

COLORADO RIVER THROUGH CATARACT CANYON



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TRIP PLANNER

Please use this Trip Planner 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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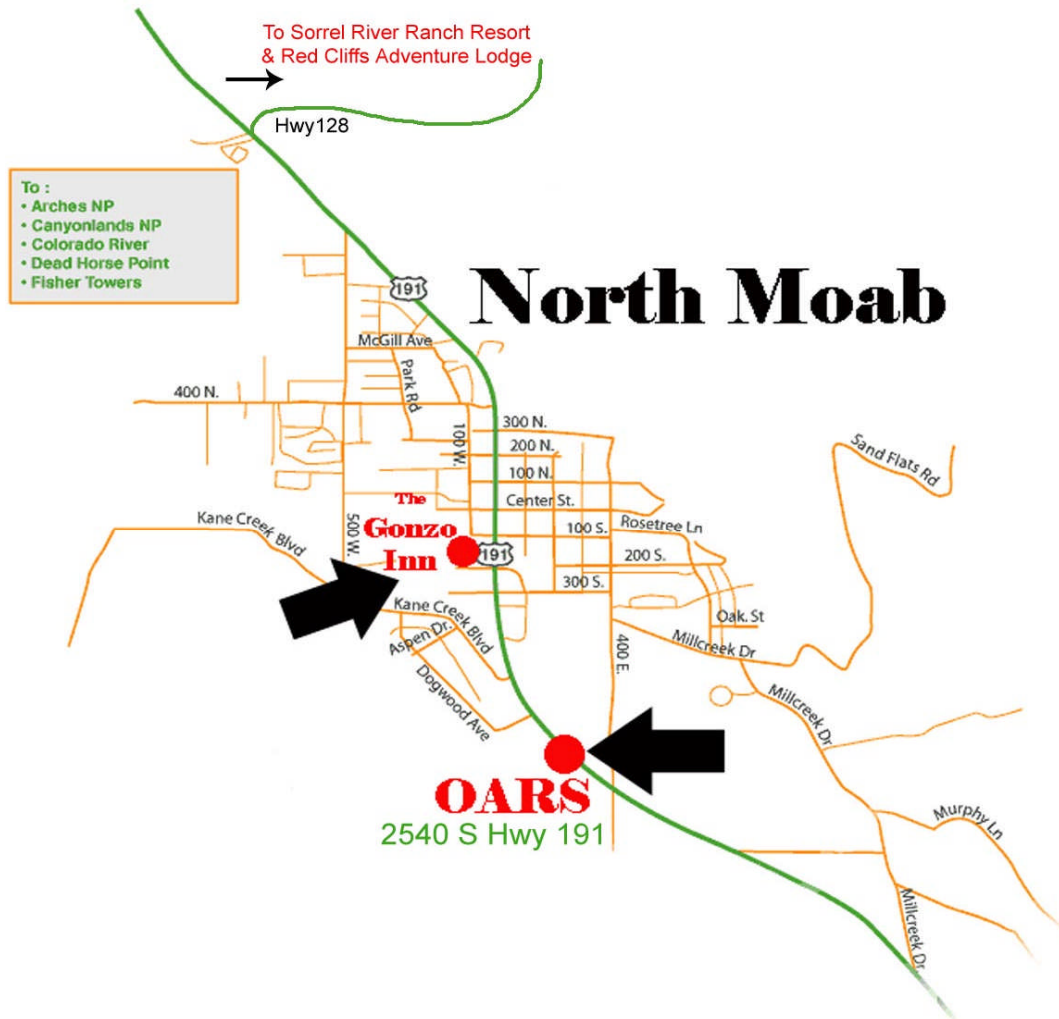
TRIP PREPARATION CHECK LIST

- 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.
- Trip Forms:** Each participant will need to complete the required trip forms. Refer to your confirmation e-mail for details. Forms must be filled out no later than 90 days prior to your trip. If you are reserving your trip within 90 days, please complete the forms immediately.
- Reserve flights and/or shuttles:** Confirm travel arrangements to and from your departure and return cities. Verify with your adventure consultant that your trip has met minimum numbers prior to booking flights.
- Hotel Reservations:** Reserve overnight lodging for the night prior to your trip, if applicable. You may also wish to reserve a room for the night that you return from the river. It is important to make reservations early as rooms may be limited during peak travel periods.
- Physical Conditioning:** Your outdoor adventure will be an active participatory trip. Regular exercise prior to your departure will certainly add to your enjoyment. Take the time to get into shape with a consistent fitness routine.
- 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 that you can pack your belongings that evening. The trip leader will also reconfirm 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.
- Great Lakes Airlines; 1-800-554-5111 www.greatlakesav.com offers commercial service from Denver or Vernal to Moab.
- Red Tail Aviation; 800-842-9251 www.redtailaviation.com offers charter flights

By Shuttle

- Roadrunner Shuttle offers a van shuttle from the Moab Airport into Moab 435-259-9402 www.roadrunnershuttle.com Make reservations for the shuttle service in advance.
- Moab Luxury Coach offers shuttles from Moab airport, Salt Lake City, Durango, Grand Junction, and charters 435-940-4212 www.moabluxurycoach.com Make reservations for the shuttle service in advance.
- Moab Taxi, 435-210-4297 and Rising Star Taxi and Limousine, 435-210-4438 offer taxi and Moab airport shuttle service.

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. Many times it is still more economical than a van shuttle and gives you the flexibility and convenience to visit the surrounding National Parks before and after your rafting trip.

By Bus or Train

- Greyhound services the Salt Lake City area, while Amtrak also services Salt Lake City or Green River areas.

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 \$125 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.

Other 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 |

TRIP DESCRIPTION**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 cooked 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 requirements we should consider in planning your trip. If you have food allergies or restrictions, we will do our best to accommodate your needs. **However, some specific needs can only be met if we charge you a supplemental menu fee to cover our increased costs.** If you are a vegetarian or vegan and you let us know well in advance, we can provide meals for you without additional cost. We cannot always provide for the same diversity or sophistication as our regular menu for special dietary

requests.

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). Check the website for further information. You may check what beverages are available on their web site: www.alcbev.state.ut.us

Specialty Trips

We are pleased to offer specialty trips on the Colorado River through Cataract Canyon. If you're joining us on a specialty trip departure, you are in for a treat! Get a few creative tips from a professional outdoor photographer, or participate in a history lesson from a world-renowned, knowledgeable geologist while surrounded by rock formations older than the Dinosaurs! In Cataract, we also offer in-depth astronomy classes under the stars brought to you by our very own river guide – Lars Haar. Each specialty trip features in-the-field expertise introduced by a leading representative.

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 boat types. This means that you may experience every vessel we have to offer, conditions permitting! It is also dependent on the time of year and whether you're on a 4 or 6-day trip. Regardless, please indicate your boat preference on your guest registration form.

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:

- **Motorized Snout Raft**—Our stand-alone motor rig that gets us through the first leg of our adventure which is a calmer section of the Colorado. This 22-foot pontoon craft is used on our 4-day Cataract Canyon trips. Ride up front for the biggest hits, or sit in the rear for a milder ride. (Four to eight passengers)
- **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)
- **Dory**—One select departures only and as requested (water levels permitting). Dories are the kings of big volume rivers like the Colorado and the Salmon. These rigid boats were first used commercially in the Grand Canyon by writer/conservationist/river guide Martin Litton. Hard-hulled and ultra-buoyant, dories shoot through rapids and make wave trains feel like roller coasters. Your guide navigates from the center with two long oars. (Four passengers)
- **Paddle Raft**—The sportiest of crafts we put on the water, everybody handles a paddle while the guide steers and gives directions from the rear. Paddling together is essential to finding the right run, and

team work begets success. We can bring these on our 4-day trips only. A thrilling way to brave the whitewater section! Helmets required. (Four to eight paddlers)

- Stand Up 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! Helmets required. (Fun for one paddler at a time, which will be shared among the group)

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 where privacy is assured. 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.

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 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.

For Women Only

Even if you aren’t anticipating your menstrual period, come prepared for it. We recommend you bring some sandwich size zip-lock bags. They can be used during the day while you are on the river or hiking and can be disposed of when you reach camp. (For tampon users: o.b.® tampons are ½ the size of regular tampons, tuck discreetly into pockets and have less paper wrapping). Many women suggest bringing a small supply of baby wipes. We provide some feminine products on most trips for emergencies.

A number of our female guests have found a feminine urinary device (F.U.D.) very helpful on rafting trips and for camping in general. A F.U.D. allows women to urinate while standing and requires minimal undressing for discreet bathroom use. You can use the device in conjunction with a pee bucket (supplied on our trips) to avoid midnight visits to the privy. Previous guests recommend practicing with the device at home to maximize the benefits on your outdoor adventure. For additional information, see Accessories and Unique Items for the Pee

Pod Feminine Funnel in the OARStore at www.oars.com/OARStore. For interesting and informative reviews, search for FUD at www.rei.com.

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. If you are planning on bringing a digital camera 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.

We are not able to provide a power source for recharging camera batteries. A small solar charger is a good option if you think you'll need to recharge your camera battery during your trip.

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.

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.

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
April	73	42	57	Mild temperatures, with nighttime lows in the upper 40s
May	83	51	60	Warmer temps with wildflowers beginning to bloom
June	92	56	72	Daytime highs in the 90s; fewer wildflowers
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
September	87	52	67	Lower temps with occasional thundershowers
October	74	40	62	Similar to April but with fewer daylight hours

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
- 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

Physical Preparation

Due to the physical nature of this trip, we highly recommend that you engage in regular exercise for at least 3 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. Cardiac 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 cardiac 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 cardiac training. **Getting in shape will certainly add to your enjoyment of the trip.**

We Provide

- 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

Available For Rent

- **Sleep Kit:** Can be rented for \$40 per person. Sleep kits consist of a sleeping bag, sleeping pad, ground tarp, sheet, pillow and pillowcase. Please indicate on your Guest Registration Form whether you want to rent a sleep kit or if you prefer to bring your own.
- **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.

PACKING FOR YOUR TRIP

Clothing

During the day – Start with a swimsuit and/or swim trunks and synthetic shirt as a base layer. Additional layers, like long underwear, fleece and rain gear, 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 campwear. Those so inclined may enjoy wearing a cotton skirt or sarong on summer evenings. In the spring and fall, or on trips at the higher elevations, a dry set of synthetic 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.

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 “Crocs” 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.

To Avoid Being Cold

Synthetic 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: Although the weather will probably be delightful, 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 synthetic layers so that you'll have a set to wear in the boat and a set of warm, dry clothes for camp.

Late April, May, September and October Trips: These are surely some of the most beautiful months to be on the Colorado River, but they can also produce some surprisingly chilly times. During the fall, the sun is not far enough north in the sky for its warming rays to reach down into the river canyon for as many hours a day as it does in the summer. This means more shady areas, fewer sunny ones. Therefore, when you are splashed (drenched) going through the rapids and you're in a shady area, you will get very cold unless you are prepared.

Midsummer trips: These trips require less gear than fall trips, but thoughtful packing is still required. A long-sleeved shirt is recommended to protect you from the intense summer sun. The weather in Utah can also be changeable and unpredictable at this time of year. A rain jacket and pants may still be needed during the summer months.

Raingear

Raingear protects you from the splash of the rapids, rain and wind. It is one of the essential items that all passengers should have no matter what time of year you are traveling. Look for jacket and pants that are 100% waterproof, not just water resistant. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles to prevent water from seeping in. Do not bring a rain poncho as it cannot be worn under your PFD.

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

Bugs and mosquitos are generally not a problem on this trip, although it's a good idea to come prepared with a small amount of insect repellent just in case.

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.

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/early-June we suggest a synthetic-fill bag rated to 20 degrees Fahrenheit)
- Water bottles: 1 heavy-duty and minimum 1-liter capacity with a carabiner to attach it to the boat
- Headlamp or flashlight

- Plastic bags: 1 large trash bag and assorted zip-loc bags
- Sunglasses (preferably polarized) with securing strap and a spare
- Small, quick-drying towel
- Toiletries
- Sunscreen: waterproof & SPF 30 or higher
- Lip protection: SPF 30 or higher
- Moisturizing lotion or cream
- Insect repellent: Mosquitoes are generally not a problem, but it's always best to be prepared.
- 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
- Athletic Shoes or light hikers
- Hiking socks

Clothing:

- Long-sleeved shirt: lightweight and light color for sun protection
- Long pants: lightweight and light color for sun protection
- Shade hat or visor with securing strap and a spare
- Rain jacket & pants: waterproof (not water resistant) to protect you from the wind and splash from rapids, as well as rain. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles to prevent water from seeping in
- Swimsuit / Swim Trunks: 2- piece suits recommended for women. Tankinis are a great option
- Underwear: quick-drying
- Quick-Dry Shorts: 1 pair
- Quick-Dry T-shirts/Tops: 1-2
- Synthetic long underwear top & bottom: 1 set light to mid-weight (optional for July and August trips)

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

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Fleece top & bottom
- Warm hat and gloves: synthetic or wool
- Extra set of synthetic long underwear top and bottom

Optional Items:

- Sarong: useful for sun protection/changing clothes
- Day pack/Hydration pack.
- Bathing wipes: pre-moistened disposable towels
- Binoculars
- Camera and accessories
- Splash jacket and pants
- Lightweight cord and clothespins for drying clothes
- Sketchbook, Notebook and pen, paperback book
- Bandana

Packing Your Gear

At the pre-trip meeting each person will be given two large waterproof bags (13" tall x 25" diameter—approximate sealed size). One bag will be for your clothing and personal items. The second bag will be for your sleeping gear (sleeping bag, sleeping pad, ground tarp, sheet and pillow). These two bags will essentially 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 two 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. (17" tall x 9" diameter—approximate sealed size). The bags are cylinder in shape and pack from the top. Please pack light; river attire is very casual—comfort, convenience and boat space takes precedence over style. At the end of the trip you will return to Moab with your packed waterproof bags where you will be able to unpack your gear for your return 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

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between 5% and 10% of the trip cost is a general tipping guideline. If you plan to tip, remember to bring a personal check or cash—ATM's 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.

HELPFUL LINKS

Shop for the latest in top-quality gear for your trip
Connect with the other travelers on 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
eddy.oars.com
reading.longitudebooks.com/O39038
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

- Although every effort is made to insure a safe trip for all, we strongly recommend that you protect yourself, your belongings, and your vacation through 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. Trip participants should realize that in the event of illness or injury on an adventure travel trip, evacuation can be prolonged, difficult and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and O.A.R.S. Canyonlands accepts no responsibility for lost, damaged, delayed or stolen property.

Liability Waiver

- Everyone is required to sign an Acknowledgement of Risk form before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. 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.