



COLORADO RIVER THROUGH CATARACT CANYON

Itinerary



MEETING PLACE:	Gonzo Inn, 100 W 200 S St, Moab, Utah
MEETING TIME:	7:00 PM, the evening before your trip
RETURN TIME:	Approximately 4:00-6:00 PM
RIVER RATING:	Class III-V, depending on water levels
RIVER MILES:	96 miles
PUT-IN:	Potash Boat Ramp
TAKE-OUT:	Hite Marina on Lake Powell
AGE LIMIT:	Minimum age is 7 years (16 at high water levels)
TRIP LENGTH:	6 days/5 nights
BOAT TYPE:	Oar raft, inflatable kayak, stand-up paddle board (SUP)

Much of America's desert southwest is defined by one river: the Colorado. Born of snow pack high in the Rocky Mountains, the Colorado River surges its way south and west into the state of Utah, its rock-shaping power among the defining characteristics of spectacular Canyonlands National Park. The river is mostly undammed above Cataract Canyon; thus, varying water levels at different times of the year provide a whitewater experience for everyone. During the high-water season of May and June, experienced whitewater enthusiasts delight in the huge waves and the famous "Big Drops," which at times can make even the Grand Canyon's Lava and Crystal Rapids seem tame. In April and then later in the season from July through October, as the water levels drop, it becomes a great family-friendly run, with less intimidating rapids suitable for all ages and levels of experience.

Guiding Life's Greatest Adventures since 1969

O.A.R.S. has been in business for over 45 years, and that is no accident. Friendly and professional guides, active expeditions and some of the most incredible landscapes on earth are the framework for our success. With a genuine belief that river trips and other nature-based adventures are exceedingly worthwhile life experiences, we have committed ourselves over the years to providing the best trips available, always with an eye on improvement.



Save the Colorado

Save The Colorado’s mission is to protect and restore the Colorado River and its tributaries from the source to the sea. Save The Colorado focuses on fighting irresponsible water projects, supporting alternatives to proposed dams and diversions, fighting and adapting to climate change, supporting river and fish species restoration, and removing deadbeat dams.

Gary Wockner - Executive Director, Save the Colorado

Gary Wockner is an award-winning environmental activist and writer, and co-founder of Save the Colorado. Gary spearheaded the protection and restoration of his local watershed in Fort Collins, CO, and has played an increasing role around Colorado River protection throughout the Southwest U.S.

Please use this document as a resource for general information on your Cataract Canyon adventure. The information enclosed covers most everything you’ll need to know before your trip. Of course, if you have questions that are not answered in this packet, we are happy to help! Just call 1-800-346-6277 in the USA or Canada or 1-209-736-4677 if outside the USA or Canada to speak with an adventure consultant, or e-mail us at info@oars.com.

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SAMPLE ITINERARY

We pride ourselves in running a relaxed and flexible schedule. Every trip is different depending upon the group, other trips on the water and sometimes the weather. The following is a sample of what your trip might be like:

The Day Before Your Trip...

- We meet at 7:00 PM in the breakfast room at the Gonzo Inn for a pre-trip meeting. This is an opportunity to meet your fellow travelers and ask any last-minute questions. Your trip leader will give you a thorough trip orientation and pass out your waterproof river bags so you can pack your belongings that evening.

Day 1

- We’ll get going first thing in the morning, taking a short drive to our Colorado River put-in at Potash. Upon arrival at the boat ramp, our guides will present a safety talk and orientation to our boats and gear. We’ll cover some miles on the first day, maybe stopping for a short hike at the Lathrop Ruin. We’ll

make camp on a big sandy beach, watching afternoon turn to evening as your guides prepare dinner and the sun sets behind towering canyon walls.

Days 2 - 5

- Morning begins with a coffee call from the kitchen. Grab a hot drink and watch the sunrise play out on the cliffs above you. Get a head start on packing up your dry bags, and then enjoy a hearty breakfast and some time to relax as we get our gear back on the boats. The river meanders peacefully, each new bend revealing stunning views of eroded canyon country. Hiking opportunities may come at Indian Creek Canyon, where fascinating Anasazi ruins and a stunning seasonal waterfall await.
- As we head downriver, the Colorado winds through the Loop—an exceptional example of the river’s convoluted twists and turns and a venue for another great hike—before we reach the confluence with the Green River. Here, the current picks up, signaling the beginning of Cataract Canyon. We’ll try for one of the great campsites at Spanish Bottom, on the verge of our first major rapid. We won’t let the mesmerizing spectacle of a billion bright stars keep us awake too late, wishing to be well-rested for the days to come.
- The active hikers among us may make an early morning bid to hike 1,500 feet up to the Doll House, with astounding views in all directions. Then we’ll be off into the rolling depths of Cataract Canyon to challenge the Big Drops and the big wave thrills of the mighty Colorado. After a day of drenching whitewater excitement, we’ll make camp and toast to the thrills and spills with new friends. On the final night, revel at the river’s edge as your guides prepare a farewell feast.

Day 6

- After a delicious breakfast, we’ll be back on the boats winding through the final dramatic miles of Cataract Canyon, where lofty cliffs rise 2000 feet above us. Soon, we’ll reach the impounded waters of Lake Powell, held back by Glen Canyon Dam 180 miles or so downstream. After a final lunch on the river, we’ll come to our take-out at Hite Marina where we’ll take a five-minute van shuttle to the airstrip. Thankfully, the scenic flight to Moab grants a bit of time to reflect, as we trace our path backwards through Cataract Canyon from high above, looking down on the beautiful landscape from a bird’s-eye perspective.

Included in Your Trip Cost

- Skilled professional guide service
- All meals from lunch on day 1 through lunch on the last day
- 3-5 nights catered camping
- **2 waterproof bags** to hold your gear for the trip (13” diameter x 25” tall—approximate sealed size—with a maximum capacity of 2 cubic feet). Your sleeping bag and pad must fit into one bag and your remaining gear will fit into the other bag. *Please note: If you rent our gear it will come already packed in one of the two waterproof bags issued to each passenger. Your remaining gear, therefore, must fit in one bag.*
- 1 small waterproof bag for camera and other small items you’ll want during the day (17” tall x 9” diameter—approximate sealed size)
- 2-person tents on a shared basis (there is a \$30 charge for a private tent)
- Personal flotation device (PFD) which must be worn at all times on the river in compliance with safety regulations
- Camp chairs
- Eating utensils, cups and plates
- Highest quality inflatable rafts and related equipment
- Transfers to the river and back

Not Included in Your Trip Cost

- Transportation to and from Moab
- Pre- and post-trip accommodations and meals
- Sleeping bag & pad (these items may be rented from O.A.R.S.)
- Insurance of any kind, including travel insurance
- Alcoholic beverages
- Items of a personal nature (an equipment list will be provided)
- Gratuities

Available For Rent

Please indicate on your guest registration form whether you want to rent a sleep kit or if you prefer to bring your own.

- **Sleep Kit:** Can be rented for \$40 per person. Sleep kits consist of a sleeping bag, sleeping pad, ground tarp, sheet, pillow and pillowcase.
- **Sleeping Pad Only:** The pad only may be rented for \$15
- **2-Person Tent:** We provide 2 person tents. It is assumed you will share this tent with another person. You can (if you prefer) have a tent to yourself for an additional charge of \$30 per tent.

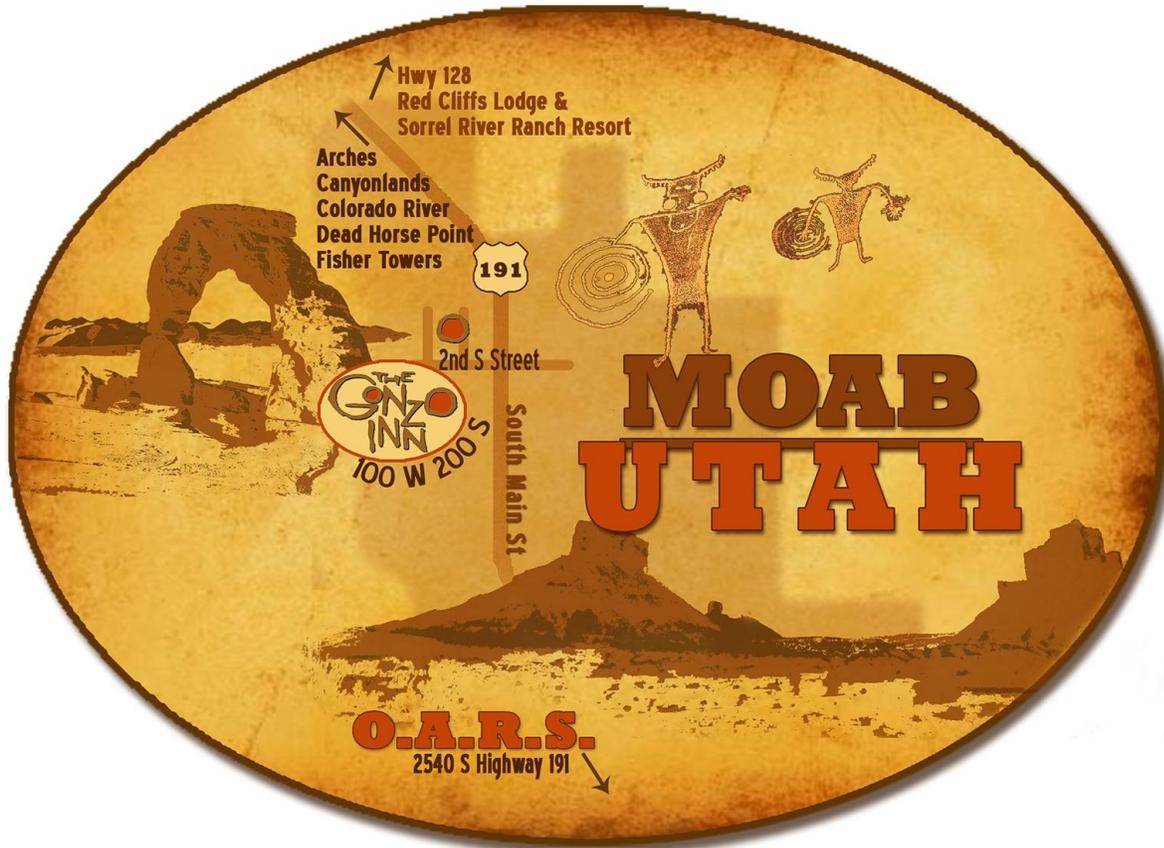
TRIP PREPARATION CHECK LIST

- **Purchase Travel Insurance:** We strongly recommend you protect yourself, your belongings, and your vacation with the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments, in most cases, should you have to cancel your trip at the last minute due to illness or injury. As with most major travel arrangements, there are cancellation fees that will apply regardless of why or when you might need to cancel. Insurance options are available at www.travelinsure.com/cobrand/OARS
- **Trip Forms (online):** Each participant will need to complete the required trip forms within two weeks of making a booking. Refer to your confirmation e-mail for the link to the online forms. If you prefer to fill out paper forms, please let us know right away. If you are reserving within 60 days of departure, your forms must be completed immediately to ensure we can properly plan for your trip.
- **Reserve flights, shuttles and lodging:** Verify with your Adventure Consultant that your trip has met minimum numbers prior to booking flights and/or reserving overnight lodging for the night before and after your trip, if applicable.
- **Whitewater Orientation:** To increase your safety, we expect everyone to watch our 23-minute Whitewater Orientation video before joining us. Check out the 5-minute animated CROA Safety Video on the same webpage. Watch at <http://www.oars.com/videos/oars-whitewater-orientation> or call 800-346-6277 to request a free DVD. Please don't leave home without watching.
- **Physical Requirements:** Your outdoor adventure will be an active participatory trip. Please inform us of any physical limitation you may have as soon as possible. Make sure you are exercising frequently in the months leading up to your trip.
- **Payments:** Final payment is due in our office 60 days prior to your trip (refer to your invoice for final payment date). Please let us know if you would like us to automatically charge your credit card on file when final payment is due

TRAVEL ARRANGEMENTS

Meeting Place & Time

The day before your trip we will meet at 7:00 PM in the lobby of Gonzo Inn for a pre-trip meeting. Your trip leader will provide a thorough trip orientation and pass out your waterproof bags so you can pack your belongings that evening. The trip leader will also confirm the meeting time for the following morning and give you an opportunity to ask any last-minute questions.



Getting to Gonzo Inn

By Car

- From Grand Junction, Colorado take I-70 West to US 191 or take scenic route 128, which follows the Colorado River and offers spectacular views.
- From Salt Lake City, Utah take I-15 south to the Price/US 6 exit. Then take US 6 to I-70 East, to US 191 South.

Mileage and Driving Times

- | | | |
|------------------------------|-----------|-----------|
| • Salt Lake City to Moab | 4.5 hours | 234 miles |
| • Grand Junction, CO to Moab | 2 hours | 113 miles |
| • Denver, CO to Moab | 6 hours | 355 miles |
| • Bluff to Moab | 2 hours | 100 miles |
| • Vernal to Moab | 4.5 hours | 219 miles |
| • Durango, CO to Moab, UT | 3 hours | 158 miles |

By Air

- You may fly into Salt Lake City, Utah or Grand Junction, Colorado, which are serviced by several commercial airlines.
- Red Tail Aviation; 800-842-9251 www.redtailaviation.com offers charter flights.

By Shuttle

- There are several options for chartered shuttle service to Moab from both Salt Lake City and Grand Junction. Check www.discovermoab.com/shuttle.htm for a list of current operators.

By Rental Car:

- Unless you have a large group, a rental car from Salt Lake City is usually the best option; even if it sits for a week while you are on the river. This allows you the flexibility to visit surrounding areas and sometimes is more economical than renting a vehicle one way or chartering a shuttle service.
- There are two Enterprise Rent-A-Car locations in Moab. Please contact them directly for pricing and location hours as they are subject to change. Both can be reached at (435) 259-8505.

By Bus:

- Elevated Transit, 1-888-ELE-VATE, www.elevatedtransit.com offers daily bus service between Salt Lake City and Moab.

After Your Trip

Your return time to Moab will be between 4 and 6 PM. Please be advised, however, that it may be necessary for your belongings to be transported in the shuttle truck, which will arrive in Moab several hours after you do. (The plane's luggage allowances vary depending on the number and weight of passengers on each flight.) Because of the possibility for delays and late arriving luggage, we strongly suggest overnighing in Moab after your trip.

Return Transportation

A \$137 per person transportation package is included in your trip fee for the return flight from the take out at Hite Marina to Moab at the end of the trip. If you prefer not to fly, we will deduct this fee from your trip cost and you may arrange to have your vehicle shuttled to the takeout point. For car shuttle information, please contact Road Runner Shuttle at (435) 259-9402.

Pre- and Post-Trip Accommodations

We recommend that you make reservations well in advance in order to guarantee lodging. (Pre- and post-trip lodging is not included in the trip cost).

Moab:

- | | | |
|------------------------------|--------------|--|
| • Gonzo Inn* | 800-791-4044 | www.gonzoinn.com |
| • Big Horn Lodge | 800-325-6171 | www.moabbighorn.com |
| • Red Cliffs Adventure Lodge | 866-812-2002 | www.redcliffslodge.com |
| • Sorrel River Ranch | 877-359-2715 | www.sorrelriver.com |
| • Best Western Canyonlands | 435-259-5167 | www.canyonlandsinn.com |

*Please mention you are an O.A.R.S.' guest when making your reservation as some hotels offer our guests a special discounted rate.

Camping Options:

- Slickrock Campground 800-448-8873 www.slickrockcampground.com
- KOA 800-562-0372 www.moabkoa.com
- Arches Nat'l Park www.nps.gov/arch/planyourvisit/camping.htm
- Moab Chamber of Commerce 435-259-7814 www.moabchamber.com

Extend Your Trip to Moab...

You might be coming to Moab, Utah for the rafting, but once you get to this cool little adventure mecca in the heart of canyon country, you'll realize the adrenaline-pumping activities are endless. Always wanted to try your hand at canyoneering? Slip into the lost world of a slot canyon on a guided tour of Fiery Furnace or one of the many other rocky labyrinths in the area. Prefer exploring on wheels? Rent a mountain bike and challenge Moab's famous 10.6-mile Slickrock Trail. Or, if you're not afraid of heights, opt to see Moab's spectacular red rock country from the air on a hot air balloon ride or zip line adventure in the "backyard" of Arches National Park. Visit www.discovermoab.com for more information.

And speaking of national parks, we'd love to give you a private tour. On O.A.R.S.' half- and full-day 4x4 backcountry interpretive tours, we'll take you away from the crowds on an guided exploration of Arches and/or Canyonlands to some of the most iconic views of the American West. Call 1-800-346-6277 to reserve your trip today.

TRIP DESCRIPTION

BOAT SELECTION

- On our six-day Cataract Canyon trips, we run the river in 18-foot oar rafts, which can carry up to four passengers. Your guide will row the raft from a center-mounted frame using a long pair of oars. The first 50 miles of this trip are relatively flat as the river meanders through sculpted red-rock canyons characteristic of the Colorado Plateau, offering a great chance to test your balance on our new stand-up paddle board. Near the Colorado's confluence with the Green River, the river channel picks up gradient for the exciting ride through the famous rapids of Cataract Canyon.

WHITewater

- The Colorado River can exhibit extreme variations in water level at different times of year, providing a whitewater experience for everyone. In the high-water season of May and June, experienced whitewater enthusiasts delight in the huge waves and the famous "Big Drops," which at times can make even the Grand Canyon's Lava and Crystal Rapids seem tame. This is some of the biggest navigable whitewater in the U.S. at peak flows. Later in the season, from July through October, as the water levels drop, this becomes a more moderate run with less intimidating rapids, suitable for all ages and levels of experience.

Camp Life

After each active day on the river, we pull ashore to camp for the night. Upon arrival, our first task is to unload the boats using a fire line of crew and passengers to expedite the process. Individuals then collect their waterproof bags and locate an area on the beach to camp for the night. On the first night in camp, a crew member will give a demonstration on setting up a tent, which you'll see is quick and easy. The guides will set up the kitchen and central dining/seating area with camp chairs. They will also locate a secluded area away from camp to set up the portable toilet, where privacy is assured.

As dinner is being prepared by the guides, hors d'oeuvres will be served and you will have an opportunity to relax, enjoy a drink if you wish, and reflect on the day with your fellow traveling companions.

In the morning, the first wake-up call will let you know that coffee, hot water for tea or cocoa, juice, fresh fruit and cold cereal are ready on the hors d'oeuvres table. You can fill your mug and grab a bite, then begin to pack up your personal belongings and sleep gear as the guides prepare breakfast. After breakfast is served, the entire camp will be broken down and packing will be completed. The gear will then be loaded onto the boats and we'll head downstream to see what new adventures await us.

Meals

The meals we serve are hearty and delicious, complete with fresh ingredients and a variety of foods. A typical morning on a multi-day trip might start with French toast, bacon, fruit, orange juice, and coffee or tea. Lunch might be a delicious spread of cold cuts and cheeses with several types of bread, or pitas stuffed with veggies and hummus. There are always cookies and a cooling drink to top it off. At dinner, our guides' cooking skills truly shine—sizzling steaks or salmon, chicken enchiladas, and delicious pasta dishes are all part of their repertoire. Dinner generally includes a salad, and desserts are frequent. Hors d'oeuvres are a pleasant surprise before many meals.

Dietary Restrictions

We need to know as soon as possible about any dietary restrictions we should consider in planning your trip. If you have additional food allergies or necessary restrictions, we will do our best to accommodate your needs. **However, there may be an additional supplemental menu fee ranging from \$5-20 per person per day to cover our increased costs.**

Beyond our standard menu, we can provide options for vegetarian, vegan and many allergy-restricted diets without applying a fee. However, we cannot always provide the same diversity or sophistication for restricted diets as we do for our regular menu.

Due to the constraints of cooking for a large group, availability of ingredients in remote locations and limited packing space, we are often unable to cater to dietary *preferences (likes or dislikes)*.

Beverages / Alcohol

We provide two sodas per person per day, water and lemonade. **Commercial outfitters may not provide any type of alcohol for their guests. You may bring your own supply of beer, wine or liquor in non-glass containers.** If you choose to bring extra sodas or alcoholic beverages, please let us know in advance. For your safety and the safety of others, alcoholic beverages are limited to camp.

Some beers (3.2% alcohol by weight) are available in grocery stores. For other beer, wine and liquor you will need to go to the Utah State Liquor Store. The hours are 11:00 AM to 7:00 PM Monday – Saturday in the spring and 11:00 AM to 9:00 PM Monday – Saturday in the summer. They are closed on Sundays and holidays, including Pioneer Day (June 24). You may check their website for further information and to see what beverages are available: www.alcbev.state.ut.us

Drinking Water

We carry sufficient drinking water along with us to provide for your needs throughout the trip. Water jugs are accessible in camp, at lunch time and before hikes for filling personal water bottles. In some cases, we will re-supply water jugs with water filtered through a purification system we provide. (*No iodine is used in the purification process.*)

Boat Options (see photos at www.oars.com/our_adventures/river_ratings.html)

One highlight of the Colorado River through Cataract Canyon is that the river's currents and water levels allow us to bring a variety of boats. That means that you may experience several of the vessels we have to offer, conditions permitting! Please indicate any boat preference on your guest registration form in the field for listing

your expectations.

We do our best to accommodate the requests of all of our guests. Please be aware that in doing so we will ask you to share boat time with your fellow travelers should they have the same interest. We don't assign boats, nor can we always guarantee exactly what we bring, but trust us to provide you with the best possible mix for you and others on your trip. The following boats may be a part of your Cataract Canyon experience:

- Oar Raft—The O.A.R.S. flagship on our 6-day departures, oar rafts carry the bulk of the gear on most of our multi-day adventures. Your guide pilots with long oars from a center-mounted aluminum frame. Ample deck space allows for lounging in calm stretches, sturdy weight and width give your guide confidence to hit the big waves head-on. (Three to five passengers)
- Inflatable Kayak—Also known as Duckies, inflatable kayaks float low to the water, putting you in touch with the pull of the current and splash of every wave. On most trips, double and single inflatable kayaks are available, depending on group size. 12 years is the minimum age in Class III rapids, 7 years for Class II rapids. Helmets required. Ask an Adventure Consultant about this option, as it is not available on every trip. (One or two paddlers)
- Standup Paddleboard (SUP)—Rigid like a surfboard, but inflatable like a raft, stand up paddleboards are 10-feet long and surprisingly stable at close to three-feet wide. Hop on a SUP to turn stretches of calm, flat water into an active adventure! (Fun for one paddler at a time)

Hiking / Side Creek Exploration

Each day varies, but on an average you'll spend 4-6 hours a day on the boats. The rest of the time will be spent hiking and exploring, eating, or just relaxing in camp. While we generally plan at least three guided hikes on each trip, there is ample opportunity for the curious to explore the area at length. Please let your trip leader know if you are an avid hiker and remember to bring extra water bottles and good shoes. Remember, however, that all hikes are optional and you can choose to lie on the beach and take in a few tanning rays or read a book instead.

The Portable Toilet

While the idea of a river trip is appealing to most people, many are inhibited or reluctant because of modesty or uncertainty. To minimize our impacts, we carry out all solid human waste and use a portable toilet system that is set up each day at camp in a secluded location a discrete distance from tent sites. It is essentially a toilet without plumbing and is available from the time you pull into camp each afternoon until you leave camp the next day. Toilet paper and a convenient hand-washing station are provided.

We also carry a small container called the "day tripper" that can be easily accessed during the day should the need arise. It is a personal disposable toilet, which includes an odor-proof transport bag, chemical solidifier and odor eliminator, toilet paper and an oversized hand wipe.

On popular stretches of wilderness rivers, the common refrain is "dilution is the solution to pollution." We practice this approach by urinating in the river during the day. For use in camp at night we provide pee buckets so that urination can occur in a secluded location and then be dumped into the current where it will be carried downstream.

Bathing

Bathing with soap is discouraged in the Colorado River and is definitively not allowed in any of the side streams that feed into the river. If you plan to bring soap, we recommend using a liquid biodegradable soap such as Campsuds or Dr. Bronner's (www.drbronner.com), which can be purchased in most stores that have a camping

section. Disposable anti-bacterial towelettes (Coleman Swash Cloths, baby wipes, etc.) are good alternatives to submersion in the river and are especially convenient for spring and fall trips.

Clothing can easily be washed out in the river with biodegradable soap or detergent. With the dry warm climate in Canyonlands, lightweight clothing generally dries out quickly. Please Note: The color of the river fluctuates from completely clear to very silty. Light colored clothing has the possibility of becoming permanently stained.

For Women Only

Even if you aren't anticipating your menstrual period, come prepared for it. You can use sandwich-sized Ziploc baggies during the day to store feminine products while you are on the river or hiking, and you can then discretely dispose of the baggies when you reach camp. When possible, we recommend o.b.® tampons, which are 1/3 the size of regular tampons, tuck discretely into pockets and have less paper wrapping. If you use pads, be sure to bring extras. Many women suggest bringing a small supply of baby wipes. We provide some feminine products on most trips for emergencies.

Cameras

We provide a small waterproof bag (17" tall x 9" diameter—approximate sealed size) to hold your camera and other items you might need during the day. While these bags are designed to be waterproof, you may wish to place your camera in a zip-lock plastic bag or waterproof casing for additional protection. We also strongly recommend you take out a rider on your homeowner's policy to cover your camera—especially if it's fine equipment. Make sure to bring additional memory cards, batteries and any other extras you will need. Disposable waterproof and panorama cameras are also a fun option.

Electronics & Technology

The use of electronic devices, especially music players, on your trip may represent an intrusion into the wilderness experience of your fellow guests. We ask that you please be mindful of the impacts to others and respect the wilderness nature of the trip. Please bring headphones if you intend to listen to music during the trip.

Many of our guests travel with their smartphone even though there is no cell service. On a trip like this, there is always the risk of water damage to smartphones and other electronic devices, even when they are stowed in a dry bag. If you intend to take your phone with you on the river, consider investing in a small, waterproof container just for your phone.

Power Sources

We are not able to provide a power source for recharging devices. To keep cameras, phones, GPS and other devices working you may need spare batteries or portable power. Options include compact portable solar panels that can recharge devices directly, portable power banks that store power, or a combo unit that can be charged before the trip and recharged with a built-in solar panel.

Communication

Once you are on the river there is limited communication with the "outside world." Cell phone service is not available. Our guides carry satellite phones which are strictly used to call out in case of an emergency situation on the river. They can call out, but we cannot call them. Periodically the trip leader will check in with our office. If you have someone that needs to contact you about an emergency at home, they should call our office (800-346-6277). If possible, we will relay the message to you. Keep in mind, however, it could be several days or longer before the message actually reaches you. For your family at home you should define for them what you consider an emergency and provide them with instructions to call our office in the event one occurs during your vacation.

Weather

You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend the following website: www.wunderground.com for weather in Moab, UT.

Average Air and Water Temperatures

	Air (Day) °F	Air (Night) °F	Water °F	Notes
July	101	66	81	Temps in the low 100s—bring water and sunscreen
August	96	64	75	Highs and lows similar to July, rare thunder showers

Water Levels & Temperature

The flow of the Colorado River through Cataract Canyon is generally unregulated, meaning no single reservoir controls the water level. The river can reach flows considered extreme during spring runoff in years when the high country feeding the Colorado River watershed has received a plentiful snowpack. Peak run-off through Cataract Canyon usually occurs between mid-May and mid-June, but can vary widely from early May and into July. High water trips equate to a more intense whitewater experience and a high level of physical fitness is recommended. Water temperatures are coldest during the high water period and rain gear and warm synthetic clothing will be required.

GETTING READY

Physical Requirements

Our primary goal is for you to have an enjoyable experience. The nature of the trip is such that it involves some physical exertion and potential exposure to the elements, including cold water, heat, sun, wind and rain. We have experience accommodating people with a wide range of physical disabilities and/or health conditions. However, individuals who are overweight or lack conditioning can endanger themselves, other guests and the guides. Please consult your doctor if you have medical or health conditions that could impact your ability to participate in this outdoor adventure. In general, trip participants must be able to:

- Wear a Type V Coast Guard approved personal floatation device (maximum chest size of 56 inches)
- Climb on and off the boats multiple times each day
- Paddle or hold on to the boat while navigating whitewater rapids
- Navigate uneven terrain in camp and on hikes
- Carry your own dry bags (20 – 30 lbs) from the boats to your camping location and back
- Self-rescue by swimming to a boat or to shore in the event of an involuntary swim in a whitewater rapid
- Self-rescue by climbing into a boat with the help of another person in the event of an involuntary swim in a whitewater rapid

Physical Preparation

Due to the physical nature of this trip, we highly recommend that you engage in regular exercise for at least three months prior to departure to ensure preparedness. No gym membership required! Simple exercises like push-ups, sit-ups and squats go a long way to improving core fitness. Start with these exercises and do three sets of ten repetitions each, three to four times per week. Aerobic training is also easy to accomplish without expensive equipment. Take 30 – 40 minutes two to three times a week and go for a brisk walk, easy jog or bike ride around town. If you have access to a pool, lake or the ocean, swimming is obviously an ideal choice for aerobic exercise. It provides a full-body work-out and is training that may come in handy in the event of an involuntary swim in a whitewater rapid. It is important to push yourself in the months leading up to your trip by increasing your strength training repetitions and the pace of your aerobic training. **Getting in shape will certainly add to your enjoyment of the trip.**

PACKING FOR YOUR TRIP

Clothing

During the day—Start with a swimsuit and/or swim trunks and synthetic or merino wool shirt as a base layer. Additional layers for sun protection or insulation can be added and subtracted depending on the weather, temperature and how wet you're getting in the rapids.

In camp—When the weather is warm, lightweight cotton pants/skirt or shorts and shirt make great camp wear. Anytime the forecast calls for cool evenings and cold nights, a dry set of long underwear is the perfect base layer under long pants and a fleece sweater.

Footwear

During the day—The best choice is an amphibious shoe that drains water, protects your toes and won't come off in swirling current. A retired pair of athletic shoes can work well, too. Sport sandals with a heel strap are a good option, especially on rivers with sandy beaches. Find professional-grade options made by Chaco® at www.chacos.com, the official footwear sponsor of O.A.R.S. guides.

In camp—We recommend wearing shoes in camp due to risk of kicking a rock buried in the sand or stepping on a sharp stick. The athletic shoes or light hikers you bring for hiking can double as your camp shoes. It's nice to put on dry socks and shoes after a day on the water. Flip flops or slip-on sandals are OK for wearing in camp only.

Please note: If you buy new shoes or sandals for the trip, make sure you break them in first!

Headwear

During the day—Wide-brimmed hats are a good choice for sun protection. Ball caps are also useful since they fit under helmets, which are required attire when paddling our whitewater rivers.

In camp—When the weather is cool or cold, you'll want a beanie-style hat to wear in camp. They are the perfect remedy for bed-head as you rise from your sleeping bag to secure your morning cup of coffee or tea, or for retaining warmth in the evening hours after the sun sets.

Hot Weather Trips

During summer months, conditions on the river may be hot and sunny. These trips require less gear than spring or fall trips, but thoughtful packing is still required. Protection from the sun and heat will be critical to your enjoyment and health while on the river and during side hikes. To protect yourself from the sun's rays, consider bringing long-sleeved shirts and pants.

A good way to keep cool is with long-sleeved cotton shirts. Old collared dress shirts work well. They can be soaked in the water and worn in the raft or carried on a hike for later use. This method of evaporative cooling is very effective. Bandanas are another useful item that can be used in this manner. Camp-wear should be made of cotton and be loose-fitting. A combination of shorts/skirt and a lightweight top is ideal for staying cool on hot afternoons.

To Avoid Being Cold

Synthetic or merino wool long underwear is a must-have on river trips. It can be worn under shorts, rain gear, T-shirts, etc., then stripped off when the chill of the morning has worn off. It keeps you warm even if it's wet (which can happen easily), dries quickly, and it's compact enough to be stuffed into your small waterproof bag or daypack after you take it off. It can be layered under your **waterproof** rain jacket and pants. In cooler weather a rain jacket and pants work better than a wetsuit, because the jacket and pants can be put on when it's cold, or

when you're going through whitewater, then easily taken off when the sun comes out and it's hot. **Be aware that cotton items, once wet, do not insulate; only synthetic and wool materials will keep you warm during cool, wet weather.**

Something warm for your top & bottom: You need to be prepared for inclement weather. Bring a good fleece or wool top and bottom, along with a warm hat and gloves. You'll want to double up on your base layers so that you'll have a set to wear in the boat and a set of warm, dry clothes for camp.

Sun Protection

Protecting yourself from the sun should be taken very seriously. A hat, sunscreen, lip balm and sunglasses are a must. In many cases, a long-sleeve shirt is the best method for preventing sunburn on your upper body. Light-weight long pants may also be appropriate to protect your legs.

Bugs & Mosquitoes

Mosquitoes can be bothersome at times in certain areas on the Colorado River, particularly after high water drops. Though this happens at different times every year, it is typically in June. It's a good idea to come prepared with insect repellent. Long sleeved shirts and pants may be desirable at times.

Sleeping Gear

You can either bring your own sleeping bag, pad and ground tarp, or you can rent our sleep kit. If you are purchasing your own bag for the trip, keep in mind that a synthetic-fill bag rated to 20°F (the normal range for an all-around, "three-season" bag) is recommended for early and late season trips.

Find all the gear you need for your trip online in the OARStore (<http://oars.newheadingsllc.com/>) and receive FREE SHIPPING in the U.S. + 15% of your purchase helps provide disadvantaged youth with outdoor adventure experiences.

SUGGESTED PACKING LIST

Equipment and Personal Items:

- Sleeping bag, pad, sheet liner, small pillow, 5x7-foot tarp. Sleep kits including these items may be rented for \$40 (for trips in April, May and early-June we suggest a synthetic-fill bag rated to 20°F)
- Two 1-liter water bottles: durable and reusable if you have one; an empty soft drink bottle works fine if you don't
- Headlamp or flashlight (consider bringing extra batteries)
- Sunglasses (preferably polarized) with securing strap (consider bringing a spare)
- Small, quick-drying towel
- Toiletries, including biodegradable soap (such as Campsuds or Dr. Bronner's)
- Sunscreen and lip protection: waterproof & SPF 30 or higher (aerosol sprays not recommended)
- Moisturizing lotion or cream
- Insect repellent
- Personal first aid kit (Band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)
- Spare pair of glasses and/or contacts
- Cash for gratuities

Footwear:

- River shoes or sandals with a heel strap (such as those made by Chaco® www.chacos.com)
"Aqua socks" strongly discouraged
- Athletic shoes or light hikers: for hikes or in camp
- Hiking socks

Clothing:

- Long-sleeved shirts: lightweight and light color for sun protection (old dress shirts work well)
- Long pants: lightweight and light color for sun protection
- Shade hat or visor with securing strap – flexible enough to fit under your helmet
- Rain jacket & pants: waterproof (not water resistant) A hooded jacket with secure closures is recommended
- Swimsuit / Trunks: 2-piece suits recommended for women. Tankinis are a great option
- Underwear
- Shorts: 1-2 pair
- T-shirts/tops: 1-2
- Synthetic or merino wool long underwear: 1 set top & bottom (light-, mid- or expedition-weight depending on the time of year, weather, location)
- Jacket: fleece or down/synthetic fill puffy (depending on the time of year, weather, location)
- Camp clothes: comfortable and appropriate for season. Cotton recommended for hot weather trips

Additional Essentials for early/late season trips (April / May / early June / September):

- Wetsuit booties and/or neoprene, wool or synthetic socks (for wearing inside your river shoes)
- Fleece top & bottom
- Warm hat and gloves: synthetic or wool
- Extra set of synthetic or merino wool long underwear top and bottom
- Neoprene paddling gloves

Optional Items:

- Camera and accessories
- Sarong: useful for sun protection/changing clothes
- Small day pack, waist pack or hydration pack for side hikes
- Carabiner
- Bathing wipes: pre-moistened disposable towels
- Plastic bags: for separating dirty clothes from clean
- Ear plugs
- Binoculars
- Splash jacket and pants
- Lightweight cord and clothespins for drying clothes
- Sketchbook, notebook and pen, paperback book
- Bandana
- Feminine Urinary Device (for women only)

Packing Your Gear

At the pre-trip meeting each person will be given two large waterproof bags (approximate sealed size: 13" diameter x 25" tall). One bag will be for your clothing and personal items; the other bag will be for your sleeping gear (sleeping bag, sleeping pad, ground tarp, sheet and pillow). These two bags will be your "checked luggage" and will only be accessible in camp. Tents are stowed separately. **Please note: if you rent our sleep kit, it will come already packed in one of the 2 waterproof bags issued to each passenger.** We also provide a small waterproof bag for day use where you can keep items such as raingear, camera, sunscreen, lip balm, etc. (approximate sealed size: 17" tall x 9" diameter). The bags are cylindrical in shape and pack from the top. Please pack light, and keep in mind that river attire is casual: comfort, convenience and boat space take precedence over style. At the end of the trip, you will return to Moab with your waterproof bags, where you will be able to unpack your gear before your trip home.

Extra Luggage

We recommend you take on the river only what's absolutely necessary. Keeping gear to a minimum insures it will fit into the waterproof bags we supply and reduces unnecessary packing and unpacking in camp. If you do have extra luggage that you need to store, you may keep it locked in your car at our warehouse or you may be able to store it at the lodge you are staying at for an additional fee.

Valuables

We recommend that you leave your valuables at home. For personal items like wallets, purses and cell phones, we recommend putting them in a zip-lock bag at the bottom of your waterproof bag with your clothing.

Gratuities

If you feel your guides have provided a very special trip for you, you may leave a gratuity with the trip leader to be shared among the crew. This tip is entirely at your discretion, though we recommend a general tipping guideline of anything between 5% and 10% of trip cost. If you plan to tip, remember to bring a personal check or cash—ATMs are hard to find in the backcountry!

Something Voluntary

In reviewing your statement, you'll note a \$1/person/day donation to Utah Rivers Council a non-profit conservation organization dedicated to Utah's rivers and clean water sources. One-hundred percent of these funds go directly to Utah's rivers and your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. Please notify our office if you would prefer to delete the donation from your balance.

If you enjoyed your trip, consider donating to the O.A.R.S. Foundation. This organization is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for young people to experience the magic of the outdoors. Visit www.oarsfoundation.org to learn more about how a tax-deductible donation can change young lives for the better

HELPFUL LINKS

Shop for the latest in top-quality gear for your trip

Recommended reading list

O.A.R.S. practices Leave No Trace outdoor ethics

Watch our "How to Pack for a River Trip" video

www.oars.com/OARStore

longitudebooks.com/O88887

www.lnt.org

www.oars.com/videos/how-to-pack

Terms & Conditions

Reservations and Deposits

- A \$250/person deposit is required at the time of reservation. The balance is due 60 days prior to departure.

Cancellations and Refunds

- If you find it necessary to cancel your trip, please notify us as soon as possible. The cancellation fee after you've made your deposit can range up to the entire trip cost, based upon the number of days prior to your trip that we receive your cancellation notice. We regret we cannot make exceptions for personal emergencies. For this reason, **we strongly urge you to investigate trip insurance** (see Insurance).
- Cancellations 60 days or more prior to your trip earn a full refund less a \$100/person fee. Cancellations 59 days or less prior to your trip are not refundable.
- If you transfer from one trip to another within the same season, there is a \$50/person charge up until 60 days before the trip. Transfers made after this time will be treated as cancellations.

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying an O.A.R.S. Canyonlands trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

Insurance

- We **strongly recommend** that you protect yourself, your belongings and your vacation through the purchase of a travel insurance plan. They cover your non-refundable payments in most cases, should you have to cancel your trip due to illness or injury—yours or that of an extended family member—even at the last minute. If coverage is purchased at the time of your initial reservation, pre-existing medical conditions may be covered. No one wants an expensive helicopter to become necessary, but if you need to be evacuated or if an immediate family member dies and the local management agency is requested to notify you by helicopter, the helicopter expenses will be your responsibility. Evacuations can be prolonged, difficult and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and O.A.R.S. accepts no responsibility for lost, damaged, delayed or stolen property. You can protect yourself through Travel Insurance Services or with alternative insurance. Call Travel Insurance Services at 800-937-1387 or visit their website at www.travelinsure.com/cobrand/OARS.

Acknowledgement of Risk

- Everyone is required to sign a standard Acknowledgement of Risk form before the trip, acknowledging awareness that there are inherent risks associated with the trip. However, due to the nature of the activities, a condition of your participation is that you will sign this form and return it to our office before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with O.A.R.S. Canyonlands cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- O.A.R.S. Canyonlands, Inc. and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" and "float-it-out" without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.