an active and participatory outdoor adventure so it is important you are in good physical fitness condition. We recommend committing to *at least* three vigorous exercise sessions a week in the months prior to the trip. Consult a fitness trainer for a specific workout plan. Being in shape will help you get the maximum enjoyment out of your experience. Fitness conditioning is also essential for the hike on the Bright Angel Trail. Read *The Bright Angel Trail* page.
- 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 (www.travelexinsurance.com) information or explore other travel insurance providers such as AAA.
- Trip Packet:** Read the entire trip packet thoroughly.
- Red River Sports Items:** Retail items will be available for purchase at the orientation the night before your trip. You can also order items in advance at www.azraft.com/redriversports/index.cfm. **Retail items are noted in this booklet with a check mark ✓.**
- Hotel Reservations: TIME SENSITIVE.** Contact the Radisson Woodlands Hotel directly to make a reservation for the night before your trip departs. Secure hotel accommodations at the South Rim of Grand Canyon National Park for the evening after you hike up the Bright Angel Trail. Call Xanterra Parks and Resorts directly to make a reservation. See *Trip Logistics*.
- Complete and Submit the Trip Member Information Form:** We require each guest to complete the Trip Member Form at least 120 days prior to the trip or immediately if you sign up within this time. The form consists of emergency contact information, medical and dietary details, and other particulars.
- Sign and Mail in the Acknowledgement of Risk Form:** An original signature is required on the form. Please complete the form and mail it to the office prior to your trip date. All guardian signatures are required for minors.
 - Orientation:** Be in Flagstaff, AZ by 7 p.m. the evening before your trip departs. See *Trip Logistics*.
- Transportation:** Make flight and shuttle arrangements to and from Flagstaff and the South Rim. See *Getting to and From the Area*.
- Final Payment:** Due 120 days prior to your trip or immediately if you sign up within this time period.
- Frequently Asked Questions (FAQ's):** After reviewing this packet, do you have additional questions? Visit www.azraft.com/gc_faqs.cfm or contact us by phone or email.
- 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.

PRE & POST TRIP LOGISTICS

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 at 7:00 p.m. If you would like to stay at the Radisson Hotel, you need to call them directly to make a 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 \$90.00 + tax per room per night up to 4 person occupancy. 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 reservation well in advance. They are located at 1175 West Route 66, Flagstaff, Arizona, 86001. 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, a fishing license or additional supplies, a Walmart, Target and a grocery store are nearby.

Pre-Trip Orientation: 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 Red River Sports (www.azraft.com/redriversports/index.cfm) will be available for purchase after the meeting but not the next morning. If you realize your arrival will be delayed as you travel to the area, please call our office before 4:00 p.m. Arizona 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 leave a message for the manager on duty and your call will be returned as soon as possible.

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. This will help ensure your vehicle 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. See *Getting To And From The Area* for more information.

The Morning of your Trip: 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. The restaurant at the Radisson opens for breakfast at 5:00 a.m. It is very important that you allow time for a hearty breakfast. You will meet your orientation hostess at the Radisson Hotel at 6:00 a.m. The bus will depart at 6:45 a.m. All beverages and personal items must be purchased prior to the morning.

*Arizona Raft Adventures and Grand Canyon Discovery, 4050 East Huntington Drive; Flagstaff, AZ 86004
800-786-7238, 928-526-8200, fax 928-526-8246, email: info@azraft.com, www.azraft.com*

The Morning You Hike Out of the Canyon: We will provide you with sandwiches, snacks and electrolyte replacement for 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. After breakfast, 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. You are on your own once you hike ahead of the hiking escort (who hikes with the slowest hiker), or pick up your luggage. 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 *Getting To And From The Area* for shuttle 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, El Tovar, and Bright Angel Lodge are within walking distance. If you do not stay at the Maswik Lodge, you may inquire upon check-in of the possibility for getting your luggage transferred from the Maswik Lodge bell desk to your hotel. Pending availability of South Rim bell desk staff at the time you inquire, they may transport your luggage to you. You may have to retrieve your luggage from the Maswik Lodge. If you are still unable to secure a room at the South Rim, continue checking back for availability as Xanterra receives cancellations almost daily. 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 top of the Bright Angel Trailhead at 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. See *Getting to and From the Area* and the *Area Map*.

*The State of Arizona does not recognize Day Light Savings Time.
Please adjust your schedule accordingly.*

THE BRIGHT ANGEL TRAIL

Your trip will end with a hike on the Bright Angel Trail. Please read all of this information carefully. The trail is **7.5 miles long and almost a mile** (4,460 vertical feet) **in elevation between the river and the South Rim**. While the trail is well-traveled and maintained by the National Park Service, it is a very demanding hike. The amount of time it takes to complete the trail varies on your physical condition, experience, and weather. **The average hiking time is about 6-8 hours**. Drinking water is *usually* available at 3 rest huts along the trail, although this cannot be guaranteed by the Park Service. Therefore, not only should you be prepared to carry your personal gear for the trip, you should also be prepared to carry at least 3 quarts of water (3qts of water weighs 6 lbs). See the *Equipment List* for items supplied by AzRA and recommended packing list for minimum gear needed. The weather varies day to day, and season to season. During the summer it can easily be over 100 degrees (38 Celsius) and in the early spring there could be ice on the trail. **The use of mule duffel service provided by Xanterra Parks & Resorts is not an option.**

This is the Grand Canyon. Hiking in the Canyon is arduous, steep, and often hot. Hiking up the Bright Angel is also a cardiovascular workout and you should take caution if you suffer from exercised induced asthma, heart related issues, or have a history of heat related illness. It is our intention if you are reading this trip information that you have already given this hike careful consideration. While **most of our passengers make the hike without incident**, if you have any doubts about you or anyone in your group, it might be wise to consider other trip options at this time. **You may switch your trip type and date within the same year without penalty** (pending availability).

The hike is very doable for most people if you take the hike seriously, are in good physical condition (both health and fitness wise), pack light, stay cool, and eat and drink properly.

MONTHS, WEEKS AND DAYS BEFORE THE HIKE

EXERCISE, CONDITION, AND TAKE THIS HIKE SERIOUSLY: 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.** Concentrate on muscle strengthening: core, legs, calves, and quads. Extreme muscle fatigue is often experienced toward the end of the hike. If you need advice on how to train for your hike, please consult a physical fitness trainer.

PLAN YOUR PACKING: The *Equipment List* provided offers a guide for packing the minimum gear recommended. Take into account you will wear one set of clothing the day your trip begins, wearing the same clothing throughout the trip is normal, 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! A small-medium internal or no frame backpack is sufficient (medium size around 2500 cubic inches). Make sure your pack fits correctly. Padded hip belts help

provide support and distribute weight more efficiently. Tightening shoulder straps help provide stability.

CHOOSE APPROPRIATE SHOES: A **lightweight** hiking boot, hiking shoe, or trail runner with solid support and good tread are all appropriate choices of footwear (see *Footwear*). Shoes should fit properly and be broken-in. Do not break in a new pair of shoes on this hike. Wear a clean pair of hiking socks with heel and toe cushioning. 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.

UNDERSTAND THE IMPORTANCE OF EATING & HYDRATION: Prepare by eating well and drinking plenty of fluids at least one full day before the “big hike.” In addition, eat breakfast (provided) the morning of the hike. Sandwich, snacks, fruit, and electrolyte mix are provided and it is important to eat and drink during your hike. If you don’t take this seriously, you may cause yourself to become very ill from either dehydration or other heat related illnesses such as water intoxication, heat exhaustion or heat stroke, all of which can leave you feeling sick for several days and/or develop into a life threatening situation. If you are on any medications, it is important to determine if those medications could contribute to the possibility of developing a heat related illness, as many medications (both prescription and over the counter meds) can negatively affect your body’s ability to regulate its water and electrolyte/salt balance.

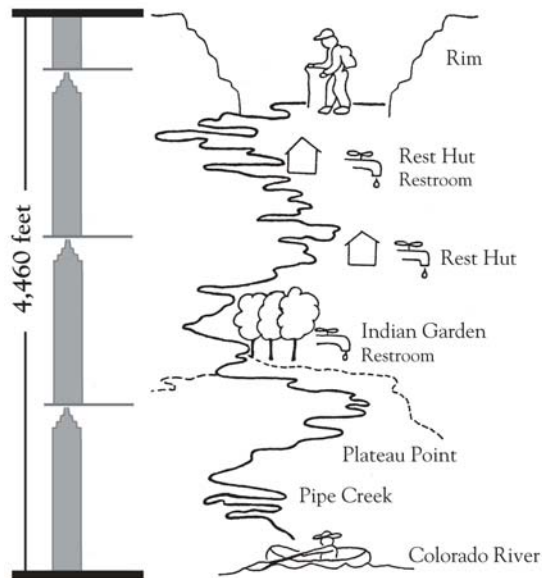
- **Dehydration** happens when your body does not get enough water. It can be caused by losing too much fluid, not drinking enough water or fluids, or both. We sweat around 1/2 to 1 quart of water each hour when hiking in the heat. Drink 1/2 to 1 quart each hour that you are hiking. Hydration packs are great for the hike on the Bright Angel trail because they make drinking water easy and accessible. Be aware of signs of dehydration: headache, dizziness, nausea, irritability, cool clammy skin and low output or dark colored urine.
- **Water intoxication** (also known as hyponatremia) is an improper ratio of salt (which is an electrolyte) to water in your body. In Grand Canyon, visitors are often so focused on consuming water while hiking that they neglect the other side of the equation: food (preferably salty). It is essential that you continually snack while hiking the Bright Angel Trail in order to maintain your electrolyte balance. The symptoms of water intoxication may mimic those of dehydration so speak with a guide immediately if you experience any of these symptoms at all.

CONSIDER USING HIKING (TREKING) POLES: If you are experienced with using hiking poles, you might like to bring your collapsible hiking pole(s) with a rubber tip to use on this hike. Poles distribute weight and pressure as well as offer stability.

TIPS FOR THE DAY OF THE HIKE

AVOID ALCOHOL: Alcohol (and caffeinated drinks for that matter) is a diuretic which causes more water to be rapidly discharged from the body through urination and perspiration.

Imagine hiking the stairwell of the Empire State Building three and a half times!



STRETCH: 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.

STAY COOL: Heat Exhaustion and Heat Stroke are serious life threatening situations that can occur while hiking in Grand Canyon. Pour water on your head and wet a cotton shirt or sarong to maximize evaporative cooling at every rest stop. This reduces fluid, electrolyte, and energy loss significantly. When you cross a stream, water pump, or rest house, stop and soak yourself (don't drink the water in Pipe Creek).

PACE YOURSELF: 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.

TAKE BREAKS: Eat a snack, drink water, stretch and rest your legs in an elevated position to help flush lactic acid.

CARRY A BANDANA: The trail is dusty especially when the mules pass. You might like a bandana to cover your nose and mouth, particularly if you suffer from dust induced asthma or allergies.

TEND TO YOUR FEET: Trim toenails. Wear a clean pair of hiking socks with heel and toe cushioning. 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).

STAY TOGETHER: It is a good idea to stay with the other members on your reservation. This allows family and friends to keep an eye on each other and look for signs of trouble such as dehydration. Inform your hiking guide or hiking companions if you have any pain or any of the symptoms listed for heat related illnesses. You are not required to hike with the entire group or the hiking guide, who will be at the back with the slowest hiker.

BE RECEPTIVE TO ADVICE FROM THE HIKING GUIDE: Your hiking guide has a lot of experience and may offer you suggestions to ease the hike.

SHARE THIS INFORMATION: Share this information to ensure a healthy hike for everyone.

GETTING TO AND FROM THE AREA

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 from Flagstaff 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 through Arizona Shuttle listed under shuttle options 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 still need to transport yourself to Flagstaff for the beginning of your trip. One option is to rent a car in Phoenix and drive to Flagstaff. A second option is to schedule a shuttle in Phoenix that goes to Flagstaff (approximately three hours). We recommend you schedule your shuttle transportation prior to securing the flight. A third option is to get a connecting flight (approximately 45 minutes) from Phoenix to the Flagstaff Pulliam Airport. US Airways, www.usairways.com, (800-235-9292) serves the Flagstaff area from Phoenix. If you fly in/out of the Flagstaff Pulliam Airport, you will still need to arrange transportation from the South Rim back to Flagstaff at the end of your trip. The most popular option is to use the shuttle options listed below. 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 or www.scenic.com) offers commuter flights directly to and from the Grand Canyon South Rim Airport (approximately 75 miles from Flagstaff). Vision Air (800-256-8767) also offers two flights a day between Las Vegas and the South Rim. If you fly into the Grand Canyon airport, you will have to arrange a shuttle to Flagstaff for the beginning of your trip. Regardless of which airline option you choose, 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 of 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 to 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 ¾ 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 is one service that provides daily scheduled shuttles between the Phoenix Sky Harbor Airport, Flagstaff and the South Rim of the Grand Canyon. Be sure to check the shuttle schedule prior to making plane reservations. You may also arrange a customized shuttle. All services require reservations.

- Arizona Shuttle offers daily connecting services from Phoenix, Flagstaff, and the South Rim. Contact online at www.arizonashuttle.com or by phone at 928-226-8060 or 877-226-8060.
- A Friendly Cab provides customized shuttle service in Central and Northern Arizona areas. Contact online at www.afriendlycab.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.

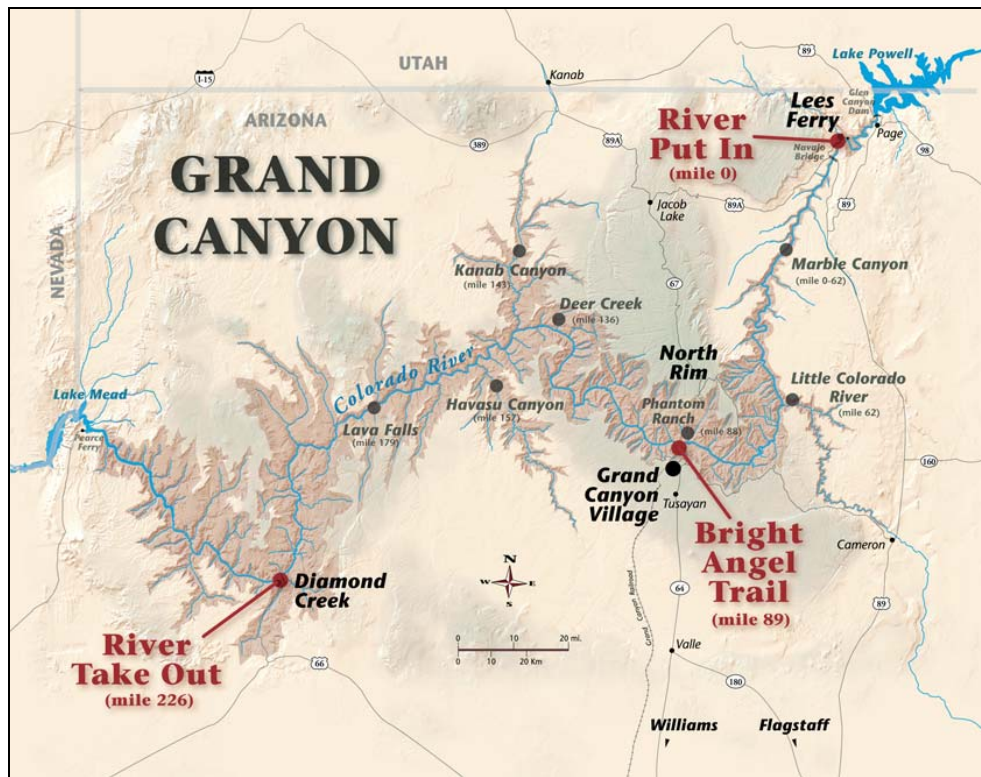
BY BUS: Flagstaff is served from downtown Phoenix by Greyhound Bus Lines (928-774-4573 or www.greyhound.com). The Grand Canyon Tour Company (www.grandcanyontourcompany.com/busonly.html) offers a one way bus service, once a day between Las Vegas and the South Rim of the Grand Canyon. Contact directly for availability, pricing and scheduling.

BY TRAIN: Amtrak (800-872-7245 or www.amtrak.com) provides service to Flagstaff. Grand Canyon Railway (800-843-8724 or www.thetrain.com) has daily service from Williams, Arizona, to the Grand Canyon. Contact 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 where the Arizona Shuttle is located) or the Greyhound Bus Station. To receive this service, call the Radisson front desk upon arrival at 928-773-8888.

AREA MAP



Maps by Bronze Black

Arizona Raft Adventures and Grand Canyon Discovery, 4050 East Huntington Drive; Flagstaff, AZ 86004
800-786-7238, 928-526-8200, fax 928-526-8246, email: info@azraft.com, www.azraft.com

EQUIPMENT LIST

✓ Red River Sports items available for purchase at www.azraft.com/redriversports/index.cfm.

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, camera, rain gear, long sleeve shirt, sarong, sunscreen, hiking shoes, socks, river guidebook, and a 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 22” tall and 14” in diameter when packed. For photos and a packing demonstration of the dry bags visit www.azraft.com/gc_whitebags.cfm.

Sleeping Unit – A waterproof bag which contains a sleeping bag, sheet liner and a 5’x7’ tarp.

Foam Sleeping Pad – 60” long, 22” wide, and 1 ½” 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 or email 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 and encompasses essential clothing which allow you to **layer** appropriately when challenged with both the hot & dry and cold & wet conditions which may occur during all months. **You may adjust quantities to individual tolerances to heat and cold but keep gear to a minimum since you will be hiking the Bright Angel Trail.** Clothing may be washed out in the river with biodegradable soap. Clothing could possibly get 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° water) and the rain. This is an item you might not use but if you need it, you will be glad you have it. Ponchos are not adequate.

1 Rain Pant ✓ - Optional during June, July and August. Definitely bring rain pants if you get cold easily because the water is cold and rain storms can impact your trip at any point. Bring rain pants the rest of season for warmth, protection from the 52° water, and the occasional rain storm.

1 Non-Cotton Thermal Underwear Long Sleeve Top ✓ - Keeping you warmer in cooler conditions, synthetic performance fabrics such as Capilene, Coolmax, Under Armor, polypropylene, polyester, etc. are designed to wick moisture away from the skin and evaporate quickly making it a great choice for cooler, cloudy, windy and/or wet days. **This is a “must have” year round as the water in the river is very cold and weather can be unpredictable.** Bring two in April and October.

- ☐ **1 Non-Cotton Thermal Underwear Bottoms✓** - Optional June-August but if you get cold easily, bring during summer months too. Bring 2 in April and October.
- ☐ **1-2 Long Sleeve Shirt(s) - Bring at least 1 long sleeve cotton shirt if you are going on a trip mid May through mid September. Cotton is essential to keeping cool on hot days; it absorbs water and holds moisture against the skin providing a natural evaporative cooling system. Wet cotton keeps you cool in the dry heat and intense sun of the desert.** Lighter colors are better for reflecting sun. We also have passengers who bring long sleeve nylon shirts as a second long sleeve shirt. This can be a great choice especially during April-early May or late September-October when the temperatures in the Canyon are cooler and you want to dry out more quickly.
- ☐ **2 Non-Cotton Base Layers** –Wear under garments made of quick dry synthetic material. Non-cotton underwear, sport bras, and two piece swim suits are popular choices.
- ☐ **2 Quick Drying Shorts✓** - Swim trunks, quick dry shorts, or shorts with built-in liners are all popular choices. Do not wear cotton shorts or cotton underwear on the river.
- ☐ **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 with Strap✓** - A hat with a wide brim✓ is perfect for face and neck sun protection. Baseball caps are also acceptable. If your hat does not have a chin strap, bring a **cap strap✓** to keep it attached in windy conditions. Canyon wind is inevitable!
- ☐ **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 Outfits** - Many guests like to change into something comfortable at camp. Clothing such as underwear, shorts, short sleeve shirt✓, tank top, capri, sarong✓, sundress, and flip flops are all popular options.
- ☐ **1-2 Sleepwear** - Sleep in your camp clothes or bring something additional to sleep in.
- ☐ **1 Pair of Shoes for the River✓** - See *Footwear*.
- ☐ **1 Pair of Shoes for Side Hikes** - See *Footwear*.

Required Additional Items

- ☐ **Water Bottles✓ and/or Hydration Pack✓** - We provide an endless supply of drinking water while on the River, but you need to bring the proper containers to carry it in. Be able to carry approximately three quarts, or 96 ounces, of water in a hydration pack system and/or durable plastic water bottles. Hydration packs are popular because of their ease on side hikes but bring at least one water bottle to use as a spare, for mixing powdered electrolyte drinks, and for having water easily accessible while on the boat. A water bottle with a loop top makes it easy to clip to the boat.
- ☐ **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) – NEEDED FOR YOUR HIKE ON THE BRIGHT ANGEL TRAIL to carry your personal gear. Packs will be stored in a large waterproof bag while you are on the river.
- 1 Small Day Pack✓** - To use on side hikes to carry water and other items such as a sack lunch, rain jacket, camera, or other items you might need while at the same time allowing you to hike with your hands free. The waterproof day bag provided is not a backpack.
- 1-2 Sunglasses and Retainer** - 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. A headlamp with a red light option is nice as it reduces the impact on night vision or blinding fellow guests. Extra batteries recommended.
- Moisturizing Lotion** - Skin dries out quickly in the arid desert environment. We recommend bringing approximately ½ to 1 ounce per day per person for average application.
- 1 Super Salve✓ or similar product** - Heavy duty moisturizing care for dry and cracked skin on hands and feet.
- Sunscreen✓ and Lip Balm✓** - We recommend bringing approximately 1-2 ounces of sunscreen per day per person of 30+ SPF for average application.
- 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 their own epinephrine.

OPTIONAL ITEMS

- Gloves** - Recommended for different reasons: protection from cold water (Seal Skinz✓ waterproof gloves or quick drying polypropylene gloves✓), prevent blisters while paddling, climbing on hot rocks and reducing sun exposure (cotton garden gloves), or for warmth at camp in spring and fall.
- 1 Paddle Jacket, Paddle Pants✓** - Offers a little more protection than rain gear from the cold river water because of neoprene wrist, ankle, and neck closures.
- 1 Microfleece Top✓ and Bottom** - An insulating material which is thinner and lighter than regular fleece. It is an additional layer often used in April-early May or late September-October.
- 1 Fleece Hat✓** - A wool or fleece hat is recommended during April- May or September-October or year round if you get cold easily.
- Neoprene Socks** - A wetsuit fabric. Certainly not for everyone but some guests really like it; others say wearing neoprene socks are cold and soggy.
- Towel** - A small towel for bathing. A sarong✓ may also work.

- Bandana** ✓ - Use for sun protection under a baseball cap, as a wet cloth tied around your neck to cool off, wash cloth, or hanky.
- Small Pillow** ✓ - A compressible camp pillow or small travel pillow may add to your sleeping comfort. A pillow case stuffed with clothes is a space saving alternative.
- Camp Chair** ✓ - 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).
- Additional sleeping pad** - AzRA provides a sleeping pad. Most guests find it completely sufficient but you may bring an additional sleeping pad (such as a thermarest or something similar) to supplement the pad provided. It must fit inside the dry bag provided.
- Hygiene Products** – Toothpaste ✓ , toothbrush, nail clippers, tissues, baby wipes, tampons, extra eye glasses and contacts, biodegradable soap ✓ , shampoo ✓ and conditioner. Personal hygiene tips available on the *Frequently Asked Questions* page.
- Camera Equipment** - Sand and water can be harsh around electronic equipment but most guests still bring a camera to capture the beauty of the Canyon and memories that last a lifetime. We advise you to store your camera in a waterproof hard shell case like those made by Pelican at www.pelicancase.com. Red River Sports also sells one size case ✓ that fits most small handheld cameras. If you need to bring a bigger case, this is fine as long as it is about the size of a lunch box or smaller. It will fit nicely in the waterproof day bag and be easily accessible to you. Bring extra batteries or a small portable solar charger for recharging batteries. Some guests have recommended waterproof cameras. Please call the office ahead of time if you wish to bring a camera in a larger case or additional camera gear.
- Book, Journal, Pen, Watercolors, Small Binoculars** – For your personal enjoyment and creative expressions!
- Beverages** - See the *Frequently Asked Questions* in this packet for guidelines on beverages. You might also like a can koozie ✓ .
- Fishing Gear** - You may bring a collapsible rod stored in a hard-shell case. An Arizona State Fishing License is required and may be purchased in advance from the Arizona Game & Fish at 800-705-4165, online at www.gf.state.az.us, or at Walmart in Flagstaff. There are additional details about fishing at www.azraft.com/gc_faqs.cfm.
- Valuables** – Please leave all nonessential valuables at home. If you want to bring a wallet, credit cards, etc. on the trip, place in a zip lock bag and pack at the bottom of the waterproof bag. You may want to take cash for when you reach the South Rim and/or for a gratuity. If you feel inclined to leave a gratuity, a suggested range of 7-12% of the trip price is always appreciated by the guides. Cash or a check payable to trip leader's name should be given to the trip leader who will distribute it amongst the rest of the guides.

*For more advice on packing and preparation see the
Frequently Asked Questions (www.azraft.com/gc_faqs.cfm) and Tip of the Week
(www.azraft.com/gc_tipoftheweek.cfm) pages on the AzRA website.*

FOOTWEAR

We recommend bringing two pairs of shoes: one pair to wear on side hikes and one pair to wear on the boat. It is difficult for us to recommend one particular shoe brand/type over another since personal preferences can vary greatly. However, if you follow these guidelines you will be properly equipped with footwear appropriate for the trip. For both hiking and river shoes it is important to bring shoes that are comfortable, broken in, and in decent condition. Old or cheap generic brand shoes are highly discouraged. Not only are they notorious for falling apart on river trips, they typically don't offer much support, generally have worn tread, and often have velcro which loses its fastening ability especially when challenged with the sandy conditions of the Canyon. Some guests like to bring a pair of flip flops for camp only; but if space or weight is a consideration, this is something you could do without.

FOR HIKING: It is important to have a quality hiking shoe since the side hike trail conditions may include wading through water, significant grade changes, scrambling over boulders, navigating in and around slippery spots, uneven terrain, and high narrow ledges with steep drop-offs. Whether you are hiking the Bright Angel Trail or just preparing for side hikes along the way, a well-built athletic shoe, low hiker shoe, or lightweight hiking boot with good support and substantial traction is a logical choice. A closed toe shoe will also help protect feet from cuts and scrapes by rocks and cacti. We recommend against all leather hiking boots as they tend to be heavy, hot, and don't dry quickly after creek crossings. Don't hike in flip flops, even if you see the guides hiking in flip flops.

FOR THE BOAT: A popular choice for shoes on the raft are recreational sport sandals; they are lightweight, have traction, and dry quickly. Brands such as a Teva, Chaco✓, or Keen all make well-liked shoes suitable for the river. Recreational sport sandals work well on the boat, in camp, and may be used on shorter hikes at your discretion. Personal preferences range when it comes to socks for warmth. Wool, wool/poly blend✓, or neoprene may provide additional warmth in the 50 degree river water. Also, keep in mind that dry, naked feet are sometimes warmer than wet, socked feet. If you purchase a sport sandal, pay particular attention to the quality of the fastenings and how well the straps are secured to the sole. Another option might be a wetsuit bootie with a sturdy sole. These can work well especially in the spring and fall but wetsuit booties often promote foot rot and are not suited for any hike (use with caution).

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 feet healthy during your trip.

- Avoid getting sunburned on your feet. A pair of socks will help prevent sunburned feet.
- Keep your toenails trimmed.
- Always wear shoes, even in camp.
- Keep your feet from soaking in the water as much as possible.
- Clean your feet with soap once a day.
- Put dry shoes on when you are in camp.
- Use a heavy-duty moisturizer on feet such as Super Salve✓ or similar product before bed.
- If you start having any problems with your feet, talk with a guide.

WEATHER

Any time of the year is a good time to be in the Canyon. Your preparation for the Canyon's diverse weather conditions is essential all times of year. **No matter what time of year you are going**, expect to experience two major extremes: **hot/dry** and **cold/wet**. Bring quality waterproof rain gear ✓ and non-cotton long underwear ✓ for potential cold conditions and long sleeve cotton shirt/pants ✓ to deal with the heat and sun. It is better to be prepared and not need it than to need it and not have it! 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." You might also like to know sunrise and sunset times (www.sunrisesunset.com/USA/Arizona.asp). This will give you an idea how much sunlight and canyon wall shade you might have. Depending on the time of year, more sun or more shade could be the difference between being hot and cold. The river is always cold (about 48-52° F) year round.

Early to Mid-April: Expect daytime temperatures between 70-80° F (21-27° C) and nighttime temperatures in the 50's F (10° C). 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 a paddle jacket & paddle pants ✓, synthetic long underwear ✓, fleece ✓ and warm footwear.

Mid-April to Mid-May: Warm days (80-90° F or 27-32° C) and cool nights (50-60° F or 10-16° C). 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 F (32° C). An early summer could bring temperatures up over 100° F (38° C). Nighttime temperatures range in the upper 60's F (16° C) to low 70's F (27° C). 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° F (38° C) and nighttime temperatures hovering around 75-80° F (24°-27° C). Sun protection is essential! Early monsoon storms are a possibility so be prepared with raingear just in case. Wet cotton cools in the desert heat so don't dismiss the importance of cotton.

Mid-July to Mid-August: The weather is still hot but now there is the potential for the Arizona summer rainy season (monsoon storms). A typical monsoon storm starts with cloud cover in the late morning-early afternoon, a late afternoon thunderstorm and 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° F (38° C) and nighttime temperatures around 75-80° F (24°-27° C).

Mid-August to Mid-September: Possible late monsoon season so be prepared! Temperatures usually begin to drop back to the 90's F (32° C) but could certainly still reach 100° F (38° C) with a blast of late summer. Nighttime temperatures are in the upper 60's F to low 70's F (16°-27° C).

Mid-September to October: As autumn approaches, the weather is usually clear. The typical low 90° F (32° C) daytime temperatures of late September are followed by slightly cooler October temperatures in the mid to upper 80's F (27° C). Nighttime temperatures range in the 50's to 60's F (10°-16° C). Along with your shorts and t-shirts, be prepared with raingear or paddle jacket & paddle pants ✓, synthetic long underwear ✓, fleece top ✓ and bottom, fleece hat ✓, light pair of gloves ✓, and warm footwear. The chance of rain is still possible.

FREQUENTLY ASKED QUESTIONS

What should I expect of the provided dry bags? We will provide three dry bags per passenger. The first dry bag is for personal gear. The bag stands about 22" tall and is about 14" 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 18" by 24" 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 liner) and will be available at camp. The bags are designed to keep gear dry; however, you should take precaution in protecting items you wish to stay dry (i.e. electronics). In addition, the bags are soft sided and vulnerable to compression. Protect delicate items by storing them in a small hard sided container ✓. 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 when you fill out your personal information.

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 canned juice - please 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. **You may bring up to approximately 18 cans.** A box of wine or a Nalgene container is about the size of 6 cans. There is a Safeway grocery store about a block away from the Radisson hotel. We recommend purchasing beverages prior to the orientation meeting if time allows. You do not need to bring them to the meeting. Your orientation hostess will provide further instructions on packing.

How strenuous are the side hikes? Hiking in the desert southwest is unlike hiking many people have experienced. Most of the trails in the Grand Canyon are not maintained and may include wading through creeks, uneven terrain, loose or wet footing, scrambling over hot boulders, navigating in and around slippery spots, and areas with steep drop-offs. During certain times of the year, the heat can also add an element of challenge. Hikes may vary in length from 30 minutes to 6+ hours and everywhere in between. Guests continually comment about how amazing the side hikes were on their trip but were much harder than anticipated. We recommend physical conditioning and consistent exercise at least three times a week, months prior to your trip. You should also be prepared with a small day pack

so you can hike with your hands free. If you would like to read more, see photos, or a short video clip featuring some of the side hikes, view www.azraft.com/gc_info-hiking.cfm.

What are the rapids like? Cold and splashy! The water in the river is about 48-52° F. 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 can 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 on terraced ledges, 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 propane stove to cook the delicious meals. Throughout the day, all urine goes directly in the river. This can be a challenge for women, but you will quickly learn the necessary skills. 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 on the water 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, or bathe. Dinner will be served in the evening hours. After dinner, you may turn in for the night or socialize.

How do I take care of personal hygiene while on my trip? Personal comforts of home are left behind, but you may continue a personal hygiene routine. Brush your teeth, shave, or take a quick bath with biodegradable or all natural products at the edge of the River to ensure liquid waste goes into the water. There are no shower facilities. You may also launder your clothes in the River. The air is usually arid and clothes dry quickly. All liquid waste must go into the River (toothpaste, soap, shampoo, shaving cream, etc.). It is very common for passengers to wear contact lenses; however this trip is dirty, sandy and can be windy which can make handling contacts challenging. Bring eye drops to battle dry winds, blowing sand, and dust. Some passengers have also recommended bringing non-alcohol baby wipes to knock off loose sand before handling contacts in conjunction with washing hands. If you are uncomfortable handling contacts in a wilderness situation, you may find it easier to take them out before it gets dark. We also suggest following the wear and care instructions provided by your eye doctor (i.e. taking them out in the evening verses leaving them in all night). Finally bring at least one spare pair, extra solution, and glasses.

We cannot stress enough for both men and women the importance of giving attention to your skin. The environmental elements in the Canyon are harsh with extreme sun exposure, grinding sand, wind, and dry air (except when it rains) 24 hours a day. Skin is repeatedly getting wet and drying out again, which is especially hard on hands and feet. Skin begins to crack and then has a hard time healing. Please bring a moisturizing lotion. We also recommend using lotion a couple of days prior to your trip to ensure your skin is well hydrated from the start. In addition to a body moisturizer, we highly recommend an additional heavy duty moisturizing product for your hands and feet.

If you are going to be menstruating during the trip, we recommend using tampons if possible. Pads are not ideal during the day as you are constantly getting wet. If you use pads, wear a pair of waterproof rain pants. We suggest bringing small sandwich size zip-lock bags to carry new and used products. The trip will make stops throughout the day and if you need to address your period during this time, you can usually find a bush, a large rock or some sort of privacy (maybe bring a sarong too). Female passengers have recommended bringing hand sanitizer, baby wipes and non-applicator tampons. The baggies can be disposed in trash containers at lunch or camp.

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,
visit www.azraft.com/gc_faqs.cfm.*

RECOMMENDED BOOKS AND VIDEOS

Many passengers inquire about suggested reading materials and videos. Here are some of our favorites which are available for purchase through AzRA's retail division ✓ (there are more online). Call the office at 800-786-7238 or order online at www.azraft.com/redriversports. You may find an extensive list encompassing a wider selection of reading resources at www.azraft.com/gc_additionalreadings.cfm.

Grand Canyon River Guide ✓ by *Buzz Belknap*. This mile-by-mile guide of the Colorado River through the Grand Canyon includes information on geology, history, natural history and archaeology. Each passenger will receive a copy at the orientation the night before the trip departs. If you would like to receive this guidebook ahead of time, please call or email.

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.

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.

Path of Beauty ✓ by *Christopher Brown (Former AzRA Guide)*. From sweeping vistas to intimate details of life along the Colorado River, this gorgeous, over-sized photo book shows a previously undiscovered Grand Canyon.

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.

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.

River and Desert Plants of the Grand Canyon ✓ by *Kristin Huisinga (AzRA Guide), 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.

Sunk Without a Sound ✓ by *Brad Dimock (AzRA Guide)*. On November 18, 1928, Glen and Bessie Hyde launched on the final leg of their honeymoon voyage through Grand Canyon. Their wooden boat was found upright and fully loaded three weeks later but Glen and Bessie had vanished without a trace. Or had they? In the years since, four people appearing to be either Glen or Bessie have emerged, each with a tale implying murder and mayhem. Author Brad Dimock has unearthed the true story of the Hydies, followed each tale to its source, and gone so far as to retrace the Hydies' fateful voyage in a replica of their archaic scow.

River Runners of the Grand Canyon DVD or Video ✓ by *Don Briggs (Former AzRA Guide)*.

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.

VISITORS ACKNOWLEDGMENT OF RISK

PLEASE DO NOT FAX...NEED ORIGINAL SIGNATURE.

120 days before trip
RETURN

In consideration of the services of Arizona Raft Adventures, Inc., Grand Canyon Discovery, Inc., their agents, employees, stockholders, and all other persons or entities associated with those businesses (hereinafter collectively referred to as "AzRA"), and after apprising myself of the risks, I agree as follows:

Although AzRA has taken reasonable steps to provide you with appropriate equipment and skilled guides so you can enjoy an activity for which you may not be skilled, we wish to remind you this activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of this activity. The same elements that contribute to the unique character of this activity can be cases of loss or damage to your equipment, accidental injury or illness, or, in extreme cases, permanent trauma or death. We do not want to frighten you or reduce your enthusiasm for this activity, but we think it is important for you to know in advance what to expect and to be informed of the inherent risks. The following describes some, but not all of those risks:

- Drowning or prolonged exposure to cold water;
- Slipping on wet surfaces and falling against or from, or being thrown against, hard objects in the raft, river or tributary;
- Being struck by, or falling against or from rocks or sharp objects while climbing or hiking in wilderness terrain where trails are generally not maintained, sometimes nonexistent, and may involve considerable exposure;
- Prolonged exposure to intense heat and sun;
- Bites from poisonous insects or reptiles;
- Intestinal or pulmonary infection from air or waterborne bacteria or virus;
- Prolonged delay in ability to obtain advanced life support (evacuation to medical facilities could take 24 hours or longer);
- Natural disasters such as rock falls and flashfloods;
- Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
- etc.

I am aware that white water rafting and hiking in rugged, desert terrain entails risks of injury or death to myself. I understand the description of these risks is not complete, and that other unknown or unanticipated risks may result in injury or death. I agree to assume responsibility for the risks identified herein, and for those risks not specifically identified. My participation in these activities is purely voluntary; no one is forcing me to participate, and I elect to participate in spite of the risks.

I understand consuming alcohol increases the risks of many on and off river activities. In addition, alcohol consumption is illegal in the State of Arizona for anyone under 21 years of age even if under supervision of a parent.

I possess the following qualifications, which I understand are prerequisites to participation in this activity:

- All minors accompanying me are 10 years old or older (motor trips), 12 years old or older (oar trips), or 16 years old or older (all-paddle trips).
- I weigh 250 pounds or less and my maximum waist or chest size is 52 inches or less (maximum dimensions allowed for our Coast Guard approved life preservers).
- I have informed AzRA in writing of all pre-existing physiological impairments that might increase my chance of injury or death, or which might expose others to serious and potentially life-threatening diseases.
- My physical condition allows me to participate in activities described above without endangering myself or others.
- I agree to follow all rules and warnings, written or verbal.
- I am up to date with my tetanus shot.

I certify that I am fully capable of participating in this activity. Therefore, I assume full responsibility for myself, including my minor children, for bodily injury, death, loss of personal property, and expenses thereof as a result of those inherent risks and/or of my negligence in participating in this activity.

I have read, understood and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon myself, my heirs, assigns, personal representatives, estate, and all members of my family, including any minors accompanying me. **ALL LEGAL GUARDIAN SIGNATURES ARE REQUIRED FOR MINORS AGE 17 AND UNDER - please indicate if you are sole guardian.**

Reservation #: _____
(located on billing statement)

Passenger 1
Signature _____
Please Print

Trip Date: _____

Name _____
Passenger 2
Signature _____

Today's Date: _____

Please Print
Name _____

Use another form(s) for additional guest(s)

Please mail hard copy of this document with original signatures to:

Arizona Raft Adventures/Grand Canyon Discovery • 4050 E. Huntington Dr. • Flagstaff, AZ 86004 • 1-800-786-7238 (RAFT)