



Upper Grand with Phantom Ranch

upper canyon motor
powered river trip through
the Grand Canyon

Please read the enclosed
material carefully.

The **Upper Grand with Phantom Ranch** river trip covers the upper portion of the Grand Canyon, approximately 87 miles, from Lees Ferry to Bright Angel Beach (near Phantom Ranch), 2 days and 2 nights on the river. The morning of the 3rd day you will leave the boat and walk approximately 1/2 mile to Phantom Ranch where you will spend the rest of the day and the night and then hike out of the canyon the following day with a guide — a 9½ mile hike going up 5000 feet in elevation.

The trip begins in Flagstaff, AZ. Passengers must attend an orientation meeting the night **prior** to your trip date. **Please check your statement for the correct orientation and trip date.** Early on the morning of your trip date, passengers will be transported to the launch site at Lees Ferry, where you will board the boat and begin the trip. Most of our trips are two boats traveling together — sometimes with passengers doing a full canyon trip.

You will visit many scenic areas and take some short side hikes each day during your trip. You will be entertained with fascinating information on the history of the canyon and the river as well as interesting interpretation on the ecology, geology, and cultural aspects of the canyon. You are responsible to reserve the shuttle providing transportation from the South Rim Grand Canyon Village back to Flagstaff at the end of your hike out.

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Canyoneers is a concessioner of the  
National Park Service.

*The National Park Service has mandated that no recreational user may participate on more than one recreational river trip through any part of the Grand Canyon from Lees Ferry to Diamond Creek of the Colorado River within any given calendar year. If you or any member of your party have taken or plan to take another Colorado River trip during this calendar year, please contact our office as soon as possible.*

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national park entrance fee

Canyoneers does not sell national park passes!

The National Park Service requires all passengers of river rafting trips to pay the Grand Canyon National Park entrance fee. The entrance fee is \$12 per person—persons under the age of 16 are exempt. The National Park Service requires river rafting companies to collect the fee from all passengers beginning their trip in Flagstaff. We collect the fee from everyone in advance so we don't have to take the extra time when you arrive.

An interagency pass — "**Annual Pass, Senior Pass, or Access Pass**" — may be substituted for the entrance fee. A photocopy of the pass (**front and back**) in lieu of the fee is required. If no copy of the pass is received, you will be charged the individual fee. The pass will admit the pass holder + 3 adults — not to exceed 4 adults. (Children under 16 are admitted free.) An Annual Pass can be obtained in person at the park, by calling 1.888.ASK USGS, ext 1, or online at <http://store.usgs.gov/pass>

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### cancellation & travel insurance

If you have not done so, we highly recommend that you purchase the trip cancellation/ medical evacuation insurance provided by Travel Insurance Services. (Information is sent to you with your deposit receipt.) **Any cancellations within 90 days of the trip will result in loss of all monies paid. No exceptions!**

Last minute accidents and/or illnesses do occur, and the cost of the insurance is very reasonable. Please take time to read and evaluate the insurance information carefully. If you have specific questions regarding coverage, please call Travel Insurance Services direct at 800.937.1387 or visit their website at [www.travelinsuranceselect.com](http://www.travelinsuranceselect.com).

### required paperwork

An **Acknowledgement of Risk** form and a **Medical Information** form must be signed by **each individual** (or parent/guardian of each minor) and on file in our office before a passenger is allowed on the boat—this is an insurance liability requirement. Forms must be received at least **30 days prior to the trip or as soon as possible if reserving within the 30 days prior to the trip**. Other trip specific forms may also be required.

The national park service requires Canyoneers to obtain full legal name (first, middle, & last), date of birth (month, day, & year), medical history, medications presently taking, and the reason for taking the medications from each participant. Canyoneers and its employees do not screen prospective river passengers based on medical information provided. It is up to the prospective passenger and his/her physician to determine whether or not he/she is physically/mentally able to participate in a Grand Canyon river trip. All information is confidential and will in no way eliminate you from the river trip for which you are reserved. This information is required so we are aware of any potential health problem that might affect your experience on the river. Participants must decline in writing if they choose not to provide the medical information.

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We do not permit firearms, pets or recreational drugs on our rivertrip

orientation

An orientation will take place at the Holiday Inn Express at 6 pm the night prior to your river trip. The hotel front desk will tell you where the meeting will be held when you check in.

Arizona is on **Mountain Standard Time** - we **do not** go on daylight savings time!!

The Holiday Inn Express is located at 2320 E Lucky Lane in Flagstaff. We will issue your equipment and demonstrate proper packing of your river gear and provide other valuable information at this meeting.

This meeting is very important, and must not be missed unless absolutely necessary, so please plan to be on time. If you are going to arrive late for the orientation, due to circumstances beyond your control, please notify Canyoneers staff Monday through Friday, 8 am to 5 pm. **The Canyoneers office is closed on weekends and any messages left on our voice mail after 5 pm Friday will not be heard until the following Monday morning.** If you call after 5 pm Friday, you should call the desk clerk at the Holiday Inn Express (928-714-1000) on the night of the orientation meeting before 6 pm and ask them to notify the Canyoneers orientation host.

If you are unable to attend the orientation meeting (due to airline schedules, etc.), we will leave your dry bag (with instructions) with the front desk staff and they will assist obtaining your gear upon registration. If we have not heard from you by 6:30 am on the departure day, we will assume you are canceling and will not delay the departure. All gear must be packed and ready to go by 6 am the morning of departure.

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## what to bring

The items listed below are recommended to bring for a comfortable trip. Please remember temperatures can change quickly in the canyon, so base your quantities on your own comfort level. Fleece and rainsuits **are** necessary — even in July & August. Monsoons (summer storms with heavy rain and/or hail and cold wind) are common in late June until early September and the water in the river is very cold (approx 48°) year round. We want you to be prepared with proper clothing in the event of any weather type! (Please label all belongings with your name for easy identification!)

The inner canyon is a desert environment and, therefore, mosquitoes and other flying insects are usually not a problem. There are fire ants and scorpions. Insect repellent can be brought if desired. Anyone who is allergic to stings should bring an anaphylactic kit/epi pen with them.

Bring a small lightweight duffel/gym bag ❖ or laundry bag to transfer belongings out of drybag at end of trip. (NO trash bags please!) This will fold up and go in the bottom of the drybag while on the river.

❖ Denotes items sold in our retail supply catalog — download from our website

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clothing

- select quick drying fabrics NO jeans or sweats
- ✓ T-shirts or lightweight cotton shirts ❖
- ✓ nylon or quick drying shorts
- ✓ lightweight long pants (zip off legs are great)
- ✓ lightweight long sleeve shirts
- ✓ swimsuits (2 piece for women works best)
- ✓ long sleeve fleece top ❖ (pullover or jacket)
- ✓ sturdy rainsuit or rainjacket ❖ NO ponchos
- ✓ full brimmed hat with strap or hat leash ❖
- ✓ (optional) noncotton long underwear (top & bottom)
- ✓ (optional) underclothes & sleepwear

*Note: fleece is a more durable choice than wool.

footwear

- ✓ pr light/medium weight hiking boot (for hike out of canyon)
- ✓ pr recreational sports sandal (closed toe such as Keen is best—if open toed, consider fast drying deck or tennis shoe also - please NO flip flops)
- ✓ (optional) socks

toiletries & misc gear

- ✓ personal toiletries (travel size)
- ✓ lip balm & moisturizing lotion or cream ❖
- ✓ premoistened towelettes (travel size hand wipes)
- ✓ biodegradable soap ❖ (required by Park Service)
- ✓ sunscreen (a MUST!)
- ✓ water bottle ❖ or camelpack hydration system
- ✓ sunglasses & glasses retainer ❖
- ✓ small towel ❖ (bath/beach towels too big!)
- ✓ pillowcase ❖ (to fill with clothing for pillow)
- ✓ camera & spare batteries
- ✓ flashlight or headlamp & spare batteries
- ✓ ziplock bags & heavy duty trash bags (keeps things separate, contained, dry, and sand out!)

other optional items

- ✓ ricksack & carabiner ❖ (mini drybag & attachment tool)
- ✓ crazy creek chair ❖ (if you wish to use it on the boat)
- ✓ Grand Canyon River Guide ❖
- ✓ twin size sheet (to cover with if sleeping on top of sleeping bag)

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### at end of the trip

At the end of the trip the drybag is left on the boat. Be sure to bring a **frameless day pack** (similar to the soft packs used by school children for their books) to transfer your belongings into for your hike out of the canyon. **Canyoneers does not supply this bag!!** The extra bag can be stored at the bottom of your drybag until needed at the end of the trip.

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seating on the river

Canyoneers now provides camp chairs for our trips. The use of crazy creek chairs (a stadium style chair) are incredibly comfortable and have good back support on beach or boat. These are available from our supply catalog.

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## Flagstaff AZ is the meeting point for the Upper Grand upper canyon trips

### transportation to flagstaff

#### ~AIR SERVICE~

##### Major airports

**Sky Harbor International Airport** ~  
Phoenix, AZ ~ 602.273.3300 ~  
www.phxskyharbor.com

**McCarran International Airport** ~  
Las Vegas, NV

##### Minor airports & air service

**Flagstaff Pullium Airport** (flights  
from Phoenix only) ~ Flagstaff, AZ  
~ 928.556.1234

**US Airways** (Phoenix to/fr  
Flagstaff) ~ 800.428.4322 ~  
www.usairways.com

#### ~SHUTTLE BUS SERVICE~

**Arizona Shuttle** (Phx to/fr Flag &  
So Rim) ~ 800.888.2749 ~  
www.arizonashuttle.com

**Larson's Van Service** (charter  
shuttle to/fr LV) ~ 702.456.4791  
~ www.larsonsvanservice.com

**River Runner's Shuttle** (vehicle  
shuttle service) ~ 928.564.2194 ~  
www.rrshuttleservice.com

#### ~RAIL SERVICE~

**Amtrak** (east-west passenger  
service) ~ 800.872.7245 ~  
www.amtrak.com

#### ~RENTAL CARS~

Most all national rental car agencies  
are available in Phoenix, Las Vegas,  
and Flagstaff.

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~MILEAGE CHART~

Phoenix to Flagstaff, 140 miles –
approximately a 2^{1/2}-hour drive

Las Vegas to Flagstaff, 245 miles
– approximately a 4^{1/2}-hour
drive

Albuquerque to Flagstaff, 325
miles – approximately a 5-hour
drive

Los Angeles to Flagstaff, 490
miles – approximately an 8-hour
drive

return to flagstaff

Passengers will leave the boat and
hike out of the canyon with a guide
on the morning of the 3rd day,
coming out at the Grand Canyon
South Rim Village. Transportation
back to Flagstaff (where your trip
began) is available through Arizona
Shuttle. The shuttles depart from
the Maswik Lodge twice a day -
**HOWEVER, we recommend
reserving the 6:15 pm. Prices and
departure times are subject to
change, see web site for current
fare. Reservations are required!** To
reserve your space with AZ Shuttle,
please call **928.226.8060 OR go to
www.arizonashuttle.com.**

Although we make every effort to
get passengers to the Bright Angel
Beach early, due to the nature of
the activity, arrival times cannot be
guaranteed. Canyoneers will not be
responsible for any outside costs
that may be related to such a delay.

The shuttles take passengers to the
Flagstaff Visitor Center at the
Amtrak depot so please take money
for the fare of a short taxi ride to
the hotel where you departed from.

We **highly** recommend you spend
the night and make your return
travel plans for the following day.
Reservation at the Holiday Inn
Express for the night of your return
may be made at the same time you
make reservations for the night
prior to your trip. (See motel
reservation section for further
information.)

If you wish to spend the night at the
South Rim and return to Flagstaff
the following morning, lodging
reservations may be made by calling
888.297.2757. The shuttle services
have an early morning departure also.
**Remember - reservations are
required for the shuttle company!!**

Canyoneers **cannot** provide shuttle
service for vehicles or transport any
luggage left in Flagstaff at the start
of the trip (nor can the shuttle
company!)

weather

Early May trips are usually very
pleasant, but spring rains can
occasionally keep the temperatures
cooler than normal. June, July, &
August are the hottest months.
Monsoons occur in July and August.

The clothing list should be followed
to be sure that you are prepared for
any possible weather situation. (Yes!
Fleece should be brought even if
expecting hot temperatures!)
Rainsuits are used for keeping you
dry when going through the rapids as
much, if not more, than for
occasional rainstorms.

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#### Average Summer Temperatures

|             |                                    |
|-------------|------------------------------------|
| May         | days 70°-90°F<br>nights 50°-70°F   |
| June        | days 80°-105°F<br>nights 70°-90°F  |
| July/August | days 100°-115°F<br>nights 70°-90°F |

### useful websites

#### Flagstaff information

www.flagstaffarizona.org

#### Grand Canyon Trip Planner

www.nps.gov/grca/parknews/new  
spaper.htm

#### Grand Canyon information

www.nps.gov/grca/planyourvisit/  
index.htm

#### Grand Canyon weather info

www.wunderground.com/US/AZ/  
Grand\_Canyon.htm

#### Maps of the Grand Canyon

www.nps.gov/grca/planyourvisit/  
maps.htm

#### Bright Angel Trail

www.nps.gov/grca/planyourvisit/  
day-hiking.htm

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hotel reservations

We highly recommend making the reservations well in advance—do not wait until the last minute!! Canyoners will not make hotel reservations for you — please call the Flagstaff hotel direct.

The cost of the motel the night prior to your trip is **not** included in your fare. We strongly recommend you stay at the hotel where we conduct the orientation and from where we depart early on the morning your trip begins.

We use the **Holiday Inn Express, 2320 E Lucky Lane, in Flagstaff**. Canyoners holds a block of rooms for the night of the orientation and the night of the return from the trip. Canyoners' passengers will receive a special rate, discounted off standard rates for the season.

Rooms have 2 queen beds and will sleep up to 4 people (roll-away beds are not available.) A few adjoining rooms are available. A complimentary buffet breakfast will be provided the morning of the trip. The Holiday Inn Express is a 3 star facility and has many amenities including a heated indoor/outdoor pool, laundry facilities, and fitness center and is within walking distance to several very nice restaurants.

hotel reservation policies

room reservation procedure

Individuals should contact the hotel directly at 928.714.1000 — do not call the 800 reservation number. Individuals must reference 'Canyoners' at time of reservation in order to access the negotiated room rate. The Hotel will honor reservations received up to **21 days prior** to arrival date. Reservations received after this date will be subject to space availability and at prevailing room rates.

cut off date

The room blocks will be held until **21 days prior to event date**, at which time all rooms not reserved will be released for general sale. Reservations received after this date will be accepted on a space and rate available basis. If the group rate is not available after this date, the prevailing rates will apply for any reservations confirmed after the cutoff date.

check in/check out

The Hotel's check in time is after 3 pm, and check out is by 11 am. Guests arriving prior to 3 pm will be accommodated as rooms become available.

reservation guarantee/cancellation

Individuals will guarantee all room reservations for late arrival. Failure to cancel a guaranteed reservation by 3 pm on the day of arrival will result in a charge of one night's room and tax applied to the credit card.

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other hotels near the holiday inn express

|             |                 |              |
|-------------|-----------------|--------------|
| Quality Inn | 2500 Lucky Ln   | 928.226.7111 |
| Econo Lodge | 2480 Lucky Ln   | 928.774.7701 |
| Motel 6     | 2440 Lucky Ln   | 928.774.8756 |
| Ramada Inn  | 2350 E Lucky Ln | 928.779.3614 |
| Days Inn    | 2200 E Butler   | 928.779.6944 |

RV parks in flagstaff

|                     |              |
|---------------------|--------------|
| Black Barts RV Park | 928.774.1912 |
| KOA                 | 928.526.9926 |
| J & H RV Park       | 928.526.1829 |
| Kit Carson RV Park  | 928.774.6993 |

storage of vehicle & luggage

While you are on the river, your vehicle and/or luggage may be left at the Holiday Inn Express. Canyoners will not be responsible for storing or transporting any luggage or vehicles, etc.

Safety deposit boxes are available at the hotel for valuables, wallets, passports, etc., and we strongly recommend their use. (Purses and laptops will not fit in the safety deposit boxes and should be stored in your luggage.)

Luggage may be checked with the hotel, however, please do not leave anything of value in your luggage as it is stored in an unsecured room and we are uncertain as to who has access to it. A release form and tag are required and may be obtained from the orientation host. Each item stored must have a storage tag listing name, date of trip, and date of return. Luggage must be locked and or taped over latches. The hotel will not be responsible for any lost or stolen items.

Vehicles may be left in the parking lot of the hotel, but a fenced area is not available. Motorhomes, RVs, etc, require special permission from the hotel. Extra luggage may also be left in the trunk of your vehicle — please do not leave items inside in sight. The hotel will not be responsible for any theft or damage to the vehicle while parked or located on hotel premises.

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equipment we supply

Equipment will be issued at the orientation meeting the night prior to your trip.

drybag

A vinyl waterproof drybag (approx 26H x 16Diam once properly closed) will be provided to each passenger to keep clothing and sleeping bag dry while on the river. The drybag is a soft, pliable vinyl bag and will provide sufficient room for the clothing list we recommend you bring as well as the sleeping bag. During the day, you will not have access to the dry bag or its contents. Due to space restrictions, no additional drybags may be taken. **Passengers must use the drybags Canyoneers supplies.**

ammo can

An ammo can is also provided for toiletry items, sunscreen, extra film, medication, etc. To insure items stay dry and clean, we recommend putting these items in small ziplock bags. The ammo can is approximately 12x7x6.

camp chairs

Canyoneers now provides camp chairs on our trips.

optional additional storage

Space is limited, so the only additional storage allowed is a small mini drybag (ricksack —maximum size 10"x15") that can be used to store your rainsuit and other small items. For easier access during the day, a sturdy metal carabiner (plastic carabiners break easily) is needed to attach your mini bag to the boat. The ricksack and carabiner set is NOT provided, but is sold in the River Trip Supply Catalog or you can purchase one at most sporting goods stores.

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### sleeping pad

The pad is a thick firm foam paco pad — 1.5"x24"x72", waterproof and self-inflating and very comfortable. We suggest you use our pads rather than bringing your own simply for ease of storage and because space is limited. Air mattresses take too much time to fill and empty to be worthwhile — we recommend you do not bring them. The sleeping pad and tent are stored separately on the boat for you.

### sleeping bag

Sleeping bags are provided for passengers on the partial canyon trips. They are a light to medium weight bag.

The sleeping bag will be packed (in addition to your personal belongings) in the dry bag issued to you when you reach the boat. During the hotter months, it is recommended that you bring a twin-size sheet to use for cover if wishing to sleep on top of the sleeping bag. Pillows take too much room, so bring a pillowcase to fill with clothing instead, or purchase the small pocket pillow listed in our River Trip Supply Catalog.

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tent & ground sheet

A tent and ground sheet are available to all passengers. The tents are dome tents with a bottom and a zip closing. They sleep two comfortably. If you are traveling alone, you may have a tent to yourself — please request ahead of time so we are sure to have plenty. You will be given instructions on the proper way to set up the tents — assistance is available if needed. The ground sheet may be used under your sleeping bag if you wish to sleep under the stars rather than in a tent.

electronic equipment

Because of the chance of damage by water and/or the fine sand in the canyon, Canyoneers recommends leaving expensive photographic equipment at home. Waterproof disposable cameras take very good pictures and are inexpensive. If bringing expensive photographic equipment, be sure to have a waterproof case or plenty of zip lock bags.

Cell phones do not work within the canyon. If planning to bring any other electronic device, remember there is a chance of damage by water and/or the fine sand in the canyon. Canyoneers will not be responsible for damage to equipment if brought on the trip.

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### phantom ranch

All arrangements have been made for your stay at Phantom Ranch. Phantom Ranch is a comfortable oasis nestled at the bottom of the Grand Canyon. It is tucked in beside Bright Angel Creek on the north side of the Colorado River and is the only lodging facility below the Canyon rim. The Ranch can only be reached by mule, by foot, or by rafting the Colorado River and is a popular stopover point for hikers and mule riders traveling to the bottom of the Canyon via the famous Bright Angel or Kaibab trails. Please be aware that you will be staying at a dude ranch deep inside a remote wilderness area. Goods and services are minimal and run along necessities, not luxuries.

Accommodations will be in either a 10-person cabin (furnished with bunk beds, all bedding, cold water sink, toilet, liquid soap, towels, and showers provided at a central location) or in one of the dormitories (separate for women and men —each has ten bunk beds [bedding and towels furnished] a shower, and restroom.) **Canyoners attempts to keep family and/or friends together, however, due to the variation of gender and groups this is not always possible. Unfortunately, substitutions are not possible - please do not ask.** Cabins and dormitories are heated and utilize evaporative cooling during the summer months.

When the boat reaches Bright Angel Beach on the 3rd morning, you will have a short walk to Phantom Ranch (approximately  $\frac{1}{2}$  mile from the river.)

When you check in, please inform the desk you are a Canyoners passenger. The staff at Phantom Ranch will give you instructions for your stay—when your accommodations will be ready (may not be available when you arrive) and when your meals will be served.

Also popular is the Phantom Ranch Canteen where meals, beverages, and sundries are available for adventurous travelers. **Canteen hours are 8 am-4 pm & 8-10 pm.** Snacks such as summer sausage, bagels, apples, trail mix, & candy bars, etc., are available at the canteen. Lunch is **not** supplied by Canyoners, so you should bring cash &/or a credit card to purchase a snack from the canteen.

Dinner (hiker's stew with garden salad and cornbread), breakfast (scrambled eggs, pancakes, bacon, & fruit), and a sack lunch for your hike out of the canyon (available for pick up at breakfast) will be supplied. Vegetarian meals are **not** available for Canyoners passengers as we make our reservations over a year in advance. If you are not able to eat any of the meals listed above, **you should bring substitution items with you.**

A guide will meet you at breakfast to lead the hike out of the canyon. **Please do not start your hike without your guide.** The Bright Angel Trail climbs about 5,000 feet of elevation in its  $9\frac{1}{2}$  mile length. There is water & shade at Indian Garden, about halfway up. You will be carrying your drinking water (minimum of 3 quarts in water bottles or camelpack), sunscreen, a lunch, & any additional needs for the hike out.

**Get a good night's sleep in preparation for your hike out!**

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duffel service

Duffel service is provided to carry your belongings out of the canyon. The duffels **must** be presented at the Phantom Ranch Loading Dock **no later than 6 am** on the day they are to be taken up out of the canyon. **Your duffel must have Canyoners name, your name, and the weight of the duffel on the tag attached to your duffel.**

Duffels may be claimed **between 3 pm and 4 pm** at the Xanterra Livery Barn the day they are brought up from the canyon or between 9 am and 4 pm the following day.

If you are bringing your own camp chair, you will be required to pay for an extra duffel. The duffel service provided in your fare is for **ONE duffel ONLY — the duffel with your belongings! Nothing can be tied to the outside of the duffel.**

Duffels are transported to and from Phantom Ranch by mule and the following procedures have been established by the duffel service to assure that duffels are transported properly.

PLEASE READ AND UNDERSTAND THOROUGHLY THE FOLLOWING GUIDELINES.

1. Duffel weight limit is 30 pounds. (If you follow our recommended bring list you will not exceed the weight limit!)
2. Duffel maximum dimensions are 36"x20"x13".
3. Gear must be packed inside the duffel with no outside attachments such as walking sticks, fishing poles, canteens, camp chairs etc.
4. Duffels cannot be tied together.
5. One duffel per person maximum.

Note: if you follow the bring list you will not go over the weight or size limit!

The Upper Grand trip requires hiking out of the canyon. Read thoroughly!!

The hike out of the canyon is the most strenuous part of this trip.
You will be carrying your personal belongings as well as your lunch and water.

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 * do not get much exercise

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
- * have any other physical or mental condition that might affect you on the hike from river to rim

Temperatures usually vary by 20°F (7°C) between the bottom and the top. Passengers must be prepared for these changes. Grand Canyon trails are in a dry desert environment and the temperature in the summer can be extremely high - 100° - 115°. On average, it will take between 6 and 8 hours to hike out of the canyon — but can take as much as 12 hours — depending on the individual. **A soft daypack with no framework is required for carrying your belongings and lunch and water on your hike out of the canyon.**

Canyoneers provides a guide and uses the Bright Angel Trail for the hike out. Find a comfortable pace for your hike keeping in mind that the latest shuttle back to Flagstaff leaves the Maswik Transportation Center at approx 6:15 pm. (See "return to Flagstaff" on page 4.) The Bright Angel Trail is approximately 9½ miles long, but it has water available part way up. **(Always begin your hike with 3-4 quarts of water per person— occasionally water lines are not functioning properly and water on the trail is not available.)**

You will be provided a sack lunch for your hike out of the canyon. Do not start your hike until you have

received a lunch sack from your crew. Each person should carry their own lunch and water in case you get separated from the group.

The trail begins at the river at an elevation of 2480 feet above sea level and ascends to 6850 feet above sea level on the rim, **a vertical ascent of almost 1 mile**. Proper hiking boots (light weight) and 3-4 quarts of water per person **(in containers you must provide and carry yourself)** are **required**. Hiking sticks can be of great assistance to those hiking into or out of the canyon, however, the stick must be able to collapse to a maximum of 24"-26" and be constructed of a water resistant material. Be sure to cut your toenails short!!

Keeping yourself cool **and** hiking out of the canyon takes a very large amount of energy (food). You need to make sure that you eat a lot more than you normally do. Eat small amounts of complex carbohydrates (breads, fruits, crackers, grains, nonfat energy bars, etc.) throughout the day (every ½ hour).

While hiking, you should avoid foods that are high in fats and proteins because these foods take a long time to digest and will tend to unsettle your stomach in the heat. If you do not eat enough food to meet your

energy needs, you end up burning your fat and muscle tissues to meet these needs.

This is very inefficient, and creates a lot of metabolic waste products that are guaranteed to make you feel ill in the heat. Eating adequate amounts of food will also help guarantee that you are replacing the electrolytes (salts) that you are sweating out.

If you replace the water, but not the electrolytes that you have sweat out of your body, then you can develop a serious and dangerous medical condition known as hyponatremia (water intoxication.) If left untreated, hyponatremia can lead to seizures and possibly death. You need to eat at least 2 to 3 times your normal food intake to meet your energy needs while hiking in the canyon.

Hiking in the canyon, everyone sweats around ½ to 1 quart of water and electrolytes each and every hour that they are walking in the heat. This fluid/electrolyte loss can even exceed 2 quarts per hour if you hike uphill in the direct sunlight and during the hottest time of the day. Because inner canyon air is so dry and hot, sweat evaporates instantly, making its loss almost imperceptible. This evaporation allows our bodies to lose heat and keep cool. Do not wait until you start feeling thirsty to start

replacing these fluids and electrolytes. By the time you feel thirsty, you are **already** dehydrated. The more dehydrated you become, the less efficient your body becomes at walking and cooling. Carry your water bottle in your hand and drink small amounts often. (The new "camel" packs are **great** for carrying plenty of water with easy access.)

The duffel service is NOT available for passengers hiking out from the boat due to timing conflicts. Remember you must carry your belongings out of the canyon so pack accordingly.

Note: Mules on the trail have the right of way - please respect them and do your best to allow them to pass.

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### meals & special diets

The big western outdoor meals that have been traditional with Canyoners have gotten even better over the years. Although we are not able to cater to personal dietary likes and dislikes, our menu does provide healthy, hearty, balanced meals that include a variety of fresh fruits and vegetables, beef, chicken, pork, fish, cheeses, salads, snacks, and sumptuous desserts. Please contact us if you would like to review a sample menu. We are able to accommodate vegetarians on our trips. Just complete our form (send well in advance) so we know whether you eat fish, poultry or dairy, and we'll do the rest.

If you have a highly specialized medicinal diet, you may wish to send us your special items in advance, and we will provide storage on the rafts. Please contact us for specifics, and please plan on sending your items to us at least two weeks in advance of your trip departure. Anyone who is highly allergic to specific foods should bring an anaphylactic kit/epi pen with them.

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beverages

Canyoners brings fresh water from Flagstaff — enough for the entire trip. You will be encouraged to drink plenty of water while on the trip!! Canyoners also serves coffee, tea, juice, punch, and milk with your meals. We do not, however, supply soft drinks, beer, wine, or liquor. If you wish to purchase and bring your own, the following guidelines must be followed:

- ✓ drinks must be in cans or plastic containers only (boxed wine or bota bags are fine)
- ✓ each can or container must be marked with your initials (permanent marker or fingernail polish works best)
- ✓ replace cans in original container for transport to boat or tape 6 pack cans together to prevent separation from plastic rings during trip to the launch site.
- ✓ bring only as much as you feel you can drink during the allotted duration of your trip (there is no set limit on what can be brought, but space is limited and there are others bringing drinks also) and remember — alcohol dehydrates your body!

Note: No alcohol is allowed on the vans returning to Flagstaff at the end of the trip.

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### money &/or credit cards

Money &/or credit cards should be brought (and kept in waterproof container - baggies, etc.) for the following reason...

- ✓ payment of gratuity to the crew at the end of the trip if desired
- ✓ the purchase of drinks, etc., at the rim after hiking out (for upper canyon passengers)
- ✓ payment of lodging or transportation if staying an additional night at the South Rim after hiking out

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special occasions

If you or a member of your party has a birthday, anniversary, or any special occasion while on the trip, please let us know in advance so the crew can plan something special.

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### fishing

Fishing in the Grand Canyon requires a license and the appropriate "stamps" for anyone 14 years or older, resident or non-resident, issued by the Arizona Game & Fish Department. Canyoners requires fishing poles to collapse to a maximum of 24", the use of barbless hooks, and the use of the catch and release method. For details within the Grand Canyon, contact AZ Game & Fish Commission, 928.774.5045 ~ [www.gf.state.az.us](http://www.gf.state.az.us)

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gratuities

Our guests often ask us how to handle gratuities for the river crew. If you wish to tip your crew members you may do so by cash or check at the end of your trip, or you may mail a gratuity. If you give the gratuity to your trip leader, the trip leader will divide it equally among all crew. If you send a check to Canyoners we suggest you either write separate checks, or make the check payable to Canyoners and indicate the names of your crew in the memo field. We will then divide it equally unless you give us instructions requesting a different distribution.

Customary tip range for Grand Canyon trips is 5-10% of the total fare. An address list for the guides will be included with the participant list of those on your trip and will be sent after the end of your trip.

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### participant list

Unless instructed otherwise, Canyoners will provide a passenger list with personal and email mailing addresses of all participants to each passenger after the trip returns.