

5 Day Lower Canyon

Finalize Your Trip Planning

- Review trip package details and reservation policies; **confirm ability to hike 9.5 miles downhill (5000' elevation change) from the South Rim to Phantom Ranch on Day 1**
- Complete and return required paperwork **due within 1 week of initiating your reservation**
- Book flights/shuttles/rental cars
- Make pre-trip hotel in reservations at the South Rim of Grand Canyon and post trip hotel reservations either at the South Rim or in Flagstaff, AZ
- Use the recommended clothing list to pack

Trip Package Details

- **The 5 Day Lower Canyon motorized river trip** covers 192 river miles of the Colorado River through Grand Canyon - from the midway point at Phantom Ranch (river mile 87) to Pearce Ferry on Lake Mead.
- **The Bright Angel Lodge at the South Rim of Grand Canyon, AZ is the meeting point** for your trip.
- Meet our hike guide in the Bright Angel Lodge lobby at 5 a.m. on Day 1 to begin the hike down to the river, a 9½-mile, all downhill hike that drops 5000 feet in elevation. Please see hike details (pgs 8-10).
- Meet the boat at the river by 11 a.m. to begin the river portion of the trip — 5 days & 4 nights on the river.
- Transportation to the South Rim is on your own; transportation from Pearce Ferry on Lake Mead back to South Rim or Flagstaff, AZ is provided by Canyoners.

Required Paperwork

Please complete and return the following forms **within one week of initiating your reservation**:

Trip Registration Form

The Trip Registration Form collects contact and personal information, health & medical details, dietary and equipment needs, and payment information. Your signature is required in several places on this form including on the last page, **The Acknowledgement of Risk Form**. This form must be signed by **each individual** (or parent/guardian of each minor) and must be on file in our office to complete your reservation.

- Written Orientation Statement** - You will be given a **written orientation** with park service regulations and tips for a safe and fun trip. **Please read it carefully and when finished, sign and return the statement on the front of the written orientation.** This is very important information and it is necessary to return the acknowledgement for insurance and park service compliance. There will be no other pretrip orientation and you will meet the guide at the **Bright Angel transportation desk in the Bright Angel Hotel** (just inside the front door) at **5:00 am**.

Reservation Policies

- \$300 of the \$400 per space deposit is refundable until 90 days prior to your trip date. The balance of the trip fare is due at this time; all payments are non-refundable after 90 days prior to the trip date.
- **The One Trip Per Year Rule:** 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.

Cancellations & 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.**

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.

Flights, Shuttles, and Rental Car Options for getting to the Grand Canyon's South Rim

~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

Scenic Airlines (Las Vegas to/fr So Rim) ~ 800.634.6801 ~ www.scenic.com

Grand Canyon Airlines (Las Vegas to/fr So Rim) ~ 702.835.8484 ~ www.grandcanyonairlines.com

No Las Vegas Airport (air hub to GC Airport) ~ 702.261.3801

Grand Canyon Airport ~ 928.638.2446

~SHUTTLE BUS SERVICE~

Arizona Shuttle (Phx to South Rim or Flag to South Rim) ~ 800.888.2749 ~ arizonashuttle.com

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

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

~RAIL SERVICE~

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

~RENTAL CARS & MILEAGE CHART~

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

Phoenix to South Rim, 220 miles — approximately a 4.5 hour drive

Las Vegas to South Rim, 260 miles — approximately a 5 hour drive

Flagstaff to South Rim, 82 miles — approximately a 1.5 hour drive

Making Hotel Reservations at the South Rim, Grand Canyon, AZ

The cost of lodging at the South Rim for the night prior to your trip is **NOT included** in your fare.

Reservations for any lodging facility inside the Grand Canyon South Rim Village can be made by calling the main reservation line for **Xanterra** — **888.297.2757**. Information on the different facilities can be obtained from the Xanterra web site — www.grandcanyonlodges.com.

Reservations should be made for the night before your trip, as you will get an early start (5am) on your hike into the canyon. We recommend you reserve for the night of your return also — the following Saturday — and make travel arrangements for the following day.

Due to the large number of visitors at Grand Canyon National Park, the Grand Canyon Village hotels book far in advance. **We recommend you secure a reservation as soon as possible.**

Dinner Monday night is on your own and you should allow time to purchase items for your breakfast and snacks for your hike down to the river. Ask for a 4 am wakeup call. Get a good night's sleep.

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### **Vehicle & Luggage Storage at the Grand Canyon**

**Please note that Canyoneers does not store or transport luggage to/from the South Rim.** While you are on the river, your luggage should be left in your vehicle and your vehicle may be left in the long term parking lot across from the Maswik Lodge. Please do not leave items inside in sight. Safety deposit boxes are available at most hotels, please ask the front desk bellman of the hotel where you stay for information on luggage storage if you do not have a vehicle.

Vehicles can be left in the parking lot across from the Maswik Lodge,  
but a fenced area is not available.

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Other Hotels Just Outside the South Rim Grand Canyon Village in Tusayan

Rooms are also available in Tusayan, a small town just outside of the National Park. See list online at <http://www.arizonahotels.com/cities/Tusayan>. Hotels in Tusayan include:

- Squire Inn (928.638.2681)
- Grand Hotel (928.638.3333)
- Red Feather Lodge (928.638.2414).

Packing Details

- The items listed below are **recommended** for your comfort. Temperatures can change quickly in the canyon, **so base your quantities and styles on your own comfort level**. Fleece and rainsuits are necessary — even in July & August. The water in the river is very cold (approx 48°) year-round, and monsoons (summer storms with heavy rain/cold wind) are common in late June until early September. We want you to be prepared with proper clothing in the event of any weather type
- In the canyon's desert environment, mosquitoes and other flying insects are usually not a problem. There are fire ants and scorpions.
- Insect repellent can be brought if desired. If you are allergic to stings, or food(s), you should bring an anaphylactic kit/epi pen.
- We do not permit firearms, pets or recreational drugs on our trips.

What to Bring

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
- ✓ sarong
- ✓ 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

If your trip is in April, add these items

- ✓ additional long sleeved fleece top (do not substitute with sweatshirt)
- ✓ fleece pants (do not substitute with sweatpants)
- ✓ wool or fleece stocking cap & gloves

footwear

- ✓ recreational sports sandal/river shoe (closed toe best or fast drying deck or tennis shoe-sturdy flip flops are great for camp only)
- ✓ light/medium weight hiking boots (for hike out of canyon) & hiking socks

✓ toiletries & misc gear

- ✓ personal toiletries (travel size)
- ✓ lip balm & moisturizing lotion or cream *
- ✓ premoistened towelettes (travel size hand wipes)
- ✓ biodegradable soap *
- ✓ sunscreen (a MUST!)
- ✓ two 1 liter Nalgene water bottles * OR camelpack hydration system AND a water bottle
- ✓ 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
- ✓ ziplocks & heavy-duty trash bags (keeps things separate, contained, dry, and sand out!)
- ✓ frameless day pack for the hike to the river
- ✓ a small lightweight duffel bag or laundry bag to contain personal clothing (Duffel is stored in the bottom of the drybag while on the river.)

other optional items

- ✓ day drybag & carabiner (for access to some clothing/gear during the day) *
- ✓ Grand Canyon River Guide *
- ✓ twin size sheet (to cover with if sleeping on top of sleeping bag)

* Denotes items sold in our retail supply catalog (please download from our website)

Equipment We Supply

drybag

A waterproof drybag (approx 26H x 16Diam once properly closed) will be provided at the orientation meeting to each passenger to keep clothing and sleeping bag dry while on the river. The drybag is a soft, pliable 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

Provided for toiletry items, sunscreen, extra film, medication, etc. We recommend putting these items in small ziplock bags. The ammo can is approximately 12x7x6.

Life jacket

US Coast Guard approved class V life jackets

camp chairs

Canyoneers provides camp chairs (with legs)

sleeping bag

Sleeping bags are provided for passengers. 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 at the river.

Electronic Equipment

Cell phones do not work within the canyon, and there is no electricity available on the trip for recharging of batteries. Because of the chance of damage by sand or water, Canyoneers recommends leaving expensive electronic equipment at home. If you choose to bring expensive photographic equipment, be sure to have a waterproof case or plenty of zip lock bags. Please note that Canyoneers will not be responsible for damage to equipment if brought on the trip.

Optional Additional Storage

Space is limited, so the only additional storage allowed is a small mini drybag (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 is needed to attach your mini bag to the boat. The ricksack and carabiner set is sold in the River Trip Supply Catalog or you can purchase one at most sporting goods stores.

sleeping pad, tent & ground sheet

Our Therm-a-rest Base Camp inflatable sleeping pad measurements are 77"x25"x2". 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 Therm-a-rest pad will be packed into the dry bag issued to you at the orientation along with a ground tarp. The ground tarp may be used under your sleeping bag if you wish to sleep under the stars rather than in a tent.

A tent will be assigned to each trip participant/couple. The tents are dome tents with a bottom and a zip closure. 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. Your Guides will provide instructions/demonstrate how to set up your tent.

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.

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.

Meals & Special Diets

The big western outdoor meals that have been traditional with Canyoneers 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

**Canyoneers brings fresh water from Flagstaff — enough for the entire trip. Please be sure to bring a heavy-duty Nalgene reusable water bottle for drinking water from. Please do not bring bottled water bottles.** You will be encouraged to drink plenty of water while on the trip. Canyoneers also serves coffee, tea, juice, and lemonade and Gatorade mixes 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 shuttle vans returning to Flagstaff.

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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. Canyoneers 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 on licensing and regulations within the Grand Canyon, contact Arizona Game & Fish Commission, 928.774.5045 ~ www.gf.state.az.us

Upon Arrival at the South Rim

- **Check into your hotel and request a 4 am wake up call.** You will need to meet the Canyoneers hiking guide at the Bright Angel transportation desk in the Bright Angel Lodge at **5 am**. 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.
- **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.)

Day 1

You will meet the guide at the **Bright Angel transportation desk in the Bright Angel Lodge** (just inside the front door) at **5:00 am**. **Purchase food for your breakfast and snacks for your hike down to the river the night before.** **Be sure to start the day with your water bottles filled.**

At End of the Trip

At the end of the trip the drybag is left on the boat. You will use the same pack you carried your belongings in when you hiked into the canyon to transfer your belongings into at the end of the trip. This bag will be stored at the bottom of your drybag until needed at the end of the trip.

Return to South Rim

On the last day of your river trip you will be met by our transportation vehicle(s) at Pearce Ferry to bring you back to Flagstaff or the South Rim. Post trip arrival times at the take out point and/or the South Rim cannot be guaranteed due to the remote location of the take-out.

Passengers returning to the South Rim will be dropped at the Maswik Transportation Center. The park's shuttle service is available to transport you to all lodges within the park. Arrival will be approximately 5:30 pm - 7:30 pm at the South Rim Grand Canyon Village, so **we recommend you spend the night and make your return travel plans for the following day.** Call 888.297.2757 to make room reservations.

Occasionally, passengers ask if they can be taken to Las Vegas rather than return to the South Rim. We do not provide that service. River Runners Shuttle Service (928.564.2194 or info@rrshuttleservice.com) or Larson's Van Service (702.456.4791 or www.larsonsvanservice.com) can provide shuttles to Las Vegas. Call or check website for rate information. Car shuttle service is also available through River Runners Shuttle Service. **If you are going to make arrangements for transportation other than that provided by Canyoneers, please notify Canyoneers of your plans in advance.**

The Lower Canyon trip requires hiking into the canyon.

Read thoroughly!!

The hike into the canyon is the most strenuous part of this trip.

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 diabetes shortness of breath
- heart ailments hypoglycemia high blood pressure chronic back problems
- hip, ankle, knee, or feet problems

If you are:

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

If you:

- do not get much exercise 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

You will be carrying your personal belongings as well as your lunch and water.

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 4 and 6 hours to hike into the canyon, depending on the individual. **A soft daypack with no framework is required to carry your lunch, water, clothing and gear on your hike into the canyon.**

Canyoneers uses the Bright Angel Trail for the hike in and provides a hiking guide. Find a comfortable pace. The Bright Angel Trail is approximately 9½ miles long, but it has water available part way down. **(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.)** Be sure to have purchased food for your breakfast and snacks for your hike down to the river. Each person should carry their own lunch and water in case you get separated from the group.

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 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.

Don't Force Fluids. Drink When You Are Thirsty. Rest & Eat Often.

Ambient temperature, elevation, and exercise intensity and duration increase the physiological strain, calorie and water demands on our bodies. This makes canyon hiking more difficult than traveling the same distance on level ground or in cooler temperatures.

Fluid/electrolyte loss can exceed 2 quarts per hour if you hike uphill in 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. Keep an eye out for salt rings on your clothes.

Even a mild level of dehydration can make hiking a lot less fun. The more dehydrated you become, the less efficient your body is at self-cooling. This puts you at greater risk for heat related illness. Over-hydration and lack of salty foods can be equally as dangerous, as this may lead to a life-threatening electrolyte disorder called hyponatremia.

The sensations of thirst and hunger are influenced by many factors, and should not be used as the only guide to replenishment. Eat and drink enough throughout your hike to replace the calories and fluid your body is using. **Make sure that you balance your food and fluid intake**, to avoid the risk of becoming exhausted, debilitated, or severely ill.

Stay Wet and Stay Cool KEEP YOURSELF SOAKING WET TO STAY COOL.

This is one of the best things that you can do for yourself, it will help decrease your core body temperature. **Whenever you are near water, make sure that you wet (actually soak) yourself down.** If you hike while soaking wet you will stay reasonably cool. This will make a wonderful difference in how well you feel, especially at the end of the day!

The Hazardous H's WATCH OUT FOR THESE HEALTH HAZARDS!

HEAT EXHAUSTION - The result of dehydration due to intense sweating. Hikers can lose one or two quarts (liters) of water per hour. Rangers at Phantom Ranch and Indian Garden treat many cases of heat exhaustion each day in summer.

Symptoms: pale face, nausea, vomiting, cool and moist skin, headache, cramps.

Treatment: drink water with electrolytes, eat high-energy foods (with fats and sugars), rest in the shade for 30-45 minutes, and cool the body by getting wet.

HEATSTROKE - A life-threatening emergency where the body's heat regulating mechanisms become overwhelmed by a combination of internal heat production and environmental demands. Your body loses its ability to cool itself. Grand Canyon has two to three cases of heatstroke a year. Untreated heat exhaustion can lead to heatstroke.

Symptoms: flushed face, dry skin, weak and rapid pulse, high core body temperature, confusion, poor judgment or inability to cope, unconsciousness, seizures.

Treatment: the heatstroke victim must be cooled immediately! Continuously pour water on the victim's head and torso, fan to create an evaporative cooling effect. Immerse the victim in cold water if possible. Move the victim to shade and remove excess clothing. The victim needs evacuation to a hospital. Someone should go for help while attempts to cool the victim continue.

HYPONATREMIA (water intoxication) - An illness that mimics the early symptoms of heat exhaustion. It is the result of low sodium in the blood caused by drinking too much water and losing too much salt through sweating.

Symptoms: nausea, vomiting, altered mental states, confusion, frequent urination. The victim may appear intoxicated. In extreme cases seizures may occur.

Treatment: have the victim eat salty foods, slowly drink sports drinks with electrolytes, and rest in the shade. If mental alertness decreases, seek immediate help!

HYPOTHERMIA - A life-threatening emergency where the body cannot keep itself warm, due to exhaustion and exposure to cold, wet, windy weather.

Symptoms: uncontrolled shivering, poor muscle control, careless attitude. Look for signs of the "umbles" - stumbling, mumbling, fumbling, grumbling.

Treatment: remove wet clothing and put on dry clothing, drink warm sugary liquids, warm victim by body contact with another person, protect from wind, rain, and cold.

Avoid hypothermia by checking at Canyon View Information Plaza or the Backcountry Information Center for the latest weather and trail conditions, taking layered clothing for protection against cold and wet weather, eating frequently, replacing fluids and electrolytes by drinking before feeling thirsty, and avoiding exposure to wet weather.

Carry your water bottle in your hand and drink small amounts often. (The new camelbacks are **great** for carrying plenty of water with easy access.)

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

participant list

Unless instructed otherwise, Canyoneers will provide a passenger list with personal and email addresses of all participants to each passenger after the trip returns. This list will also include the crew's personal and email addresses.

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, we suggest you write a separate check to each crewmember, or make the check payable to the trip leader. He/she will then divide it equally. Please do not send checks payable to Canyoneers. 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. Customary tip range for Grand Canyon trips is 5-10% of the total fare.

useful websites

Flagstaff information	www.flagstaffarizona.org
Grand Canyon Trip Planner	www.nps.gov/grca/parknews/newspaper.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

canyoneers inc ~ po box 2997 ~ flagstaff az 86003

928 526 0924 ~ fax-928 527 9398 ~ www.canyoneers.com ~ answers@canyoneers.com