



Ultimate Southwest Vacation **TRIP PLANNER**

Congratulations! You are about to embark upon the trip of a lifetime...O.A.R.S. Ultimate Southwest Vacation on the Colorado River through Cataract Canyon and at Sorrel River Ranch.

As you plan for your trip, many questions may arise. What should I pack? What equipment will be provided? What will the weather be like? What about accommodations before and after the trip?

Please use this Trip Planner as a resource for general information on your Ultimate Southwest Vacation. 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 email us at info@oars.com.

Pre-Departure Information

****Please fill out the Guest Registration form included with your confirmation e-mail and return it to our office at least 90 days prior to your departure—this information is invaluable to us in planning your trip.****

Getting There

O.A.R.S. Ultimate Southwest Vacation begins and ends in Moab, Utah. Moab is accessible by plane, auto, and van shuttle.

By Air

- You may fly into Salt Lake City, Utah or Grand Junction, Colorado, which are serviced by several commercial airlines.
- Charter flights from Salt Lake City and Grand Junction to Moab are available through Red Tail Aviation 800-842-9251, Slickrock Air 435-259-6216 or Salmon Air 800-448-3413. Great Lakes Airlines (307-432-7000 / www.greatlakesav.com) offers commercial service from Denver to Moab.
- You can arrange a van shuttle from the Moab Airport into Moab with Roadrunner Shuttle 435-259-9402. Make reservations for the shuttle service in advance.

By Auto

- From Grand Junction, Colorado take I-70 West to US 191 (2 hrs.) or take scenic route 128, which follows the Colorado River and offers spectacular views. (2 hrs)
- 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 (4 hrs.)

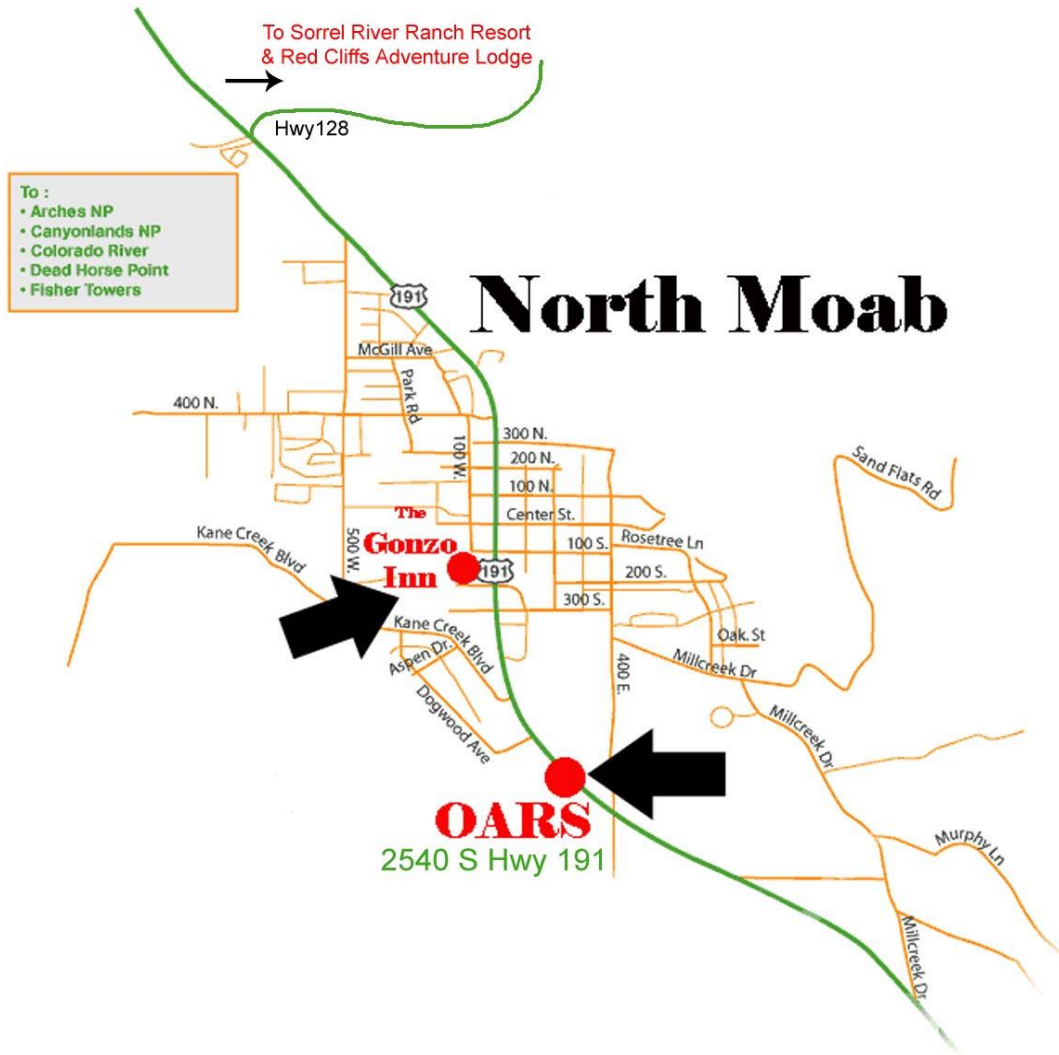
By Rental Car:

- 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 Van Shuttle

- Make reservations well in advance for all shuttle services.
<http://www.discovermoab.com/shuttle.htm>

Map



Area maps of southeastern Utah, Canyonlands National Park and Arches National Park are available at www.yahoo.com, www.mapquest.com, or www.nps.gov.

Rendezvous

- There is a pre-trip meeting at the Gonzo Inn in Moab, at 7:00 PM the evening before your trip begins. You will have the opportunity to meet your trip leader and others on your trip, receive your dry bags, and ask any last-minute questions.

After Your Trip

- Your trip will end at Sorrel River Ranch after lunch on Day 6. Shuttle service is available from the ranch to the Moab airport upon request.

Pre- and Post-Trip Accommodations

We recommend that you make reservations well in advance to guarantee lodging—Moab is a popular destination. We recommend the facilities listed below. All are fine establishments: well-maintained, clean and comfortable. Lodging is not included in the trip cost.

Hotels:

- **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

Camping:

- Slickrock Campground 800-448-8873
www.slickrockcampground.com
- KOA 800-562-0372
www.moabkoa.com
- Arches Nat'l Park 1st come/1st served basis
www.nps.gov/arch/planyourvisit/camping.htm
- Moab Chamber of Commerce 435-259-7814
www.moabchamber.com

*Please mention you are an O.A.R.S.' guest when making your reservation.

What's Included?

- Skilled professional guide service
- 4 days rafting with 3 nights catered camping
- Two nights accommodation at Sorrel River Ranch, based on double occupancy
- Scenic flight from Hite Marina to Moab on day 4
- All meals from lunch on day 1 through lunch on day 6
- High quality inflatable rafts and related river equipment including dry bags and personal flotation device
- Additional activities during your ranch stay as outlined in the itinerary
- All transportation from day 1 through day 6

What's Not Included?

- Transportation to and from Moab
- Pre- and post-trip accommodations and meals
- Single supplement \$440
- Alcoholic beverages
- Insurance of any kind, including travel insurance
- Items of a personal nature
- Gratuities

Equipment & Clothing

Please refer to your detailed packing list for a complete list of what to bring on your trip.

Footwear

For daily wear in the raft, we recommend an amphibious sport shoe or sandal (with an ankle strap) such as those made by Teva, or a comfortable pair of athletic shoes with good soles. These shoes will be wet all the time in the raft. Make sure you get good-grip, no-slip soles! Some people prefer to wear sport sandals in the boat and on wet hikes, and cushioned-soled athletic shoes or lightweight boots for the longer hikes. In the boats, in camp and on shorter hikes, sport sandals are ideal. If you plan to buy footwear for the trip make sure you get it far enough in advance to break it in and wear your footwear until it's comfy—if your feet hurt you won't enjoy the trip. For trips in spring or fall, wetsuit booties, neoprene socks, or fleece or wool socks (worn with river sandals) are recommended as an option to help keep your feet warm.

Boatwear

Start with sunscreen, a swimsuit, shorts, and long-sleeved shirt, and then add additional layers of long underwear, socks, rain pants, and rain jacket depending on the time of year. In the morning it can be cool on the boats. As the day warms up layers can be taken off and stored in your day pack.

Campwear

After a long day in the canyon you will want to refresh and change into clean comfortable clothing. Soft, loose-fitting shorts or pants, t-shirts, etc. will allow you to truly relax in the evening. Many women find sarongs or cotton dresses a nice change in the summer. For spring and fall trips you will want to have something dry and warm such as long sleeved shirts, pants and fleece.

Ranch Wear

Activities at the ranch range from relaxing to riding a horse. Long pants or Jeans are a great suggestion for both horseback riding and your 4x4 ride. Some prefer to wear their hiking clothes on the 4x4 ride as you will be able to jump out and hike around. Depending on weather, a t-shirt or sweatshirt would also be appropriate.

Sleeping Bags

You can either bring your own sleeping bag, pad, and ground cloth, 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 degrees Fahrenheit (the normal range for an all-around, "three-season" bag) is recommended for early and late season trips.

Sun Protection

Protecting yourself from the sun should be taken very seriously. A sun hat, sunscreen, lip balm and sunglasses are a must. Also it's a good idea to have a long-sleeved cotton shirt and lightweight long pants (preferably light colors) to cover up when you need a break from the sun. Women may prefer to bring a sarong or a piece of fabric to be used as a cover up. Lightweight gloves can also protect your hands. At the end of each day you will want to have some good moisturizing lotion or cream to replenish your skin from the drying effects of the sun and water.

We Supply

- 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 (pad will be stored separately) 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). *While our bags are waterproof to further protect your camera you may wish to place it in a zip-loc plastic bag, or special waterproof camera case. We*

also recommend padding it with a towel or clothing

- Sleeping bag (lightweight for summer, medium weight for spring and fall), sleeping pad, ground tarp, sheet, pillow and pillowcase
- Two-person tents on a shared basis (There is a \$30 charge for a private tent)
- Personal flotation device (PFD) must be worn at all times on the river in compliance with safety regulations
- Camp chairs
- Eating utensils, cups and plates
- Wetsuits when required on early season or high water trips

April, early May, late September and October trips: These are surely some of the most beautiful months to be in Canyonlands National Park, but they can also produce some surprisingly chilly times. During the spring and fall the sun is not far enough north in the sky to reach its warming rays 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.

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 day pack 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. Wetsuits don't work nearly as well as they are tedious to put on and take off. **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.

Midsummer trips: These trips require less gear than spring or 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 Canyonlands National Park can also be changeable and unpredictable at this time of year. A rain jacket and pants may still be needed during the summer months.

Cameras

We provide a small waterproof bag (17" tall x 9" diameter—approximate sealed size) to hold your camera and other items you might want during the day. It is secured in a readily accessible spot on the raft. While our bags are waterproof to further protect your camera you may wish to place it in a zip-loc plastic bag, or special waterproof camera case. We also recommend padding it with a towel or clothing. Sand can be a problem—so clean your camera every night with tissue, a brush and lens paper. 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.

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. (o.b. ® tampons are one third 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 <http://oars.newheadingsllc.com/>. For interesting and informative reviews, search for *FUD* at <http://www.rei.com/>.

Packing Your Gear

You may find it convenient to pack your gear in a soft duffel bag that you can then pack into your O.A.R.S.-issued river bag; however this is not a requirement. Many folks pack their gear directly into the river bag, often lining it with a larger plastic bag. Please pack light; river attire is very casual—comfort, convenience and boat space take precedence over style.

The night before your trip, we will give you two waterproof bags for stowing all of your gear, including sleeping bag and pad. We recommend that you pack your sleeping gear in one waterproof bag and clothes, etc. in the other. There will be a separate bag for tents.

Valuables

We recommend that you leave your valuables at home. For necessary personal items such as a wallet, credit cards, etc., we suggest putting them in a zip-loc bag and at the bottom of your waterproof bag with your clothing.

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 be able to store it at the lodge you are staying at for an additional fee.

Weather

You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend you check the following web sites: www.wunderground.com or www.nws.noaa.gov for weather in Moab, Utah.

Average Air Temperature

April	72	–	Mild temperatures, with nighttime lows in the upper 40s
May	82	–	Warmer temperatures with wildflowers beginning to bloom
June	93	–	Daytime highs in the 90s; fewer wildflowers
July	99	–	Temps in the low 100s—bring water and sunscreen
August	97	–	Highs and lows similar to July, rare thunder showers
September	87	–	Lower temps with occasional thundershowers
October	74		Similar to April but with fewer daylight hours

Average Water Temperature

April	57
-------	----

May	60
June	72
July	81
August	75
September	67

Physical Preparation

Early-season high-water trips are fine for first-timers; however, the whitewater can be intense and reasonably high levels of physical fitness are recommended. A combination of cardiac and strength training exercises—jogging plus push-ups and sit-ups, for example—will help ensure preparedness for your trip. Mid-summer and late-season dates feature more moderate whitewater, yet regular exercise prior to your trip will certainly add to your enjoyment. Most of the physical activity will be at your option, but the side hikes are always worth the effort.

Special Considerations

Please let us know if you're having a birthday or anniversary on the trip, so we can pack a surprise or two! We'll also need to know of any medical or dietary requirements that you'd like us to consider in planning your trip (i.e. if you're a vegetarian or vegan, or if you have any food allergies.). Please note this on the Guest Registration Form (be specific as to what your needs are) and return it to our office at least 90 days before your trip. If you're booking your trip less than 90 days before departure, please make sure you've discussed any special requests with our office.

During Your Trip

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 privy. 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 call will be for "coffee," which includes other drinks such as hot tea, cocoa, and juice accompanied by fresh fruit. You can 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 on the river are hearty and delicious, complete with fresh ingredients and a variety of foods. A typical day might start with French toast, bacon, fruit, orange juice, and lots of 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 and 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.

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

Boat Type- see photos at http://www.oars.com/our_adventures/river_ratings.html

- **Oar Raft**—The O.A.R.S. flagship, oar rafts carry the bulk of the gear on most of our multi-day adventures. Your guide pilots the raft 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)
- **Oar Raft with Paddle Assist**—The most agile of any boat in the O.A.R.S. fleet, your guide powers the raft with two hefty oars on a rear-mounted frame, while the crew wields single bladed paddles up front for added horse-power. Helmets required. (Four to eight passengers)
- **Motorized J-Rig** —A big water pontoon craft used on the upper section of river on our 4-day Cataract Canyon trips. It has room for up to 9 passengers. On occasion, we may substitute the J-Rig with a motor attached to the oar rafts.

Please note: During the high-water season a motorized safety boat (usually the J-Rig) may accompany your river trip. If water levels are extreme, guests may be asked to ride on the larger motorized raft in certain sections.

Hikes

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 “Privy”

While the idea of a river trip is appealing to most people, many are inhibited or reluctant because of modesty or uncertainty. Perhaps a few facts will relieve (pardon the pun) your concerns. We use what is called a “porta-potty” system that is set up each day at camp in a secluded location that assures privacy. 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.

Bathing

Bathing is allowed in the river, however it is not allowed in any of the side streams that feed into the rivers. You may also bring a small solar shower or you can borrow a bailing bucket from one of the rafts to rinse off after soaping up. 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 and can also be used to wash clothes. You may also find a good selection at your local health food store. Disposable anti-bacterial towelettes (*Coleman Swash Cloths*, *baby wipes*, etc.) can also be purchased and are especially convenient for spring and fall trips.

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.

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 “Thank you” and 10% of trip cost is a general tipping guideline. If you plan to tip, remember to bring a personal check or cash—ATMs are hard to find in the backcountry!

Contact Information

•For more information on this or any of our over 75 rafting, sea kayaking, or multi-sport adventures, please call 1-800-346-6277 in the USA or Canada or 1-209-736-4677 if outside the USA or Canada or email us at info@oars.com and one of our knowledgeable adventure consultants will be happy to help you.

A Few Important Details

Reservations & Deposits

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

Cancellations, Transfers & 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 the 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, there is a \$50 per 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. 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. accepts no responsibility for lost, damaged, delayed or stolen property.

Acknowledgement of Risk

- Everyone is required to sign a standard Acknowledgement of Risk 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 O.A.R.S. 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 are subject to change without notice.

© 2011 O.A.R.S. Canyonlands, Inc. 02/22/11 TMS