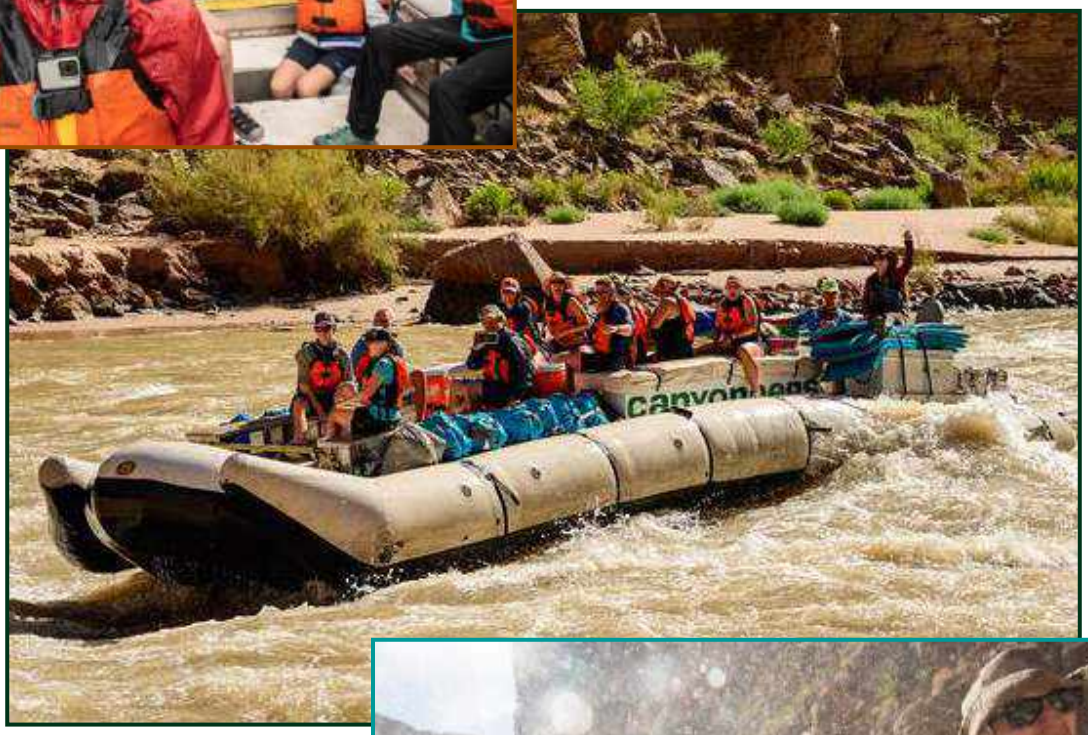
CANYONEERS
GRAND CANYON ADVENTURES
SINCE 1938

Full Canyon Motor Trip

TRIP PREP PACKET







Please call Laurie or Sam to discuss any element of the trip or trip preparations at 800 525 0924/ answers@canyoneers.com

TRIP PACKAGE DETAILS

The 8 Day Full Canyon river trip covers the entire Grand Canyon from Lees Ferry to Diamond Creek, approximately 225 river miles. This trip does not require a major hike into or out of the canyon.

PRE-TRIP—TRAVEL PLANNING

Sky Harbor Airport in Phoenix, Arizona is the closest major airport

Most of our rafters fly into Phoenix and then fly, take a shuttle, or drive a rental car to Flagstaff. Sky Harbor is a 2-3 hrs drive or a half-hour flight away from Flagstaff.

TRAVEL TIP: Plan to carry a small bag of essentials, including your rafting shoes & hiking boots onto the plane as there will not be time to locate lost luggage before your trip!

Phoenix to Flagstaff by Plane

Direct flights are available into Flagstaff Pulliam Airport (FLG) from Phoenix (PHX and Dallas (DFW) with American Airlines

Phoenix to Flagstaff by Shuttle Van with Groome Transportation

Groome provides van shuttle service between Phoenix and Flagstaff. With multiple departures each day, the shuttle is a convenient and reliable transportation option. Online reservations: www.groometransportation.com Phone reservations: (928) 350 8466 Groome offers pick-up service at each terminal in Sky Harbor Airport and drop-off at the Amtrak train station in downtown Flagstaff. For a small additional fee, Groome will deliver you directly to the High Country Motor Lodge; this must be arranged in advance by phone with Groome.

Phoenix to Flagstaff by Rental Car

Flagstaff is located at the intersection of I-40 (major east-west route) and at the northern terminus of I-17.The full range of rental agencies are available in both Phoenix and Flagstaff; rates and conditions vary year to year. Locations are either downtown (closer to the High Country Motor Lodge) or at the airport. Please allow adequate time for the pick-up and drop-off of your rental car both before and after your trip.

HIGH COUNTRY MOTOR LODGE IN FLAGSTAFF, AZ

You will begin/end your trip in Flagstaff, AZ at the High Country Motor Lodge

The Motor Lodge is located at 1000 W Rte 66. Round trip transportation between the Motor Lodge and the river is included in your trip fare. The Canyoneers bus will pick you up at the hotel the morning your trip begins for the two and a half hour drive to Lees Ferry. After the trip, we will return you to the Motor Lodge.

Getting to the Motor Lodge from Flagstaff's Airport or Amtrak Station

Taxis are available at the Flagstaff airport and at the Amtrak Station. The airport is about 5 miles from the Motor Lodge and a taxi will cost approximately $20; Amtrak Station is 1.2 miles to the Motor Lodge

Pre-trip Orientation at the Motor Lodge

A mandatory orientation will take place at the Motor Lodge located at 1000 W Rte 66 in Flagstaff at 5:30pm the night prior to your river trip. We will issue your equipment and demonstrate proper packing of your river gear and provide other valuable information at this meeting.

Please check your statement for the correct orientation and trip date.
Arizona is on **Mountain Standard Time** - AZ does not observe daylight savings.
The hotel front desk will tell you where the meeting will be held when you check in.

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 Manager on 928-606-2508 or by sending an email to answers@canyoneers.com. 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.

PRE AND POST-TRIP LODGING AT THE HIGH COUNTRY MOTOR LODGE

Canyoneers holds a block of rooms for the night of the orientation and the night of the return from the trip at the High Country Motor Lodge, 1000 W Route 66 in Flagstaff. Please use your reservations portal / Reservations Info & Documents / Finalizing Your Trip
Details to access the hotel reservations link provided to receive our discounted rates. Reservations need to be made In advance; the block is released by the hotel 2 months in advance of each trip date.

This is a boutique hotel featuring an outdoor lawn space including outdoor sofas, tables, fire pits, lawn games, pool, hot tub and sauna. The lounge, bar and indoor dining flow to the outside and feature board games, pool table and an overall vibe that is quiet, homey and welcoming to outdoor enthusiasts recreating in our mountain town.

We recommend you stay at this hotel as it provides services that other area hotels do not offer and that dovetail with the unique pre and post trip logistics associated with our trips: locked luggage storage; free car parking; and a very early breakfast service from 6- 6.30am (note our 7am departure time). Luggage may be checked with the hotel. Vehicles may be left in the parking lot of the hotel, but a fenced area is not available. The hotel will not be responsible for any theft or damage to luggage / vehicles while parked at the hotel.

PRE-TRIP CONDITIONING/ACCLIMATING

Get in shape for daily hiking in the Canyon's rugged backcountry: ***Hike*** your local trails that have elevation gain. ***Climb stairs*** to build strength for steep hikes. ***Use exercise machines*** like stairmaster, , elliptical, or treadmill set on incline. **Purchase your hiking shoes and day pack early** to allow time to break them in. Incorporate them into your conditioning program. **The more physically prepared you are, the more of the canyon you'll be able to see, and the more fun you'll have doing it!**



Start drinking more water than usual a few days before traveling to Flagstaff to offset the effects of dehydration caused by flying, and to get a head start on acclimating to the dry desert conditions that you'll experience on-river. **Arrive early in Flagstaff** to achieve the best means of acclimating to the dryness and altitude in advance of your river trip. The more acclimated you are at the beginning of your trip, the better you'll feel! **It takes about three days to acclimatize** to the Canyon's aridity and altitude; while still adjusting, you're more likely to suffer from dehydration sickness. **Elevation** (Flagstaff is at 7,000 ft., Lees Ferry is at 3,200 ft) is also a factor causing energy drain for those coming from lower elevations. Drink plenty of water to help your body adjust to the conditions in Flagstaff and on the river.

PRE-TRIP SHOPPING— POPULAR OUTDOOR GEAR VENDORS

REI
800-426-4840 www.rei.com

Backcountry.com
800-409-4502 www.backcountry.com

Sierra Trading Post:
800-713-4534 www.sierratradingpost.com

Eastern Mountain Sports
888-463-6367 www.ems.com

Campmor
888-226-7667 www.campmor.com

Northwest River Supply
877-677-4327 www.nrsweb.com

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

WATERPROOF STORAGE PROVIDED BY CANYONEERS

Waterproof Dry Bags

Canyoneers provides each participant with two waterproof bags: one larger bag for your clothing & the sleeping bag we provide and a smaller dry bag for clothing and gear you'll want to access throughout the day (the Day Bag).



Large Dry Bag

Think of this large dry bag as "checked luggage" (28" x 16" once properly closed), provided at the orientation meeting to each passenger to keep clothing, sleeping bag and ground tarp dry while on the river. The dry bag is a soft, pliable bag and will provide sufficient room for the clothing list we recommend you bring. During the day, you will not have access to the dry bag or its contents.

Day Dry Bag (small)

Think of the smaller dry bag as carry-on luggage for storing items you want to have access to during the day (sun shirt, sunscreen, rain gear, long underwear, sarong, etc). The bag's measurements are 24"Height x 10"Diam. You'll take this dry bag onto whichever boat you want to ride in for the day along with your life jacket and your water bottles.



Day Dry Bag & Water Bottles

You will have access to these items through out the day; they will be stored on the boat right next to you.



Water bottles and the Small Day Dry bag

can be clipped together to facilitate carrying and storing them on the rafts.

Shoe Bag—Storage for hiking shoes

Additional communal dry bags are provided for **hiking shoes** so these bulky and sometimes dirty items will not need to be stored with your clothing in your large dry bag. The shoe bags are available prior to every hike so you can change out of your river sandals and into hiking shoes if you like.



Day Packs—Storage for day packs

Each boat also carries a dry bag for storing day packs and camel back bladders keeping them easily accessible when we pull in for a day hike.

Fishing poles and hiking poles will be stored separately on the boats.

SAFTEY EQUIPMENT PROVIDED BY CANYONEERS

***Canyoneers supplies all participants with a U.S. Coast Guard approved class V PFD (life jacket). Participants are not permitted to use their personal PFDs. ***

CAMPING EQUIPMENT PROVIDED BY CANYONEERS

Tents

We issue one **Alps Mountaineering tent** for every two passengers for trip participants who are traveling together. If you are traveling on your own, or prefer to sleep by yourself, we will issue you your own tent. If you elect to bring your own tent, it will be stored in a waterproof bag with the rest of the tents.

Sleeping Kits

Sleep kits consist of a sleeping bag, cot / thermarest 77"x25"x1-3/4" (Oar only) and a tarp. These items are pre-packed into a waterproof bag and onto our boats. Our sleeping bags are light to medium bags and are freshly laundered prior to each trip. When using a tent the ground tarp should be places under to prevent damage to the tent floor. When sleeping under the stars (no tent) place the tarp on the sand then your sleeping bag. During the hotter months it is recommended that you bring a twin sheet to cover yourself instead of using the sleeping bag.





Camp Chairs

Camp chairs are provided for in-camp use; one folding chair with backrest per participant.



BEVERAGES

Canyoneers supplies potable water on the trip and also provides coffee, tea, juice at breakfast and limited quantities of milk as well as powdered lemonade mix and electrolyte replacement powder. We do not supply soft drinks, beer, wine, or liquor.

If you wish to purchase supplemental beverages, look for an order link to arrive with your final bill, 5 months in advance of your trip date. Beverages must be in cans or boxes. Beverages are kept cool and can be further cooled by placing a few each afternoon into our communal mesh bags (called drag bags) that hang off the boats, in the cold river water. (Ice is present on the trips but exclusively for food management and is not available for drinks.)

There is no set limit on what can be brought, but space is limited and there are others bringing drinks also. For your health and safety we recommend alcohol consumption in moderation only; Grand Canyon trips take place in a desert environment character- ized by extreme temperatures, unfamiliar terrain, and an isolated river environment. Note: No alcohol is allowed on the vans/bus to/from Flagstaff.

PLEASE DO NOT BRING TECHNOLOGY

To get the most out of your time in nature, away from the noises and stresses of our regular lives, allow yourself to be immersed in the natural quiet, bird and water sounds. Please plan to take a break from technology during this unique opportunity to do so.

ESSENTIAL GEAR & CLOTHING

- ☐ 2-3 Sun Shirt(s) Lightweight, long sleeve (Button-Downs are great for easy on/off) - For sun protection and—when worn wet - to keep body temps down. Cotton dries slowest, enhancing its effectiveness. Used in boats and on hikes.
- ☐ 1-2 Short Sleeve Shirts or* Long Sleeve Shirts (personal preference— long sleeve if preferred in extreme sunshine/heat)
- ☐ 2 Bathing Suit (women) (Two-piece suits are generally preferred as more versatile and comfortable.)
- ☐ 1 Sarong (men and women) —The most versatile sun protection, used in boats/camp; worn over shorts / skirt. Long cotton pants / quick dry pants / leggings
- ☐ 1-2 Pair Shorts/Swim Trunks - Synthetic, loose fitting, heavy-duty, quick-dry. Worn as the base layer of clothing, enabling you to add/change clothes with ease throughout the day; longer “board short “styles provide sun protection for tops of legs.
- ☐ 1-2 Sports / Comfortable Bra (women)
- ☐ 1 Pair Sunglasses + Chums or other Sunglasses Retainers
- ☐ 1 Hat / Baseball Cap / Visor (plus Hat Retention Strap)
- ☐ (A big straw hat and other full brim sun hats create shade - a treat during the hotter months).
- ☐ 1 Rain Jacket
- ☐ 2 One-Quart Water Bottles — See DETAILS page 7.
- ☐ 1 Headlamp (highly recommended) or Flashlight + batteries
- ☐ 1 Daypack — See DETAILS page 4 & 7
- ☐ 1 Pair River / Recreational Sports Sandals. — See DETAILS below
- ☐ 1 Pair Lightweight Hiking Shoes / Sneakers & 2 pairs socks — See DETAILS below



River / Recreational Sports Sandals are worn in the boats AND used for the wet and/or shorter hikes; great in camp. Need heel straps for ankle stability and to keep sandals secured to feet and “sticky rubber” soles with deep tread providing the required traction for hiking on smooth or wet rock surfaces. Older river sandals are not the best—the rug- ged river environment can degrade older materials completely, resulting in strap and sole failure—leaving you without sandals! Good river sandals brands are Chacos or Bedrock (www.bedrocksandals.com).

Lightweight Hiking Shoes / Sneakers - For a break from your sandals. Good support on longer hikes, and the hike out. May be below the ankle and should be made of fast drying synthetics (mesh, suede) — not leather.

Self draining shoes may be worn on boats and for hiking instead of sandals, must be adequate for both boating and doing wet hikes (sturdy, sticky soles). Astral (www.astraldesigns.com) makes good self draining hiking shoes, Northwest River Supply makes an adequate version.



*****ADDITIONAL GEAR FOR APRIL MAY SEPT TRIPS ONLY*****

April, May and September trip guests will need long underwear; a light weight fleece / puffer jacket; heavy duty rain jacket & pants. Weather dependent, you may ultimately not need all items but don’t want to go without them.

TOILETRIES

- ☐ Shampoo / Conditioner/ Soap
- ☐ Hair Brush
- ☐ Toothbrush & Toothpaste
- ☐ Body Moisturizer
- ☐ Lip Moisturizer & Lipblock
- ☐ Hand & Foot lotion (Neutrogena Norwegian Formula Hand Cream is non greasy/staining & available in grocery stores)
- ☐ Prescription Eyeglasses (2nd pair) and / or Contact Lenses
- ☐ Feminine Products , etc.
- ☐ Sunblock - Paba free
- ☐ Prescription Medications - Bring 2 courses of essential medications. Give one to your trip leader to be stored separately as back up. Note: Some medications are affected by heat and aridity; check with your physician. Just prior to a trip in a wilderness setting, away from medical care, is not a good time to switch to a generic medication or make prescription dosage changes.

Travel-sized containers help to limit weight and bulk in your bags.

Pack liquid toiletries in a Ziploc to protect your clothing from potential leaks.

Minimize Disposables Minimize Your Trash

Please minimize your garbage by removing any packaging from all personal items prior to your arrival and leaving disposables at home. River trips take out everything we bring on-river with us. There are no trash cans or other receptacles on- river; all your personal garbage must come out with us. This can at times present quite a challenge.

OPTIONAL GEAR AND CLOTHING ITEMS

Extra Items—Based on personal preference /weather
Warm Layers: 1-2 set (s) long underwear; wool/fleece
☑ hat; Micro-Fleece Top
Extra shorts, shirts, socks, etc.
☐ Synthetic Underwear/Panties
☐ Nighttime wear for sleeping
☐ Comfortable outfits for camp—Skirt(s) / dress(es) provide
☐ built-in privacy for quick clothing changes; make it easier
☐ to urinate near camp and show less skin during the
☐ process.
☐ Hydration Bladder (70-100 oz.) — See DETAILS below.
☐ Camera & Waterproof Pouch — See DETAILS below.
☐ Binoculars
☐ Journal/Notebook
☐ Sun Gloves
☐ Camp pillow or pillowcase (stuff clothes into it and use as
☐ a pillow)
☐ Shaving kit
☐ Back-up Sun Glasses + Chums
Pack or Camp Towel — See DETAILS below.
☐ Bandana — See DETAILS below.
Twin sheet — highly recommended for warmer months— when you may prefer to not sleep in a sleeping bag. Not necessary for April / early May trips.
Camp Shoes - Well-constructed flip flops or light-weight sneakers can be nice for relaxing in camp, but please do not bring flimsy-soled shoes (Crocs, cheap flip flops) that can be easily pierced by sticks or thorns resulting in serious injuries, OR smooth-soled shoes (Crocs, cheap flip flops) that can result in slips and falls, OR "FiveFinger shoes" (also not great in this environment as they fill with fine sand (resulting in skin irritation, facilitating possible infection) and do not allow feet to dry/breathe.

Warm layers and rain gear in the summer?

Staying dry while rafting is critical to staying warm during inclement weather that can occur at any time of year. The ability to add or remove layers of clothing makes it possible to stay comfortable during varying weather conditions.

Long underwear can be worn under rain gear to provide the insulation needed for rafting in cloudy or rainy weather when overall temperatures drop, making boating chilly.



GEAR & CLOTHING DETAILS

*****Bring clothing you won't mind getting dirty: camping conditions are sandy and the river water is often muddy, which can stain clothes, sometimes permanently. We suggest loose fitting, fast drying, durable materials.*****

Two Water Bottles (1 quart each) are required on the boats. Your water bottle is your lifeline in the canyon; it must be heavy duty enough to withstand someone stepping on it (Evian-type water bottles are NOT okay).

Daypack You will need a daypack (not a fanny pack) for the side canyon hikes which is large enough to carry your water, camera, sunblock, snack, rain gear, and sun shirt (for sun/heat protection) and/or long underwear top. Look for a 1100-1200 cubic inch daypack with a bladder sleeve. Our experience is that fanny packs do not provide adequate space for everything you may need. On the other hand, internal frame daypacks are overkill.

A Hydration Bladder is *optional, but highly recommended.* Carried in your daypack, it will make drinking while hiking easier. On longer hikes, you'll appreciate the ability to carry both bladder and water bottles for a total of one full gallon. *Not for use on boats.*

Small Synthetic Pack Towel (like a chamois) is highly absorbent and compact. Made of quick-drying synthetic materials, they can be found in camping or sport stores. A regular cotton towel is likely to dry overnight during hot months, but during inclement weather conditions it may not - leaving you packing a wet towel in with your clothes in the morning.

Bandana Small but effective. Wet and place on neck for evaporative cooling and sun protection.

Cameras Small digital cameras are convenient; waterproof models are really nice and don't cost much more. Larger, fragile cameras are stored in our shock-proof, waterproof ammunition can; a protective pouch is a good idea for cushioning and sand protection. Grand Canyon beaches are sandy and weather conditions can create blowing sand. It is unusual for cameras to incur any damage; however, as on any trip of this type, there is some risk of lost or damaged personal items.

A Warm Hat (Fleece or Wool) is both lightweight and small but will make a big difference if you encounter cooler temperatures on your trip. Your body temperature can be greatly impacted by what you wear on your head.

Microfleece Tops - a great layer to have available in addition to your long underwear. Lighter weight is best. If you experience extended rain during your trip (rare, but it does happen), temperatures can plummet and you will find yourself needing this warmer layer.

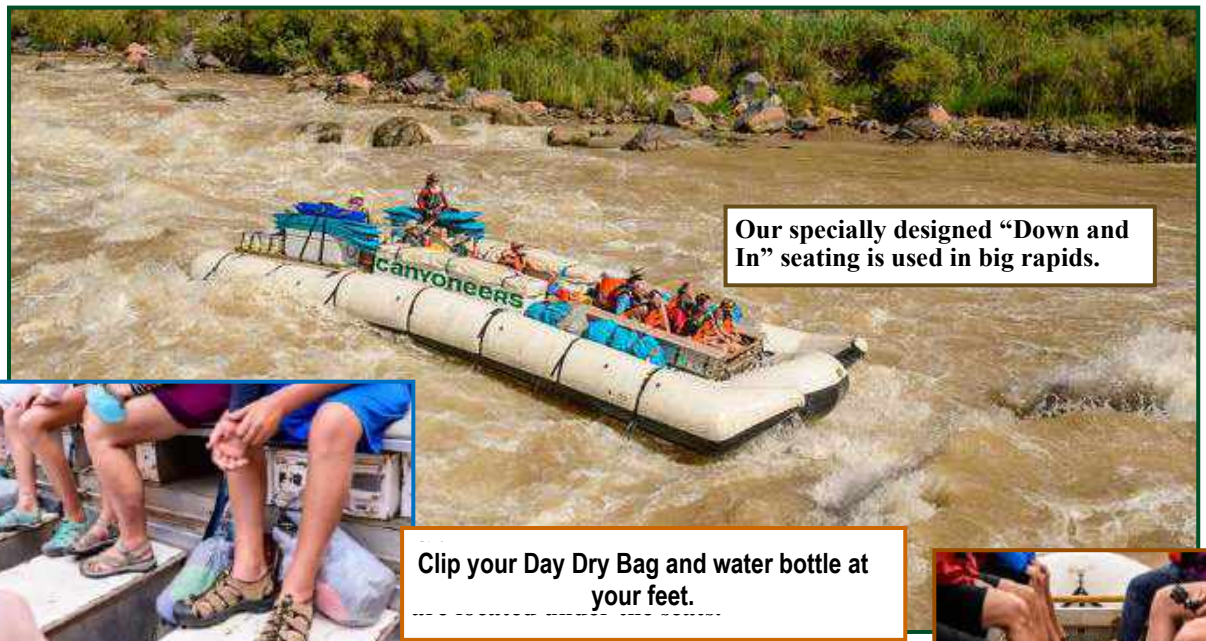
A LOOK AT THE CANYONEERS BOAT

Expect 14 –16 trip participants on each of our 37' motorized pontoon rafts.





The Canyoneers boats are designed to allow for freedom of movement and multiple seating options: seating on padded storage boxes allows for facing forward or viewing the canyon walls. Other seating options include riding on side tubes in flat water and smaller rapids and our signature "Down & In seating".



Our specially designed "Down and In" seating is used in big rapids.

Clip your Day Dry Bag and water bottle at your feet.



Clothing changes are accessible in small clear day dry bags issued at orientation.

Rafting in river sandals allow feet to dry between rapids and are also great for most of the hikes.

Hiking shoes and day packs are stored on the boat in easily accessible communal dry bags.

WEATHER & TEMPERATURES

Average Temperatures

June/July/August: Days 100-120°F / Nights 70-90°F

Typical Weather Conditions

The weather on your trip may vary between hot and cold. Clouds and/or rain can cause the temperature in the Canyon's desert environment to plummet. *It can rain in any month, or conversely, be arid and cloudless.*

July/August is typically the monsoon season— a cloud buildup in the morning and short heavy rain in the afternoon.

***** The ICE COLD water is a big factor in body temperature as even the smallest waves will give you a soaking. *****

Be prepared for variable temperatures and variable weather conditions; see our packing list on Page 4



A TYPICAL DAY

In the morning, the guides will announces coffee is ready. Pack up your sleep kit and clothing dry bag; re-organize your day gear. After breakfast, the process of putting camp away begins with calls such as, "Last call for juice," "Last call for trash," and "last call for groover". Next, the boats are reloaded with everyone's help. Choose a boat for the day as you get ready to embark on another glorious day of boating in Grand Canyon.

Generally, you will be in the boats about half of each day and will make several stops: lunch, side canyon hikes, interpretive talks, and frequent "bathroom" breaks. You may hike once a day or do up to three shorter stops/hikes in a day. Your guides will offer interpretive information about the Canyon's natural and cultural features in a variety of settings, including while hiking, when stopping at an attraction site, while in camp, and while on the boat as you pass significant features. Dine by the river at a new campsite each night. Your Trip Leader will provide a nightly talk covering the next day's logistics. Camp under the stars and experience the ultimate dark skies.

Camp Set-up

When you reach your camp site in the afternoon, the entire group works together with the guides to unload the boats and set up camp before individuals go off to seek their ideal sleep site. All the kitchen equipment, the toilet, and everybody's tents and dry bags have to come off the boats. Most campsites are spacious, soft, beautiful









In Camp

The kitchen is the center of activity in camp! Your guides will do all the meal preparation, but we welcome your company and involvement in the fun.

This is also a good time for reading or relaxing and socializing in your camp area or by the water's edge. Our on-river library consists of 10-12 Grand Canyon/Colorado Plateau related reference and history books. The library is placed in camp each night and is available for use throughout the trip.

Canyoneers Crew will always announce when the meals are ready, coffee and breakfast in the morning, lunch or appetizers and dinner in the evening.

Before retiring to your sleeping bag and tent, note where the kitchen and the toilet are being set up, so that you don't set your camp too near either one, and so that you'll be able to find the toilet in the dark. Human waste is carried out with us. Cat holes are prohibited; instead, a container with toilet seat is used for solid waste. Liquid waste (urine) goes directly into the river.







Drinking Water

We carry potable drinking water that is accessible throughout the day on the boats and in camp.

Sanitation/First Aid

Sanitary practices are important on the river to prevent the spread of infectious agents. We set up hand-washing stations in the kitchen and near the toilet. It is very important to wash and sanitize your hands before you handle any food, and every time you use the toilet. If you need a band-aid for a minor cut, or an aspirin or ibuprofen, we keep a first-aid kit in the kitchen. You may help yourself to whatever you need from this kit. Consult your guides for more serious matters; additional first aid supplies are stored in a series of kits designed in accordance with wilderness first responder protocols.

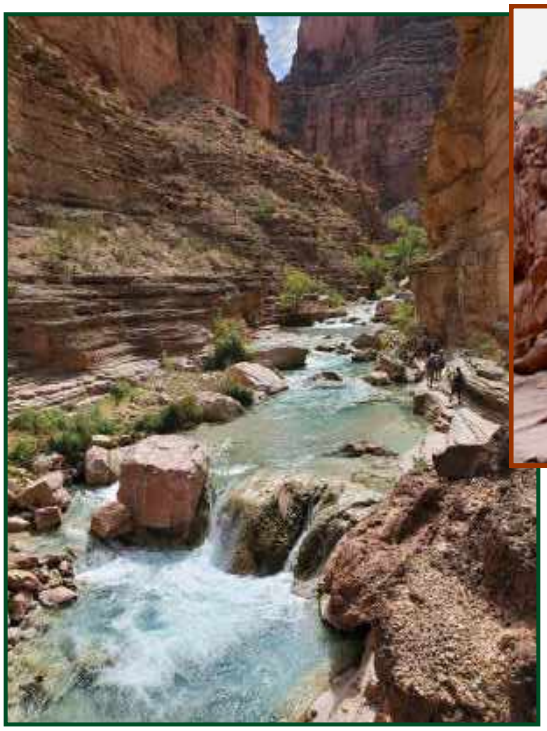
Minimum Impact Camping

To minimize impacts associated with river trips using the river, beach, and backcountry environs of Grand Canyon, we have designed and adopted tools and procedures related to camping, food preparation, cooking, clean-up, site visitation and side canyon hiking. Following minimum impact procedures, as a group, is critical to the health of the Canyon.

We follow the "leave only footprints, take only photos" camping philosophy, even down to picking up the small trash that falls under the kitchen tables.

SIDE CANYON HIKING

Hiking is a major focus of our trips, and we hike most every day from 1–3 hours. You'll need to be in good to excellent physical condition. The hikes vary in length and level of difficulty: some hikes are hot and dry while others are cool and shady. Many hikes are not on trails; some are up creek beds, and others meander over the desert floor with the towering canyon walls as their only bounds. Each hike is unique in its adventure offerings: one may lead you to Archaeological sites and the next may take you through rock narrows to swimming holes and waterfalls. Some hikes begin at camp, others involve boating to reach the hiking area. You may spend more time hiking one day and make up river miles another day or over several days. When we stop for a hike, there will be time to disembark as a group, access shoe and day pack storage bags, refill water bottles, and grab daypacks before setting off.









Hiking in Grand Canyon is strenuous and is perhaps best described as "off-trail".

All hikes go steeply uphill from the river corridor over uneven and often difficult terrain.

Most hikes include some scrambling and moves that may require guide assistance with spotting, hand and foot hold advice, and verbal encouragement. Hikes are set at a pace to challenge people who are in good condition: a fast pace with a limited amount of time set for the complete hike.

On most hikes, you can tailor the hike to your needs by going at a slower pace and not doing the entire hike, or choosing to skip the hike and remain with the boats while the rest of the group is hiking.



AT TRIP'S END

Last Day

You will arrive at the Diamond Creek take-out in the morning of your last day. After unloading, we'll have sandwiches at Diamond Creek then board the bus for the ride back to Flagstaff. . We usually arrive in Flagstaff about mid-afternoon, but we can not guarantee an arrival time due to the primitive nature of the take out location and vehicle logistics. We recommend you spend the night in Flagstaff and make your return travel plans for the following day as delays can occur that would negate same day travel plans.

Reservations Portal—Sharing Photos

Your reservation portal provides a social platform to share photos and stay in touch post-trip with fellow guests and your guides. Complete a trip evaluation form—your guides love hearing from you—to access the social platform.

Guide Gratuities

Guiding is a service industry and tips are greatly appreciated by your guides. Tip amounts vary depending on trip length, group size, satisfaction, etc, but an average of around 10% is the norm. Cash or checks **(made out to your Trip Leader)** may be given directly to your Trip Leader at the end of your trip or mailed to him/her after your return home.

THE GRAND CANYON ENVIRONMENT & RISKS IN ADVENTURING

A Grand Canyon trip with Canyoneers is a wilderness adventure involving rafting, hiking, and camping. We will take you away from the noises and pressures of today's world, but that also means that we will be leaving behind its amenities and comforts. You will be rafting on extremely cold water (45°-52° F). You may experience both extreme heat (110°-120° F) and extreme cold (rafting on a cloudy day) on your trip. Wind and sand can produce uncomfortable camping conditions at times. The dry desert air requires consumption of large amounts of water to stave off dehydration along with adequate food intake to guard against hyponatremia.

Inherent Risks in Adventuring 20,000+ people participate on commercial Grand Canyon trips annually. Serious accidents are rare. However, Grand Canyon trips include serious risks that, given the unique character of the adventure, cannot be eliminated. The following are some but not all of the risks that are inherent to the environment and activities:



Extreme weather events Flash floods, rock falls, high wind gusts, etc. can result in unpredictable, dynamic, and potentially life threatening situations during outdoor adventures while camping, hiking, and rafting.

Slips and falls Campsites and stops along the river can be characterized by uneven terrain. Many hikes include exposure, steep ascents/descents and/or rough terrain; personal conditioning and comfort levels should dictate your participation choices. Being attentive and careful while camping, hiking and rafting in a river environment and being aware of your personal capabilities are important factors in reducing personal risk.

Prolonged exposure to the elements Exposure to extreme heat and the desert sun can result in serious medical conditions including heat exhaustion and heat stroke.

Exposure to bacteria, viruses, and/or allergens You may be exposed to bacteria, viruses and/or allergens from food, water, air, or as a result of wildlife encounters including snakes, bats (rabies), mice (hantavirus) and other people. This includes exposure to all viruses and bacteria transmitted by humans, including Covid-19.



Extended immersion in frigid water Boat flips or unintentional entry into the water from a boat or shore can result in rare situations in which rescue is delayed or not possible and swimming to a boat/to shore or pushing out from under a boat is required to avoid hypothermia or drowning. **Jarring and jostling through rapids** may result in collision with objects in the boats or in the river in the event of being thrown from the boat or the boat capsizes. **Whitewater navigation is inherently subject to dynamic natural forces** (often difficult to predict and impossible to control) and human error; guides are not immune to mistake, lapse or error.

Medical facilities and medical care can be hours or even days away in the case of emergency or need for evacuation. Medical conditions or events that in the front country may not be life threatening can become life threatening due to the time it may take to get to advanced medical care from the back country of Grand Canyon.

Canyoneers is committed to the quality of each guest's experience,
providing appropriate equipment, qualified and skilled guides, safety standards and protocols.

Canyoneers has been operating Grand Canyon trips since 1938.