

# 3 Day Upper Canyon

## To Finalize Your Trip Planning

- Review Trip Package Details and Reservation Policies; **confirm ability to hike 9.5 miles uphill (5000' elevation change) from Phantom Ranch to South Rim on Day 3**
- Complete and return Required Paperwork - **due within 1 week of initiating your reservation**
- Book flights/shuttles/rental cars - planning to attend orientation at 6 pm the day before trip date
- Make pre and post trip hotel reservations in Flagstaff, AZ
- Use the recommended clothing list to pack clothing into a duffel bag that meets the Xanterra requirements for duffel service: size not to exceed: 36"x20"x13"; weight not to exceed 30lbs.

## Trip Package Details

- **The 3 Day Upper Canyon motorized river trip** covers the first 87 river miles of the Colorado River through Grand Canyon, from Lees Ferry to Bright Angel Beach/Phantom Ranch, 2 days & 2 nights on the river, concluding with the 9½ mile hike out of the canyon with a Canyoneers guide going up 5000 feet in elevation on the 3rd day.
- **The Holiday Inn Express in Flagstaff, AZ is the meeting point** for your trip. Transportation to the river is provided by Canyoneers and departs from this location; book the shuttle back from the South Rim for the day you hike out.
- **Entrance Fees:** The National Park Service requires all rafting trip participants to pay the Grand Canyon National Park entrance fee - \$20 per person. (Persons under the age of 16 are exempt.)

## 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.

### Entrance Fee Form

The National Park Service requires river rafting companies to collect the fee from all passengers beginning their trip in Flagstaff. We collect it 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 fee. A photocopy of the pass (**front and back**) 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.) Canyoneers does not sell national park passes, but 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>.

## Reservation Policies

- \$200 of the \$300 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](http://www.travelinsuranceselect.com).

## Flights, Shuttles & Rental Car Options for Getting to Flagstaff, AZ

### ~AIR SERVICE~

#### Major airports

**Sky Harbor International Airport** ~ Phoenix, AZ ~ 602.273.3300 ~ [www.phxskyharbor.com](http://www.phxskyharbor.com)

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

#### Minor airports & air service

**Flagstaff Pulliam Airport** (flights from Phoenix only) ~ Flagstaff, AZ ~ 928.213.2930

**American Airlines** (Phoenix to/fr Flagstaff) ~ 800.433.7300 ~ [www.aa.com](http://www.aa.com)

### ~SHUTTLE BUS SERVICE~

**Arizona Shuttle** (Phx to/fr Flag) ~ 800.888.2749 ~ [www.arizonashuttle.com](http://www.arizonashuttle.com)

**River Runner's Shuttle** (vehicle shuttle service) ~ 928.564.2194 ~ [www.rrshuttleservice.com](http://www.rrshuttleservice.com)

**Larson's Van Service** (charter shuttle to/fr Las Vegas) ~ 702.456.4791 ~ [www.larsonsvanservice.com](http://www.larsonsvanservice.com)

### ~RAIL SERVICE~

**Amtrak** (east-west passenger service) ~ 800.872.7245 ~ [www.amtrak.com](http://www.amtrak.com)

### ~RENTAL CARS & MILEAGE CHART~

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

- Phoenix to Flagstaff, 140 miles — approximately a 2 <sup>1/2</sup>-hour drive
- Las Vegas to Flagstaff, 245 miles — approximately a 4 <sup>1/2</sup> -hour drive
- Albuquerque to Flagstaff, 325 miles — approximately a 5-hour drive
- Los Angeles to Flagstaff, 490 miles — approximately an 8-hour drive

## Hotel Reservations

Canyoneers holds a block of rooms for the night of the orientation and the night of the return from the trip at the **Holiday Inn Express, 2320 E Lucky Lane, in Flagstaff**. The hotel 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. 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.

We recommend you stay at this hotel as this is where we conduct the orientation and from where we depart early on the morning your trip begins. **Reservations need to be made well in advance as the hotel does sell out. Canyoneers will not make hotel reservations for you — please call the Flagstaff hotel direct.** Canyoneers has negotiated a special discounted rate available if you book at least 21 days prior to the trip date and reference Canyoneers.

## Hotel Reservation Policies

To access the negotiated room rate **individuals should contact the hotel directly using its local number 928.714.1000 (not the 800 reservation number)** and reference 'Canyoneers' at time of reservation. 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. Guarantee your reservations for late arrival in case of travel delays. 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.

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.

## Vehicle & Luggage Storage at the Hotel

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.

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.)

## 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

## Orientation

A mandatory 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.

- Passengers must attend the orientation meeting the night prior to your trip date.
- **Please check your statement for the correct orientation and trip date.**
- Arizona is on **Mountain Standard Time** - AZ does not observe daylight savings.
- 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. Our office is closed on the weekends, but a manager is on duty both after hours and on weekends and can be reached by calling our office.

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.

## Transportation To The River

At 6:30 am on the morning of your trip date, board our transportation to the launch site at Lees Ferry, where you will board the boats and begin the trip.

## 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 — sometimes starting in late June and lasting into early September.

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.

### Average Summer Temperatures

May	days 70°-90°F	nights 50°-70°F
June	days 80°-105°F	nights 70°-90°F
July/August	days 100°-115°F	nights 70°-90°F
September	days 70°-90°F	nights 50°-60°F

## 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.
- Insect repellent can be brought if desired. If you are allergic to stings, or food(s), you should bring two anaphylactic kit/epi pens.
- We do not permit firearms, pets or recreational drugs on our trips.

## What to Bring

### clothing

#### select quick drying fabrics

- ✓ 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
- ✓ fleece pants
- ✓ 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 + one 1 liter Nalgene water bottle
- ✓ sunglasses & glasses retainer \*
- ✓ camp towel (light weight/quick dry)
- ✓ 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 out to transfer belongings out of drybag at end of trip

### 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 and 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. 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 orientation meeting.

### sleeping pad, tent & ground tarp

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.

## 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. 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 mini drybag and carabiner set is sold in the River Trip Supply Catalog or you can purchase one at most sporting goods stores.

## Special Occasions

Please let us know if you or a member of your party has a birthday, anniversary, or any special occasion while on the trip 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 Medical Information form 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](http://www.gf.state.az.us)

## **Money &/or Credit Cards**

Money &/or credit cards should be brought (and kept in waterproof container - baggies, etc.) for the following reasons: gratuity to the crew at the end of the trip if desired; drinks, etc., at the rim after hiking out; lodging or transportation if staying an additional night at the South Rim after hiking out

## **At end of the trip**

At the end of the trip you will transfer your belongings into your **frameless daypack** (similar to the soft packs used by children for their school books) to carry out of the canyon; the drybag is left on the boat. You will also carry your water and lunch on your hike out of the canyon. The daypack can be stored at the bottom of your drybag until needed at the end of the trip.

## **Return to Flagstaff**

Transportation back to Flagstaff (where your trip began) is available through Arizona Shuttle. **Reservations are required.** 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. To reserve your space with AZ Shuttle, please call **928.226.8060** OR go to **[www.arizonashuttle.com](http://www.arizonashuttle.com)**.

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 service has early morning departures also.

## **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 8-12% of the total fare.

## **Useful websites**

<b>Grand Canyon information</b>	<a href="http://www.nps.gov/grca/planyourvisit/index.htm">www.nps.gov/grca/planyourvisit/index.htm</a>
<b>Grand Canyon weather info</b>	<a href="http://www.wunderground.com/US/AZ/Grand_Canyon.htm">www.wunderground.com/US/AZ/Grand_Canyon.htm</a>
<b>Maps of the Grand Canyon</b>	<a href="http://www.nps.gov/grca/planyourvisit/maps.htm">www.nps.gov/grca/planyourvisit/maps.htm</a>
<b>Bright Angel Trail</b>	<a href="http://www.nps.gov/grca/planyourvisit/day-hiking.htm">www.nps.gov/grca/planyourvisit/day-hiking.htm</a>

## The Upper Grand trip requires hiking out of the canyon.

### **The hike out of the canyon is the most strenuous part of this trip.**

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 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 at breakfast. Each person should carry their own lunch and water in case you get separated from the group.

### **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.

**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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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