

6 day CanyonOars Upper Canyon

upper canyon oar powered river trip through the Grand Canyon

Please read the enclosed material carefully.

The CanyonOars Upper Canyon river trip covers the upper portion of the Grand Canyon in 6 days & 5 nights on the river, approximately 87 miles, from Lees Ferry to Pipe Springs (near Phantom Ranch.) 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.

Upon leaving the boat, you will hike out of the canyon with a Canyoneers guide

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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).

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national park entrance fee

Canyoneers does not sell national park passes!

The National Park Service requires all passengers of river rafting trips to pay the Grand Canyon National Park entrance fee. The entrance fee is \$20 per person—persons under the age of 16 are exempt. The National Park Service requires river rafting companies to collect the fee from all passengers beginning their trip in Flagstaff. We collect the fee from everyone in advance so we don't have to take the extra time when you arrive.

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

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### 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**

|               |                        |                        |
|---------------|------------------------|------------------------|
| <b>June</b>   | <b>days 80°-105°F</b>  | <b>nights 70°-90°F</b> |
| <b>July</b>   | <b>days 100°-115°F</b> | <b>nights 70°-90°F</b> |
| <b>August</b> | <b>days 90°-115°F</b>  | <b>nights 60°-90°F</b> |

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

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Flagstaff AZ is the meeting point for the CanyonOars Upper Canyon river trips

~ Transportation ~

Canyoneers cannot provide car shuttle service or transport any luggage left in Flagstaff.

transportation to flagstaff

~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

Flagstaff Pullium 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)

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 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

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return to flagstaff

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

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

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

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

If you wish to spend the night at the South Rim and return to Flagstaff the following morning, lodging reservations may be made by calling 888.297.2757. The shuttle service has early morning departures also.

[canyoneers inc](http://www.canyoneers.com) ~ po box 2997 ~ flagstaff az 86003

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

Passengers must attend an orientation meeting the night prior to your trip date.

Please check your statement for the correct orientation and trip date.

orientation

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

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

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

This meeting is very important, and must not be missed unless absolutely necessary, so please plan to be on time. If you are going to arrive late for the orientation, due to circumstances beyond your control, please notify Canyoneers staff **Monday through Friday, 8 am to 5 pm. The Canyoneers office is closed on weekends and any messages left on our voice mail after 5 pm Friday will not be heard until the following Monday morning.** If you call after 5 pm Friday, you should call the desk clerk at the Holiday Inn Express (928.714.1000) on the night of the orientation meeting before 6 pm and ask them to notify the Canyoneers orientation host.

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

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### transportation to boat

Early on the morning of your trip date, passengers will be transported to the launch site at Lees Ferry, where you will board the boat and begin the trip. .

You will visit many scenic areas and take some short side hikes each day during your trip. You will be entertained with fascinating information on the history of the canyon and the river as well as educational interpretation on the ecology, geology, and cultural aspects of the canyon.

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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 transfer your belongings into for your hike out of the canyon.
- ✓ a small fanny pack (capable of holding a water bottle for day hikes)

other optional items

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

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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 Flagstaff hotel direct.

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

We use the **Holiday Inn Express, 2320 E Lucky Lane, in Flagstaff**. Canyoneers holds a block of rooms for the night of the orientation and the night of the return from the trip. Canyoneers' passengers will receive a special rate, discounted off standard rates for the season (if booked at least 21 days prior to the trip date.)

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

hotel reservation policiesroom reservation procedure

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

cut off date

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

check in/check out

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

reservation guarantee/cancellation

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

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other hotels near the holiday inn express

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

RV parks in flagstaff

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

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storage of vehicle & luggage

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

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

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

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

Canyoneers cannot store or transport any luggage left in Flagstaff.

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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 Canyoneers 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](#)

Canyoneers 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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[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 your own container.) 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. 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

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**The CanyonOars Upper Canyon trip requires hiking out of the canyon. Read thoroughly!!**

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

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

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

**If you have:**

- acrophobia     asthma     angina     emphysema     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 between 6 and 8 hours to hike out of the canyon — but can take as much as 12 hours — depending on the individual. **A soft daypack with no framework is required for carrying your belongings and lunch and water on your hike out of the canyon.**

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

You will be provided a sack lunch for your hike out of the canyon. Do not start your hike until you have received a lunch sack from your crew. Each person should carry their own lunch and water in case you get separated from the group.

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

### **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., at the rim after hiking out
- ✓ payment of lodging or transportation if staying an additional night at the South Rim after hiking out

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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 Canyoners. 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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