

# 9 day CanyonOars Lower Canyon

9 day lower canyon oar powered river trip through the Grand Canyon

**Please read the enclosed material carefully.**

The CanyonOars Lower Canyon 9 day oar powered river trip covers the lower portion of the Grand Canyon, approximately 135 miles, from Pipe Creek (near Phantom Ranch) to Diamond Creek.

June and August trips will include the *Sandra*, one of the original Nevills Expeditions cataract boats. Built in 1947 and restored by Norm's grandson, this was the last of the big water cataract boats to be built by Norm Nevills.

The trip begins at the South Rim of the Grand Canyon. Passengers hike down to the Pipe Creek (near Phantom Ranch) with a guide — a 7½-mile hike going down 5000 feet in elevation — meeting the boat at the river to begin the trip.

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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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## 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 are sent with the trip confirmation letter and **must be received as soon as possible after reserving a 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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### 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).

### national park entrance fee

**Canyoneers does not sell national park passes!**

Passengers beginning their trip at the Grand Canyon South Rim will be required to pay the national park entrance fee of \$35 per vehicle when you arrive at the entrance gate. Please retain your receipt!!

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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### 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

June	days 80°-105°F	nights 70°-90°F
July	days 100°-115°F	nights 70°-90°F
August	days 90°-115°F	nights 60°-90°F

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**We do not permit firearms, pets or recreational drugs on our river trip**

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**Grand Canyon South Rim AZ is the meeting point for the CanyonOars Lower Canyon trips**

**~ Transportation ~**

**Canyoneers cannot provide car shuttle service or transport any luggage left at the South Rim.**

**transportation to south rim**

**~AIR SERVICE~**

**Major airports**

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

**Grand Canyon Airlines (Las Vegas to/fr So Rim) ~ 702.835.8484 ~ [www.grandcanyonairlines.com](http://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/fr Flag) ~ 800.888.2749 ~ [www.arizonashuttle.com](http://www.arizonashuttle.com)**

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

**River Runner's Shuttle (vehicle shuttle service) ~ 928.564.2194 ~ [www.rrshuttleservice.com](http://www.rrshuttleservice.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 South Rim, 220 miles — approximately a 4 <sup>1/2</sup>-hour drive**

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

**Albuquerque to South Rim, 405 miles — approximately a 7-hour drive**

**Los Angeles to South Rim, 495 miles — approximately an 8-hour drive**

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**return to south rim**

On the last day of your river trip you will depart at Lake Mead. The departure point will be Diamond Creek. There you will be met by transportation vehicle(s) to bring you back to the South Rim.

Although we make every effort to keep the scheduled itinerary, due to the nature of the activity, post trip arrival times at the take out point and/or the South Rim cannot be guaranteed. Canyoneers will not be responsible for any outside costs that may be related to such a delay.

Passengers 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.

Many 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](mailto:info@rrshuttleservice.com)) or Larson's Van Service (702.456.4791 or [www.larsonsvanservice.com](http://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.**

### written orientation

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.**

**Be sure to have your water bottles filled and purchase food for your breakfast and snacks for your hike down to the river the night before.**

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### duffel service

**You will carry your belongings on your hike into the canyon.**

**OR use the duffel service**

If you do not wish to carry your belongings on your hike to the boat, duffel service is available to anyone hiking into the canyon. It is not part of your river trip package. The cost **per duffel** is subject to change without notice. If you are interested in this service, please call Xanterra at 888-297-2757 to make reservations for the duffel service. **Please be sure to select the "Boat Beach Hitchin' Rail" as the destination point.** They will give you specific instructions and take your credit card information for payment. Please note that there is no secured or weatherproof storage at the Hitchin' Rail where the duffels are unloaded. **You will be hiking to Pipe Creek so you must notify Canyoneers office if you plan to use the duffel service at least one week in advance so the crew will know to pick it up when passing the boat beach.**

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### packing details

The items listed in our bring list are **recommended** for a comfortable trip. Please remember 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. 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.

what to bring

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

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

footwear

- ✓ pr recreational sports sandal/river shoe (closed toe best or fast drying deck or tennis shoe- sturdy flip flops are great for camp only)
- ✓ pr light/medium weight hiking boot (for hike out of canyon)
- ✓ (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 bottles ☞ OR camelpack hydration system AND a water bottle (for side hikes)
- ✓ 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!)
- ✓ a frameless day pack (similar to the soft packs used by children for their school books) to carry your belongings in for your hike into the canyon & to transfer belongings out of drybag at end of trip.

other optional items

- ✓ a small fanny pack (capable of holding a water bottle for day hikes)
- ✓ ricksack & carabiner ☞ (mini drybag & attachment tool)
- ✓ Grand Canyon River Guide ☞
- ✓ twin size sheet (to cover with if sleeping on top of sleeping bag)

### 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. **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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### hotel reservations

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

The cost of the motel 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](http://www.grandcanyonlodges.com). **We highly recommend making the reservations well in advance—do not wait until the last minute!!** 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.**

**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.**

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

### 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. List online — <http://www.arizonahotels.com/cities/Tusayan>

Squire Inn - 928.638.2681  
 Grand Hotel - 928.638.3333  
 Red Feather Lodge - 928.638.2414

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### storage of vehicle & luggage

**Canyoneers cannot store or transport any luggage left at the South Rim.**

Canyoneers will not be responsible for storing or transporting any luggage. 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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equipment we supply — 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 Canyooneers supplies.**

### 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 at the orientation meeting. 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.

### small day use drybag

A small day use drybag is also provided for toiletry items, sunscreen, extra film, medication, etc. To insure items stay separate and clean, we recommend putting these items in small ziplock bags. The drybag is approximately 10 liters (8Dx13L.)

equipment we supply — available when making camp in the evening.

### 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.

### 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.

### camp chairs

**Canyooneers now provides camp chairs (with legs) on our trips.**

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### 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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### 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.

There is no electricity available on the trip for recharging of batteries.

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### beverages

Canyoneers brings fresh water from Flagstaff — enough for the entire trip. You will be encouraged to drink plenty of water while on the trip!! Canyoneers also serves coffee, tea, juice, punch, and milk with your meals. We do not, however, supply soft drinks, beer, wine, or liquor. So passengers hiking down the canyon to meet the boat do not have to carry their beverages on their hike down, we give you the option to purchase drinks and have them waiting on the boat. Beverage orders **must** be placed directly with the licensed liquor retailer **and** paid in full well in advance of the trip. An order form will be sent to you and should be filled out and returned with full payment to the liquor establishment. (This service is available **only** to those passengers hiking into the canyon!)

### **DO NOT SEND THE ORDER FORM TO CANYONEERS!!**

Order 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 ordered, but space is limited) and remember — **alcohol dehydrates your body!**

If you wish drinks other than what is offered (**no substitutions or additional items are available**) or if you wish to supply your own beverages and do not wish to pack them down the trail, you can bring them to Canyoneers (located at 7195 N Hwy 89, Flagstaff, AZ 86004) **no later than noon the Friday prior to your trip**. All beverages must be in cans or plastic containers—**no glass! Each container must be plainly marked with your initials on the bottom of the can or container** (permanent marker or fingernail polish works best.)

**Note: No alcohol is allowed on the bus returning to the south rim at the end of the trip.**

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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.



## 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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## 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)

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## evening before your hike to the boat

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

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

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

### **2. Ask for a 4 am wake up call.**

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

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**The CanyonOars Best of Grand trip requires hiking into the canyon. Read thoroughly!!**

**The hike into 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     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

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 on average between 4 and 6 hours to hike into the canyon, depending on the individual. **A soft daypack with no framework is required for carrying your belongings and lunch and water on your hike into the canyon.**

Canyoneers provides a guide and uses the Bright Angel Trail for the hike in. Find a comfortable pace for your hike keeping in mind that you need to be to the boat by 11 am. The Bright Angel Trail is approximately 7½ 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.)** Due to our schedule, and in fairness to our other passengers, the Canyoneers boat will not wait for late arrivals. Please be certain to read this carefully so you are certain of the timetable of meeting the boat!

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 camelpacks 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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### 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., **if** the van should stop on the return trip to the South Rim
- ✓ payment of lodging or transportation if staying an additional night at the South Rim after the trip

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### 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.

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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, 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.

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useful websites**Flagstaff information**[www.flagstaffarizona.org](http://www.flagstaffarizona.org)**Grand Canyon Trip Planner**[www.nps.gov/grca/parknews/newspaper.htm](http://www.nps.gov/grca/parknews/newspaper.htm)**Grand Canyon information**[www.nps.gov/grca/planyourvisit/index.htm](http://www.nps.gov/grca/planyourvisit/index.htm)**Grand Canyon weather info**[www.wunderground.com/US/AZ/Grand\\_Canyon.htm](http://www.wunderground.com/US/AZ/Grand_Canyon.htm)**Maps of the Grand Canyon**[www.nps.gov/grca/planyourvisit/maps.htm](http://www.nps.gov/grca/planyourvisit/maps.htm)**Bright Angel Trail**[www.nps.gov/grca/planyourvisit/day-hiking.htm](http://www.nps.gov/grca/planyourvisit/day-hiking.htm)

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