

Dear Canyoneer,

There is no pretrip orientation for the trip you have selected. You and everyone in your party must read and sign the following written version to fulfill National Park Service requirements. **Each person must sign a separate acknowledgement form.**

Passengers on our lower canyon trips must meet the hiking escort at the Bright Angel Transportation Desk at 5 am the morning you hike down into the canyon.

If you do not arrive on time, the hiking escort and group will not wait for you. Canyoneers will consider you as a "no show" and your river fare will be nonrefundable. When you meet your hiking escort you will be given further instructions regarding the hike. Do not start your hike down without meeting with the guide!

Please return the acknowledgement and retain the orientation text for your information. Thank you!

Written Orientation Acknowledgement

I have read, understood, and accepted all pages of this pretrip written orientation and I agree to abide by all of its provisions and procedures.

Name (please print) _____

Signature _____

If under 18, Signature of parent or guardian

Date of Signature _____

Trip Date _____

Address _____

City _____ ST _____ Zip _____ Country _____

Phone _____

**Mail To:
Canyoneers, Inc.
PO Box 2997
Flagstaff AZ 86003
or fax to
928-527-9398
or email to
answers@canyoneers.com**

preparing for a safe hike out of the canyon!
The Best of the Grand trip requires hiking into the canyon.
Read thoroughly!!

evening before your hike to the boat
Passengers should prepare for their hike to the river the evening before.

1. Purchase items for your breakfast and sack lunch/ snacks for hike.

The cafeterias do not open until 6 am so you must prepare the evening before. Items may be purchased at the Maswik or Yavapai cafeteria or at the general store. Complex carbohydrates and salty snack items are recommended. (muffins, fruits (banana or apple), crackers, granola bars, energy bars, pretzels, trail mix/gorp, etc.)

2. Ask for a 4 am wake up call.

Passengers will hike down to the river with a Canyoneers guide. You will meet the guide at the Bright Angel transportation desk in the Bright Angel Hotel at **5 am**. Please be on time! Be sure to have purchased food for your breakfast and snacks for your hike down to the river. If you do not arrive on time, the hiking guide and group will not wait for you. Canyoneers will consider you as a "no show" and your river fare will be nonrefundable.

hike to the river

The following is a **partial** checklist of conditions that **could** prevent you from completing your hike into or out of the canyon. You may have other physical or psychological limitations - you know your body better than we do! If you cannot decide for yourself, we suggest you consult your family physician.

If you have:

- * acrophobia
- * asthma
- * angina
- * emphysema
- * shortness of breath
- * diabetes
- * heart ailments
- * hypoglycemia
- * high blood pressure
- * chronic back problems
- * hip, ankle, knee, or feet problems
- * have any other physical or mental condition that might affect you on the hike from river to rim

If you are:

- * blind
- * pregnant
- * taking medications
- * overweight or underweight
- * unusually sensitive to the sun, heat, cold, or altitude

If you:

- * smoke
- * have not hiked long distances up or down hill
- * have had surgery in the last 2 years
- * do not get much exercise

The hike down to the river is the most strenuous part of this trip. Temperatures usually vary by 20°F (7°C) between the top and the bottom. Best of the Grand passengers must be prepared for these changes.

Canyoneers provides a guide and uses the Bright Angel Trail for the hike in. Do not start your hike down without meeting with the guide! Find a comfortable pace for your hike keeping in mind you must be at the boat by 11 am, so this requires a steady pace. Your hike down to the river is approximately 9 1/2 miles long. Grand Canyon trails are in a dry desert environment and the temperature in the summer can be extremely high. On average, it will take between 4 and 6 hours to hike into the canyon, depending on the individual, but could take longer. The trail begins on the rim at an elevation of 7260 feet above sea level and descends to 2480 feet above sea level at the river, a vertical descent of almost 1 mile. Proper hiking boots (light weight) and 3-4 quarts of water per person (in containers you must carry yourself) are required.

Further information on hiking into the canyon is detailed in our information packet – PLEASE READ IT CAREFULLY!!!

The following orientation must be read, fully understood, and the acknowledgement signed and returned prior to your trip date. This is a National Park Service requirement and you will not be allowed to board the raft otherwise.

Passengers on our lower canyon trips must meet the hiking escort at the Bright Angel Transportation Desk at 5 am the morning you hike down the canyon. If you do not arrive on time, the hiking escort and group will not wait for you. Canyoneers will consider you as a "no show" and your river fare will be nonrefundable.

Good morning, and welcome to the beginning of your Grand Canyon River trip. The Canyoneers story goes back more than 60 years.

You probably know the Colorado River in Grand Canyon was not run until an exploratory trip in 1869, and then not as a fun, vacation trip until 1938 when Norman Nevills was hired to run a group of vacationers through the Canyon just for the fun of it!

Now it's a world class vacation, and to make it even better, we'd like to tell you some things about the river, the canyon, our boats and other equipment, and the way the trips are conducted.

As you experience the tremendous whitewater of the Colorado River, remember you're in the bottom of a canyon running through a desert.

Inner canyon temperatures during the summer months often reach 110 degrees Fahrenheit or higher. Dehydration, heat exhaustion, or even heat stroke can occur if you're not careful in this dry, hot climate.

So remember to wear your hats, keep your tennis shoes on your feet to protect your toes from scrapes and pinches and to protect the bottom of your feet from hot surfaces or sharp objects. Use your sunscreen, cover up if you're getting too much sun, and most important of all, **drink lots of water, juice and other non-alcoholic beverages all day long.** Alcohol tends to dehydrate your body, so it's not the best thing to drink when you need to replenish your bodies lost fluids.

If you aren't feeling well, you have a headache, stomach ache, or are just feeling a little lethargic, let your trip leader or one of your

other crew members know. Those may be indications of dehydration or heat exhaustion. We carry a very comprehensive first aid kit, and all our pilots and trip leaders hold an advanced first aid card or Emergency Medical Technician card with a CPR. **Your health and safety is our number one concern.**

For any of you who have medical problems that require that you take medication while on the river, be sure to let your pilot know what your medical condition is and what medication you are taking. As a precaution, **it's a good idea to give a portion of your medication to your pilot for safekeeping.** That way if your ammo can accidentally falls overboard you won't be without the medication that may be necessary for your comfort and safe enjoyment of the rest of your river trip.

The more we know about our passengers the more we can help make your trip better. If any of you are allergic to insect bites or if you have special debilities, please let us know. And if you normally carry medication for your allergies, be sure to have it with you on your trip.

Canyoneers pilots do carry radios, signal mirrors and signal panels. We **can** signal pilots to helicopter you out if there is any emergency. But it could be many hours before help arrives. So as always, **prevention** is our aim. Take your time, watch your step, and mind your crew's instructions. **We want you to have a good, safe trip.**

Life jackets **must** be worn and **properly fastened** at all times **while on the river.** This is a Park Service requirement, and it makes good

sense. The river currents are strong and the water as cold as 45 degrees Fahrenheit. Your crew will give you a life jacket demonstration before you board the rafts. Canyoners recommend you wear your life jackets even when swimming in waist deep water.

Never jump off the boat into the mainstream of the river. **Never** jump off cliffs into the mainstream of the river. Currents are strong, the water is cold, and the rocks may be just below the surface. **Never** jump off the boat to swim a rapid.

If you accidentally find yourself in the river, don't panic. Try to swim to shore. But if you can't, the boat will come to you as soon as possible. If you fall into the water you should grab a hold of the top of your life jacket and pull down on it to keep your head well above water. Be sure your feet are pointed downstream. Try to steer yourself clear of rocks or floating debris. Stay clear of the boat until the engine is turned off.

If anyone sees a passenger go overboard, please give the pilot the signal to cut the engine. The signal is given by drawing a flat hand across your neck. We give this hand signal in addition to just calling out to the pilot because the pilot may not be able to hear your voice over the sounds of the motor, river and excited voices.

When hiking in the side canyons or to special attraction sites, always take your time and watch your step. The National Park Service requires that we inform our passengers to stay on the trails at scenic stops. Never hike alone, and always let a crew person know if you and a fellow passenger plan on taking a hike away from the group.

To avoid destruction of the plant life and to prevent unnecessary erosion in the canyon, please stay in the established trails. **Do not** hike off into untraveled areas. This is for your safety as well as the protection of the canyon's ecosystem.

There are **rattlesnakes and scorpions** in the canyon. We have never had a passenger bitten by a snake on one of our trips, although we have had passengers experience scorpion stings. A good way to avoid unwanted encounters with snakes and scorpions is to stay clear of brushy and rocky areas, lay your sleeping bags out on wide open stretches of beach, and check the inside of your sleeping bag before you get in! Check your tennis shoes before you put them on! When hiking or climbing, never grab a hold of a rock unless you can see what's on the other side!

In unexpected situations, don't panic. Move slowly and carefully. Never corner any animal. Give it a way out! If you are bitten by anything try to remain calm and let a crew person know as soon as possible. And please do not intentionally harm any of the Grand Canyon wildlife. **We** are the visitors. The canyon is **their** home.

The Canyoners' rafts are specially designed to be comfortable and secure. In order to maneuver the rapids safely, the boat must be able to flex in big water. There are moveable joints at these flex points. Your crew will point out these areas to you after you board the boats. **Do not** put your hands or feet in, or near these flex points.

In rapids, always sit down and hold on! Always watch before grabbing onto anything to be sure you don't place your hands or feet near moveable or sharp objects where your hand or foot could be pinched or cut.

Always heed your crew's instructions as to where to sit and **not** to sit when on the raft. **Never** go into the pilot's area in the back of the boat, and never sit on the snouts, the part of the inflated tubes that extend out in front of the raft. Always be careful when moving about on the raft. Falling off can be dangerous whether the raft is moving down stream or just moored at a beach.

Environmental concerns in the Canyon are very important to us all. We have receptacles for all

types of waste materials, for paper, ash, aluminum, glass, liquids, plastic, grease and human waste. Please do not discard anything onto the beaches or into the water.

We are required to carry everything out of the Canyon. There will always be plenty of garbage bags in camp and on the raft. Please try to put every waste item into its proper container. Certain liquids may be discarded into the river, but check with your crew first. Some things must be strained first, and things like cooking grease must be carried out of the canyon. Please do not discard any liquids or solids onto the beaches. And be especially careful not to discard cigarette butts and/or flip tops from beverage cans onto the beach or into the water.

Good sanitary practices are essential to a healthy enjoyable trip. So please remember to wash your hands before every meal and after using the bathroom facilities. Stomach disorders can appear rapidly on the river if you don't clean your hands before eating.

And to further help protect yourself from intestinal problems we suggest you **do not** drink the water directly from the river or the side streams. Canyoneers carries purified drinking water for your consumption, and if we need to collect more water along the way proper purification techniques will be used as needed.

Many of our passengers who are not experienced in camping out ask what type of toilet facilities we have on our trips. During the day we rough it a little. Any time someone needs to eliminate some of the pop or juice he or she has been drinking, just ask your pilot or crew member for a Pit Stop and your pilot will try to find an appropriate area to beach the raft. Give us some advance notice. It's not always possible to stop the raft immediately. When we do stop, in consideration of privacy for your fellow passengers, we ask that the **ladies go upstream** and the **men go downstream**.

There's an historic basis in this. In the old days it was traditional for the men to go downstream to scout the rapids, leaving the women upstream to wait. While downstream viewing major rapids, the men would understandably get very nervous and need to relieve their tension! Well, that led to the practice we use today for pit stop privacy: ladies upstream and gentlemen downstream: or skirts up, pants down!

To protect the environment, always urinate in the river. It helps keep the urine build up off the beaches and away from your campsites.

If you're hiking up a trail away from the river when nature call, then be sure to go high and far from the scenic spots, the streams or pools. Remember to give some advance notice, so your pilot can stop before the special scenic areas that are more heavily traveled. And remember, **near** the river go **in** the river. **Away** from the river, go **high and far**. **Well, maybe not that high and far, but at least away from camp**. If you need longer stops during the day, before we are set up in camp at night please ask one of your crew members for the day use toilet.

You may wonder why we don't just bury the toilet paper and human waste. Well, this method **was** used by river runners in the past. But now, with so many people making the river trip each year, the impact on soils, vegetation and the hazard to human health is simply too great. Erosion and animals would only uncover the site, and in some places the soil isn't deep or there isn't any soil for burial at all.

As soon as we make camp in the evening we will set up our toilet. We call it The Duke. If it is a two-boat trip we may set up one duke at each end of the camp. On the path leading to the duke there will be toilet paper inside a plastic bag and a pail full of water with a foot pump system, a catch-bucket and hand soap near by.

Now the bag of toilet paper is much more than a handy household convenience. It's our signal. When the toilet paper is there beside the soap

and water set-up, it means the bathroom is not being used. That's your signal to take the toilet paper and head for the duke. if the bag of paper is gone, it means the toilet is in use, and you need to wait your for your fellow passenger to return with the paper. If handled properly, this signal should insure everyone's privacy!

When it's your turn and you arrive at the duke, you will find a comfortable toilet with a great view! Please put the toilet seat down when you are done, AND remember to bring back the signal. if you don't a long line of forlorn passengers will form by the soap and water. And when you are done, please remember to **wash your hands!**

We hope all of you have read the section in our brochure that advises you to use biodegradable soap. Use it only in the main stream of the river, not in the side streams or pools. Fish feed at the confluence where side streams enter the main river, so you must be sure to stay at least 100 yards away from side streams when using your soap, even though it's biodegradable.

If any of you are planning to use solar showers, please be sure to use them **only** in the shallow quiet parts of the river and more than 100 yards from any side stream. This is a Park Service requirement.

The Park Service requires that your pilot shut down the motor when safe to do so when he or she interprets natural features.

Another Park Service regulation is that all fires must be contained in fire pans in order to keep our beaches clean. So we hope you'll understand if we have our evening campfires around the "old fire pan". We're not allowed to build fires directly on the ground.

As you travel with us, don't ever hesitate to ask a question if you can't remember a procedure. Your boat crew will be giving you many more orientations as you proceed down river. They will be cautioning you about safety measures and environmental concerns many times every day.

We all know that a good trip is a safe trip! **This is a whitewater wilderness experience.** We do all we can to try and prevent accidents, but in any outdoor adventures there is an **element of risk**, and accidents can happen. We ask all our passengers to exercise **common sense and good judgement** while on the raft and on the beaches.

Please remember that you will be traveling through **Grand Canyon National Park**, and all natural, historical, and archaeological features, and wildlife are to be left undisturbed.

Grand Canyon is a **world heritage site.** We ask that each of you help us to take pride in America by protecting this great Canyon and all of our natural wonders for generations to come.