

YOSEMITE & TUOLUMNE HIKER



O.A.R.S. West, Inc. • PO Box 67, Angels Camp, CA 95222 • www.oars.com • info@oars.com • 800-346-6277

TRIP PLANNER

Please use this Trip Planner as a resource for general information on your Yosemite & Tuolumne Hiker 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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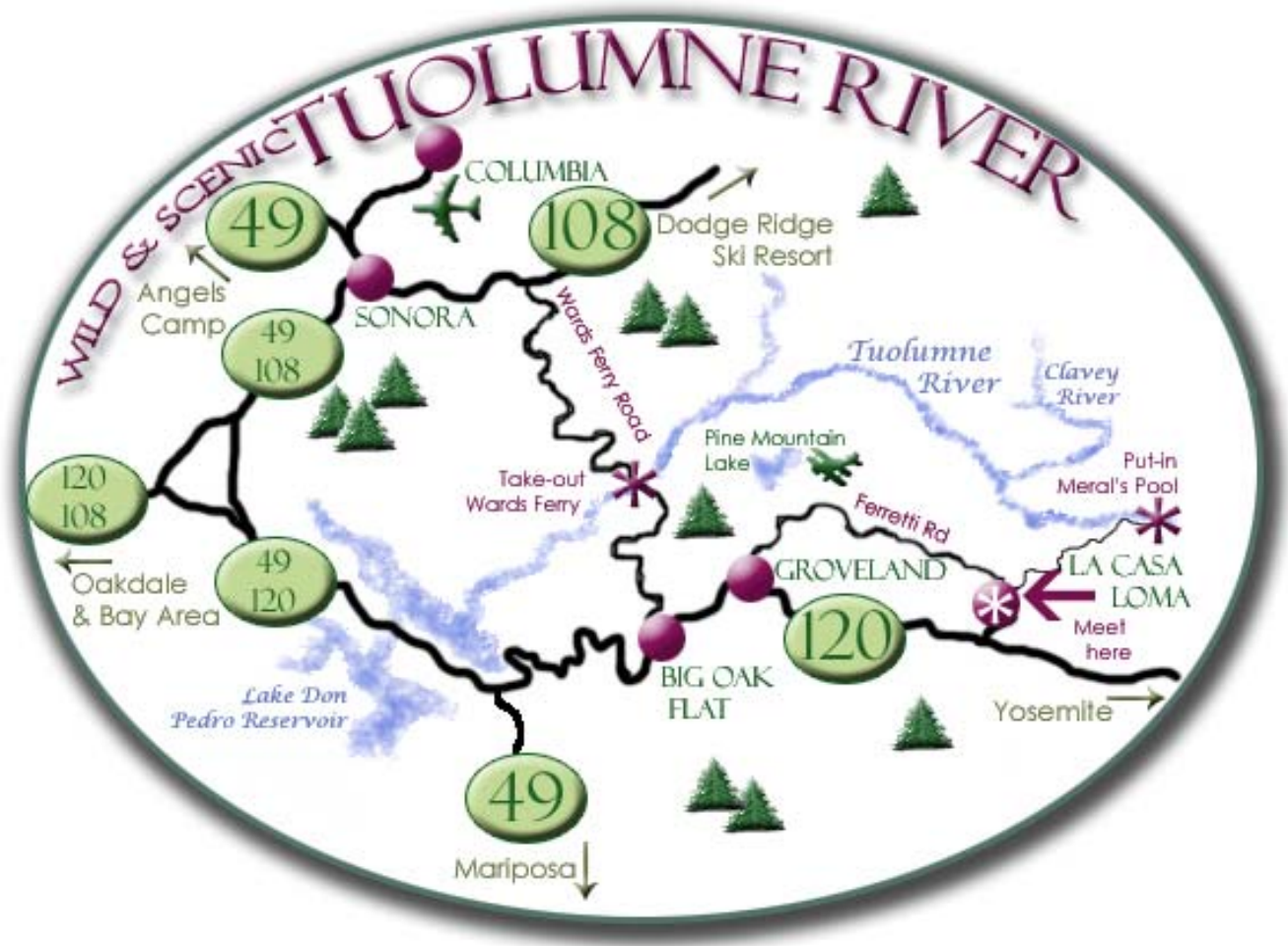
TRIP PREPARATION CHECK LIST

- 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 60 days prior to your trip. If you are reserving your trip within 60 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 Yosemite. 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

Most people drive to our meeting place at La Casa Loma River Store, approximately 8 miles east of Groveland, at the eastern intersection of Ferretti Rd and Highway 120. **We meet you at 8:30 AM.** Your trip leader will greet you at the River Store parking lot, and begin providing you with a thorough trip orientation, after parking your car. He or she will give you a waterproof bag in which to pack your belongings. Lock your car; give your keys to a guide for safe-keeping and get ready for a descent into the Wild and Scenic Tuolumne River canyon, down the steep Lumsden Rd.



Getting to La Casa Loma River Store

By Car

La Casa Loma River Store is on the left-hand (north) side of Hwy 120 at the eastern end of Ferretti Rd, approximately 8 miles east of Groveland. **There is also a Ferretti Rd in the town of Groveland just past the Groveland Wayside Park, marked with a flashing yellow light and sign. Do not turn here—this is the western end of Ferretti Rd.** (Also, if you happen to enter Yosemite National Park, you have driven too far.) Driving-time from the San Francisco Bay Area is approximately 3 1/2 hours; from Los Angeles approximately 7 1/2 hours. **These times are just estimates. Please allow yourself plenty of extra time for the curving mountain roads. For more detailed driving directions, we recommend you check www.maps.google.com.**

Mileage and Driving Times

- Sacramento to Groveland 2 ½ hours 132 miles
- San Francisco Bay Area to Groveland 3-4 hours 140 miles

- | | | |
|---------------------------------|-----------|-----------|
| • Los Angeles to Groveland | 7-8 hours | 330 miles |
| • South Lake Tahoe to Groveland | 3 ½ hours | 150 miles |
| • Angels Camp to Groveland | 1 hour | 35 miles |

By Air

For those that are flying, we recommend the Sacramento (SMF) airport, which is served by most major airlines. A variety of car rental companies are available at the airport. Oakland (OAK) and San Francisco (SFO) are also good optional airports, with competitive fares.

Shuttle options from the three-closest major airports are prohibitively expensive, and you will find that weekly rentals for cars are less expensive than most of the other travel options—even though your car remains at La Casa Loma River Store while you're on the river. It also provides for the most flexibility on your trip.

By Bus or Train

Greyhound and Amtrak do not offer service to the Groveland area.

After Your Trip

On the final day of your river and hiking adventure, you will be returned via shuttle to La Casa Loma River Store. You'll arrive back to your car by approximately 10:00 AM the morning of day six. (After the river trip portion of your itinerary and a night in Groveland, we'll pass by your parked vehicle. If you wish to stay longer in the Park, or are planning to continue your adventure to another destination directly from Yosemite Valley, we encourage you to bring your own vehicle into the Park.)

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.)

Groveland

- | | | |
|----------------------|--------------|--|
| • Groveland Hotel | 800-273-3314 | www.groveland.com |
| • Hotel Charlotte | 209-962-6455 | www.hotelcharlotte.com |
| • Lillaskog Yosemite | 209-962-1818 | www.lillaskogyosemite.com |

East Groveland

- | | | |
|---------------------------|--------------|--|
| • Yosemite Rose | 866-962-6548 | www.yosemiterose.com |
| • Sugar Pine Ranch | 209-962-4000 | www.sugarpineranch.com |
| • Yosemite Westgate Lodge | 209-962-5281 | www.yosemitewestgate.com |

Yosemite National Park

- | | | |
|-------------------------------|--------------|--|
| • Yosemite Lodging (DNC) | 559-252-4848 | www.yosemitepark.com |
| • Yosemite Camping (DNC) | 877-444-6777 | |
| • Yosemite Nat'l Park Camping | 800-436-PARK | www.recreation.gov |

Other Camping Options

- | | |
|--|--|
| • US Forest Service campsite information | www.fs.fed.us/r5/stanislaus/groveland/camping |
|--|--|

- Groveland Ranger District

209-962-7825

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.

After getting off of the river, we will stay a night in a rustic hotel in the town of Groveland. And once we are in Yosemite, we spend our nights resting in canvas tent-cabins with comfortable beds in Curry Village.

Meals

The meals we serve are hearty and delicious, complete with fresh ingredients and a variety of foods. A typical morning 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.

While in Yosemite Valley, our guides will set up similar breakfast and lunch options at nearby picnic areas. We will eat out for dinners, including one evening of fine dining at The Mountain Room.

Dinner at the Mountain Room features classic mountain cuisine in an elegant dining room; evening attire is dressy-casual (jeans and a polo shirt are plenty appropriate). The menu offers a wide variety of options, from sizzling steaks, fresh seafood to tasty pasta and small options for the kids. The chef's specialties include Smoked Trout Cakes, Mountain Trout Almandine and Mahi-Mahi Monterey. The Mountain Room also boasts striking views of the 2,424 foot high Yosemite Falls for the wandering eye.

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, lemonade and a limited supply of beer and wine with dinner

while on the river. You are welcome to bring your own favorite beverages, alcoholic or non-alcoholic, in non-glass containers. If you choose to bring additional drinks or alcoholic beverages, please let us know in advance. For your safety and the safety of others, alcoholic beverages are limited to camp on the river, our night in Groveland and at Curry Village. Alcoholic beverages may be purchased at Curry Village's General Store.

Specialty Trips

Photography: Join an acclaimed photographer for a special photography workshop on the river. Our photo expeditions are geared for photography, with special attention to being at the right place at the right time for the "perfect light." Whether you are just starting out or have years of experience, you will benefit from our professional photographers' tips and advice.

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

As the Tuolumne is a Class IV+ run, we recommend previous paddling experience on at least a Class III river. First-time paddlers should be aggressive and adventurous. During periods of high water, we will only offer oar rafts with paddle-assist. On most trips, logistics require that we run both oar rafts and paddle rafts down the river in order to carry kitchen and camping gear.

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 interests. We don't assign boats, nor can we 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 will be a part of your Tuolumne experience:

- **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 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. Helmets required. (Three to five 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. A thrilling way to brave the rapids! Helmets required. (Four to seven paddlers)
- **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 blade paddles up front for added horse-power. Helmets required. (Four to seven paddlers)

Hiking / Side Creek Exploration

The Tuolumne has several great hiking trails. While we generally plan at least two 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.

Of course, once we reach Yosemite our hiking opportunities expand dramatically! Our days in the Park revolve around offering you a diverse selection of hikes that range from easy, relatively flat strolls to a rigorous all-day climb to the top of Cloud's Rest. Although our Yosemite & Tuolumne Hiker trip is only moderately strenuous overall, the hiking portion of this trip is not for the faint of heart, and includes the option of a 14-mile extravaganza of cliffs and granite on the way to the top of Cloud's Rest on day five. Previous hiking experience is advised, and the trip's finale is not recommended for people who have a fear of heights, medical conditions that restrict them from carrying their belongings in a daypack, or children under the age of 12 years. Even though

this trip is escorted by experienced hiking guides and naturalists, we recommend that participants take the time to get into very good physical condition before beginning the trip. It will heighten your enjoyment of all that Yosemite has to offer.

Fishing

The Tuolumne River holds the most diverse fishing in the Sierra Nevada, and its headwaters host magnificent, hard-to-reach fisheries that produce trophy rainbow, brown, brook or golden trout. Our guides will be happy to explain proper handling techniques for catch-and-release fishing, if you are not already familiar with them. You'll need to bring your own gear. Please bring your rod protected in a hard case. We recommend collapsible poles for ease in packing and an assortment of dry flies. Early season fly casters generally use large nymphs, wooly buggers and bead-headed prince nymphs.

You may buy your fishing license by calling (916) 928-6882, or by purchasing it online at www.dfg.ca.gov/licensing/ols/. Fishing licenses are also widely available at nearby sporting goods stores. A one-day license currently costs \$14.30/person. Stream trout season runs from April through mid-November. Fishing from bridges and docks is prohibited. (In case you're going to Yosemite before or after your trip, rainbow trout are catch-and-release only in Yosemite Valley from Happy Isles to Foresta Bridge.)

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.

Curry Village in Yosemite has public facilities within walking distance from your tent-cabin.

Bathing

Bathing with soap is discouraged in the Tuolumne 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.

A hot shower awaits you in our Groveland hotel, and Curry Village also has public showers for our guests to utilize after a long day of hiking and exploring.

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.

While on the river, 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. Once we're in Yosemite, charging your camera batteries isn't a problem.

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.

There is intermittent cell phone service in Yosemite National Park. Most carriers have good coverage in the Valley, but in the high country around Tuolumne Meadows, there is little service and can't be relied on.

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 Groveland and Yosemite Valley, CA.

Average Air and Water Temperatures (for the Groveland area)

	Air (Day) °F	Air (Night) °F	Water °F	Notes
June	80-85	46-50	56-58	High-water time; rare rain-clouds
July	88-92	52-56	60-62	Hot, sunny days; perfect for swimming
Aug	88-92	52-56	64-66	Driest month; ideal for sleeping out under the stars
Sept	85-89	45-49	62-64	Warm summer temperatures start to cool down

Water Levels & Temperature

The amount of water in the Tuolumne River during our rafting season is dictated by the winter snowpack in the highlands of Yosemite. As the snow melts in the spring, the flow is largely controlled by 5 upstream reservoirs, which are managed by Hetch Hetchy Water and Power on behalf of the city of San Francisco. When the run-off is highest, water is released from the reservoirs in abundance to make room for the in-flow, leading to high flows on our trips. Peak run-off 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 wetsuits will be required. In reality, the water is quite cold even in late summer, but lower flows and warm air temperatures mitigate the risk of hypothermia.

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
- Self-rescue by climbing into a boat with the help of another person in the event of an involuntary swim in a whitewater rapid
- Participate in hikes that range from 1 to 14 miles, on sometimes steep, high-altitude terrain

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, personable and professional guides, and interpretive hiking naturalists

- Delicious meals from lunch on day one through breakfast on day six
- One-two night(s) catered-camping on the river
- One night lodging in a rustic Groveland hotel
- Two-three nights in classic Yosemite tent-cabins, with cozy beds and linens
- Two-person tents on a shared basis (there is a \$30 charge for a private tent) while on the river
- Sleep kit—consisting of a sleeping bag, sleeping pad, ground tarp, sheet, pillow and pillowcase
- High-quality inflatable rafts and related river equipment including paddle and helmet and personal flotation device; wetsuits* and splash jackets for paddlers when required (generally only for spring and cold-weather trips)
- One small waterproof bag for camera and other small items you'll want during the day (17" tall x 9" diameter—approximate sealed size)
- 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
- All transfers to the river and back, and throughout Yosemite

*Wetsuits do not include wetsuit booties—please bring your own, or wear wool socks with tennis shoes as a good alternative.

PACKING FOR YOUR TRIP

Clothing

During the day, while on the river – 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.

On the trail – Begin with sunscreen, shorts or long pants (convertible pants are great), and long-sleeved shirt, and then add additional layers of long underwear, socks, rain pants and rain jacket depending on the time of year and weather. It can be quite cool in the morning, and as the day warms up layers can be taken off and stored in your day pack.

In camp – When the weather is warm, lightweight cotton pants/skirt or shorts and shirt make great camp wear. Those so inclined may enjoy wearing a cotton skirt or sarong on summer evenings. At the higher elevations of Yosemite, a dry set of synthetic long underwear is the perfect base layer under long pants and a fleece sweater.

Footwear

During the day, while on the river – 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.

On the trail – For daily wear on the trail you will want a sturdy pair of hiking shoes or boots with good support and soles. Doubling up with good socks, as well as broken-in shoes with sturdy ankle-support will keep blisters or rolled ankles at bay.

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. During early season or high-water trips we do provide wetsuits for paddlers. **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, as well as hiking.

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. While on the trail, afternoon thunderstorms can rise up and try to soak us.

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 can be a challenge on the Yosemite portion of this trip, and it's a good idea to come prepared with insect repellent.

Sleeping Gear

Our sleep kit that we provide as part of this trip will keep you comfortable and cozy. It includes a sleeping bag, pad, sheet liner, small pillow and 5x7-foot tarp.

SUGGESTED PACKING LIST

Equipment and Personal Items:

- Day pack / Hydration pack: large enough to carry water, lunch, camera, a warm layer and rain gear for our hiking in Yosemite (750 – 2000 cubic inches)

- Water bottles: 2 heavy-duty and minimum 1-liter capacity each with a carabiner to attach it to the boat. For hiking, hydration systems like a CamelBak™ are great, but you will still want one water bottle for the raft
- 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, including biodegradable soap and shampoo
- Sunscreen; waterproof & SPF 30 or higher
- Lip protection; SPF 30 or higher
- 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, as well as goodies at various shops in Yosemite

Footwear:

- River shoes or sandals: 1 pair to wear on the river and for short wet hikes
- Hiking boots or shoes: 1 pair with good tread and comfortably worn-in to prevent blisters
- Hiking socks: 4 – 5 pairs, mid-weight

Clothing:

- Long-sleeved shirt: 2 – 3, lightweight and light color for sun protection (UPF-rated shirts are great)
- 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: 2 pair
- Quick-Dry T-shirts/Tops: 2 – 3
- Synthetic long underwear top & bottom: 1 set light to mid-weight
- Bandana

Additional Essentials for early-season trips (June):

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Additional fleece top, vest & 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
- 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

Packing Your Gear

On the morning of day one, each person will be given two large waterproof bags (20" tall x 14" 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: our sleep kit—which is included with this trip—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 river portion of the trip we will return by your car with your packed waterproof bags where you will be able to re-pack for the Yosemite portion of your adventure and supplement our gear without space being quite as critical.

Extra Luggage

If you have extra luggage it should be locked in your car.

Valuables

We recommend that you leave your valuables at home. For personal items like wallets, purses and cell phones, we recommend leaving them in your car during the river trip, and then retrieving them as we head into Yosemite.

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—ATMs are hard to find in the backcountry!

Something Voluntary

In reviewing your statement, you'll note a \$1/person/day donation to Tuolumne River Trust, a non-profit conservation organization dedicated to protecting the Tuolumne River through education, restoration projects and the advocacy for a healthy watershed. One-hundred percent of these funds go directly to these environmental actions, and your contribution is tax-deductible. Visit www.tuolumne.org for more information. This donation is voluntary, and may be removed from your invoice if you choose not to participate. Please notify our office to delete the donation from your balance.

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

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
Additional information about Yosemite

www.oars.com/OARStore

www.eddy.oars.com

www.reading.longitudebooks.com/O39038

www.lnt.org

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

www.nps.gov/yose/

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).
- 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. 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.

Liability Waiver

- Everyone is required to sign a standard 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. cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- O.A.R.S. West, 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.