



Cataract Canyon Trip Information Packet 4-Night Oar Trip

Thank you for choosing Tour West! On this trip you will get to travel through the heart of Canyonlands National Park and then cascade through the once feared Cataract Canyon. It is an unforgettable experience and we are delighted to share this “must raft” Canyon with you.

Please carefully read this information packet as it will answer many of the questions you will have about your trip. This will be a guide to you as you prepare and pack for your trip. We also suggest you re-read this packet after you are finished packing.

In this packet you will find the following sections:

What to Expect:

- Itinerary, page 2
- Typical Day, page 2
- Rafting & Camping with Tour West, page 3
- Physical Recommendations, page 3
- Weather, page 3

Getting Ready For Your Trip:

- Pre-Trip Travel Information, page 4
- Post-Trip Travel Information, page 4
- Packing List, page 5
- General Information, page 6
- Frequently Asked Questions, page 7
- Map/Books, page 8

Check List of Items to Complete Before Trip:

- Submit your Deposit –we recommend you purchase travel insurance within 14 days.
- Return Acknowledgement of Risk Form & Registration Forms online.
- 90 days prior to trip submit final payment. We will send a reminder prior to due date.
- Read Information packet as it answers lots of questions!
- Read through packing list and gather items needed for your trip.
- Confirm with our office your travel arrangements after trip.
- Contact us with any questions or concerns about your rafting trip.
- Watch for final trip confirmation email 2 weeks prior to your trip.

Itinerary all times listed are for the Mountain Time Zone

- **Day One: Meeting location depending on end of trip travel:**

1. **For those having a vehicle shuttled to takeout:**

Your trip will meet at 8:30 am at the Best Western Canyonlands Inn located at 16 S. Main Street. It is important to be on time for this shuttle. If you have any delays, please contact our office 1-800-453-9107. Outside the main entrance your shuttle driver will meet you and take you to the put-in on the river.

2. **For those taking the charter flight from Hite to Moab at the end of your trip:**

Your trip will meet at 9:00 am at the Moab airport, located 20 minutes North of Moab. Please let our office know prior to your trip if you need this option so we can make sure shuttle company is prepared to pick you up at airport. Get there 20 minutes early so you can park and pay. \$5 per night.

- Once you arrive at the put-in you will meet your guides and will get ready to launch. Your guides will answer questions and give an orientation that will include safety precautions and procedures you need to know before your trip launches. You will load the rafts and begin a leisure float through the beautiful sandstone canyons. There are times when you will get to stop and enjoy short hikes. Forty-Nine miles downstream you will come to the confluence of the Colorado and Green Rivers. This is the beginning of Cataract Canyon, which contains some of the most exciting whitewater in the West. Each night is spent camping along the river and sleeping under the stars.
- **Day Five:** You will arrive near Hite Marina on Lake Powell around 1:00 p.m. Transportation back to Moab is arranged per your request prior to the trip and is an additional charge.

If you choose to fly back to Moab, you will be shuttled to an airstrip where a Redtail Aviation plane will arrive and fly you back to Moab. Please note: the FAA requires anyone 18 years and older to present photo ID for this flight. You should be back in Moab by 2:00 p.m.

If you choose to have your car shuttled to Hite it will be waiting for you upon arrival. Please make sure you bring 2 sets of keys and make all arrangements prior to your river trip.

Typical Day

A typical day on the river will include rafting for a few hours at a time, stopping for scenic side-canyon hikes, bathroom breaks, a stop for lunch, and lots of fun, laughter, learning, and excitement in between.

After a full day of river excitement, you will arrive in camp. Guests will be given time to find their favorite campsite and then return to the rafts to create a “fire line” which is how we load and unload the rafts. Your help in passing the gear on and off the boat is greatly appreciated and can help you to really feel a part of the whole river experience but if you have physical restrictions or limitations that keep you from participating in this you are not required to.

The first evening in camp your guide will give a demonstration of how to easily assemble the cots you will be sleeping on and will be available if you need any additional help in setting those up. Tour West provides cots, tents (generally only used in case of rain), sleeping bags, sheets, camp chairs, and water-proof gear bags for all of our guest.

While you relax and take in the beautiful surroundings, your guides will prepare dinner. At night you will relax on a cot under a vast canopy of stars as the fresh air and sounds of the river lull you to sleep.

Each morning your guides will prepare a hearty breakfast. You will have a chance to enjoy eating before returning to your campsite to take down your cot and pack up your belongings into a dry bag. After bringing your bag down to the boats, guest participate in the fire line once again to load the boat and then you are off on another adventure filled day.

Dietary Restrictions

If you have any special dietary requirements please include them on your passenger information form. Due to limited space and the nature of our buffet style meal service, we are unable to accommodate extreme dietary needs such as Kosher and Vegan.

We can accommodate Vegetarian, Gluten Free, Dairy Free diets. For more information, please see our website.

Severe Allergies are taken very seriously. Thoroughly describe your allergies and symptoms on your form online. Please be aware this is a wilderness setting and emergency response times are delayed due to the setting. If you have concerns please contact our office. We do ask those with severe allergies to bring 2 epi-pens on your trip.

Rafting & Camping with Tour West

Whether you have been rafting and camping for years or this is your first experience, Tour West makes it easy. All you need to do is bring your personal items in a soft-sided duffle bag and we will provide the rest. We supply:

- Transportation from Moab to the river
- Boats – Custom-made, compartmentalized and unsinkable
- Life Jackets – of special whitewater design
- Meals – all meals on the river starting with lunch the first day and ending with lunch the last day.
- Cooking facilities – all cooking items including eating utensils
- Camping toilet facilities, toilet paper, and supplies
- Beverages – unlimited water, and Gatorade. Coffee, tea & hot chocolate in the morning.
- First Aid Kit
- Sleeping Bag with sheet
- Comfortable sleeping pad
- Cot
- Tent
- Waterproof bag –16”X 33” 108 liters--to put your personal duffel bag into during the trip
- Small day use dry bag --9.5”X 20” 22 liters-- (accessible at all times) for personal articles and camera

Age & Physical Recommendations

We are often asked what the age or physical recommendations are of those who want to take our trips. The recommended minimum age for the trip is 8 years old. We do not have a maximum (We have taken people in their 80’s!). We have taken people of all different ages and physical conditions and they have a wonderful time. There are a few things that can make the trip more enjoyable for you including:

- Being able to firmly grip ropes or handhold provided while running the rapids
- Enough agility to climb on and off the rafts—this could be as much as a 2–3-foot reach sometimes on wet or slippery conditions. If you are unable to do this on your own, please have a companion available or ask a guide for help.
- Fit into our Class V lifejacket (max 58” chest) required by the National Park Service.
- Ability to navigate some uneven terrain on hikes and in camp.

Our principal objective is for you and your fellow guest to have a safe, enjoyable and fulfilling experience. If you are concerned about any of these recommendations, please call our office and we will be happy to discuss your specific circumstances. If you have any questions about river rafting and the inherent risks please contact our office.

Weather

We always hope for good weather and usually we get it but you should **be prepared** for cooler weather and storms. The following chart shows averages in the inner Grand Canyon from April through October. Children and some adults tend to get colder in the warmer summer months and need to be prepared for this possibility.

<u>Temperature & Precipitation</u>	<u>Apr</u>	<u>May</u>	<u>June</u>	<u>Jul</u>	<u>Aug</u>	<u>Sept</u>	<u>Oct</u>
Mean Max Temperature	83	92	101	106	103	96	83
Mean Min. Temperature	56	60	71	79	74	70	58
Precipitation (inches)	.38	.22	.38	.78	1.22	.43	.49

Pre-Trip Travel Information

Your trip meets in Moab, Utah.

Motel Accommodations:

We recommend you spend the night before your trip in Moab. You will meet there at 9:00 am in the morning at the Best Western Canyonlands Inn so we recommend you stay there for convenience. To book your room please call them directly at 1-435-259-5167 or online at bestwestern.com. This motel is located on main street near restaurants and shops.

Post-Trip Travel:

The river trip will end at Hite Marina on Lake Powell approximately 1:00 p.m. Transportation from the takeout is arranged per your request and is an additional cost.

Option 1: Flying back to Moab

For an additional cost we can arrange to fly you back to Moab. Please contact our office for pricing and to make arrangements prior to your trip.

Option 2: Car Shuttle to Hite

For an additional fee you can arrange to have your car shuttled to meet you at the end of your trip. Please contact Coyote Shuttle 1-435-260-2097 or Road Runner Shuttle 1-435-259-9402 to make these arrangements well in advance.

The following page is a checklist for personal gear that you should consider bringing on your raft trip. Though we have tried to be as specific as possible, you should give some consideration to your own personal needs. With regards to clothes, give some thought to your own personal needs. Are you the first one to get cold or the last? Are you light skinned and need more sun protection or do you go all summer in shorts or swimsuit? Do you need to change clothes often or are you comfortable in the same swimsuit or shorts for a couple of days? What type of shoes would work best for you, given the conditions on the trip?

The Colorado River can go from warm to cold rather quickly so please don't go on a river trip without a jacket or fleece sweatshirt, rain gear and a long pair of pants. Your best bet is, don't go on the trip without good rain gear and a jacket or fleece sweatshirt! The weather is unpredictable so please be prepared.

Packing List The following list suggests items you should bring for your trip. When packing please keep in mind that:

1. You must limit your gear to 25 pounds
2. Your bag should be a soft side duffel bag that is approximately 12"x13"x24" in order to fit in our 16"x33" dry bag we provide you. Our sleeping bag will also fit into this bigger dry bag with your duffel during the rafting trip.

CLOTHING ITEMS—all items are strongly encouraged to be prepared you for a wilderness experience.

Water is silty and your clothing can become discolored. Please pack accordingly.

- Two-piece rain suit
- 2-3 swimsuits
- 2-3 quick-drying shirts (with at least 1 being long sleeved)
- 3 pair of lightweight shorts, pants.
- 3 pair socks in case of sunburn or foot injury
- 1 lightweight quick dry hoodie (for sun protection)
- 2 pair quick-drying pants (for sun-protection)
- Underwear
- Comfortable lounge-wear for wearing around camp and sleeping
- 1 sarong or other wrap-around (for sun protection and to keep cool)
- Lightweight fleece top
- 2 pair, sturdy sandals or multi-sport shoe that can get wet with good tread and support for hikes (Keen, Teva's, Bedrock or Chaco's are examples).
- Comfortable footwear for camp (some guest prefer flip flops others prefer light-weight tennis shoes)
- Hat for sun protection with string or hat clip
- Gloves for protection while gripping ropes

COOL WEATHER ITEMS (April, early May & September Trips)

Children and some adults tend to get colder and may need these items in the warmer summer months.

- Neoprene socks-also great for sun protection
- Mid-weight fleece jacket
- Lightweight long underwear for sleeping
- Beanie

PERSONAL ITEMS

- Personal hygiene products (baby wipes, deodorant, razor, small mirror, feminine hygiene products)
- Face Masks and Buff—required on all trips.
- Plenty of sunscreen SPF 30+, spray cans strongly discouraged.
- Sunscreen lip balm with SPF
- Lotion-Plenty of after-sun moisturizing body/foot lotion and aloe vera. Its dry and you will use a lot!
- Soap and shampoo in small bottles. Leave in conditioner for long hair.
- Small Hand Sanitizer
- Insulated Water bottle with tight fitting lid plus strap or carabineer to hook it to boats during day.
- Small towel and wash cloth
- Tooth brush & toothpaste
- Small pack of tissues and wet wipes
- Ziploc bags for storing wet items or keeping things dry
- Small headlamp or flashlight with extra batteries
- Bandana
- Sunglasses with safety strap and back-up pair
- Camera—waterproof digital camera with extra batteries and memory card recommended
- Small travel pillow
- Medication if needed (cool storage is available)
- All guest 18 or older must have photo ID available for trip flights
- Major credit card in case of evacuation or for souvenirs
- Cash for gratuities
- Can of Bug Spray
- 2 or 3 Large 3" to 4" carabineers (for clipping day-use bags and water bottles to ropes), very helpful!

OPTIONAL PERSONAL ITEMS:

- Small back-pack for hikes
- Plastic bag for dirty or wet clothing plus a few clothes pins and small rope for drying wet items at camp.
- Mile-by-mile river guide book & other books
- Hiking sticks
- Playing cards or other free-time games
- Journal, notebook, pen

General Information

BEVERAGES: We provide cold Gatorade and water all day on the boat and in camp in the morning & evening. If you wish to have any other beverages (soda, juices, alcohol, etc.) you must supply your own. Hard liquor should be in plastic containers. Soda, beer, and any additional beverages must be in aluminum cans (**NO GLASS**). Your beverages will be stored away by the guides during the day and available to you in the evenings. You may want to mark your cans on the top with a permanent marker. You can purchase beer, wine, and soda in Moab.

VALUABLES: You will want to have photo ID, a major credit card, and some cash for gratuities. All other valuables and jewelry should be left at home or in a safe location.

GRATUITIES: It is customary upon receiving a satisfactory trip to tip the river crew. It is an acknowledgement of a job well done and greatly appreciated by members of the crew. If you feel a tip is in order, the average runs between 10%-12%. You may leave it with the trip leader and he/she will distribute it among the crew.

LUGGAGE STORAGE: We are unable to store luggage for you in Moab.

CAMERAS & VIDEOS: We encourage you to bring your cameras with you on your trip of a lifetime! Please keep in mind there is a lot of water and sand and you will need to properly protect your camera. If you bring a phone as your camera, we recommend a waterproof case similar to these at Seawag. www.seawagusa.com. If you bring a DSLR we recommend you bring them in a pelican case with a few carabiners to secure it to the raft. Also plan on bringing a portable power bank and a charger as we do not have a way to recharge your cameras. You are welcome to bring a Go Pro Camera. Please make sure you bring a strap for it! Drones are not allowed in the National Parks.

FISHING – You may bring a small collapsible fishing rod. You can fish from the shore but not while the boat is underway. You would be fishing mainly for carp and catfish. Fishing licenses can be obtained through the Utah Fish and Game website: <https://wildlife.utah.gov/licenses/licenses-permits.html>

REGISTRATION FORM – We require that each passenger taking our trip fill out our registration form. This form will give us more information on how to better serve you while you are traveling with us. Please make sure to include on this form if there are any special physical or medical conditions, we should be aware of.

ACKNOWLEDGEMENT OF RISK FORM-We require that each passenger sign an acknowledgement of risk form. Anyone under 18 must also have the signature of their parent or legal guardian. This form must be returned to our office prior to your trip.

CANCELLATION POLICY – Deposits are non-refundable. Cancellations received between 31 and 60 days prior to departure forfeit one half the tour cost. Cancellations between 30 days and the day of your trip lose the entire tour cost. No shows lose entire tour cost. We are firm with this policy and suggest you purchase cancellation insurance. This would help reimburse you in the event of illness or other unforeseen reasons for cancellations. Forms are available in our office or from your travel agent. This cancellation policy applies per person.

EMERGENCY INFORMATION – During the season, you may call us after-hours or on weekends at our regular toll-free number (1-800-453-9107). The message will give you the numbers of those you can contact or you can leave a message and we will get back to you as soon as possible. Please be aware that getting an emergency message to a guest on our river trips, even in the event of a death in the family, will not be possible. Canyonlands National Park's policy is not to allow the use of helicopters to contact or remove river guests for this type of emergency. Please give our toll-free number to family members and have them call us if there is an emergency while you are on the river.

Frequently Asked Questions

1. Who will our guides be?

Tour West feels that we have the best guides in the business. Our guides are all whitewater qualified with an average of fifteen years and hundreds of miles of river experience. Each guide is an accomplished outdoors person with wilderness first responder training, a background in natural history and the ability to make each river trip special and memorable.

2. Where and when will I get my river and camping equipment?

Your waterproof duffle bag, small day use dry bag, sleeping bag, sleeping pad, sheet, small water-resistant bag and cup will be available when you meet your guide at the put-in. Your cot and tent will be available at the first night's camp. We recommend you only set up a tent if there is a threat of rain. Nothing beats sleeping under the stars!

3. What items will I have access to during the day?

Every morning your waterproof bag containing your sleeping gear and clothing will be loaded on the boat and packed away for the day. Your small dry bag is used to store any of the items that you will need to get to during the day, such as sun screen, hat, camera, water bottle, etc.

4. What is the menu like?

We take pride in offering well-rounded meals that are very appetizing with sufficient quantities for everyone. Breakfast items include many traditional favorites from pancakes to omelets, fresh fruits and juices. Lunches are a favorite for many with a variety of deli meats and cheeses, salads, chips and cookies. At the end of the day you are ready for a hardy meal expertly prepared under a western sky. You'll have fresh salads, chicken, steak, side dishes, and of course, desserts. All meals include water and Gatorade to drink.

NOTE: If you have a special diet or allergies, please inform us of your specific needs so that we can determine how to best accommodate you. Please view our website for in-depth dietary information.

5. Where will I bathe?

You are allowed to bath in the river. Some campsites have great beaches for bathing while others don't so we encourage you to bring baby wipes or face wipes. Leave in conditioner is helpful with longer hair. Lotion is also great after a bath as the air is extremely dry. Soap is only allowed in the main river. We do not recommend you bring solar showers because they are difficult to store and difficult to use on the river.

6. What about bugs and snakes?

The Cataract Canyon is a very friendly place to camp. You can get mosquitoes and we recommend you bring bug spray incase. Snakes and scorpions are seldom seen. Most trips will have the thrill of seeing Desert Big Horn Sheep and many varieties of canyon birds.

7. Can we expect rain?

We never know for sure when it will rain, so even if you are taking a mid-summer trip be sure to bring a two-piece rain suit! Ponchos are not recommended.

8. What are the toilet facilities like on a river trip?

During the day, all urine must go directly into the river. Which means squatting/standing near the river's edge or wading in. There will be pit stops during the day, but if you have to go tell the guide so they can find a good place to pull over. There is a wonderful new device available for women to use in wilderness settings to urinate. Check it out and if you are comfortable, we highly recommend it along with women who have suggested using them on river trips: It is called the <https://www.thepstyle.com/> Available on amazon for \$12. If you need to poop during the day, the guides have a portable toilet system. Each evening, we set up a camp toilet for solid waste, while urine continues to go into the river. At the hand wash station, we have a "key" so you aren't disturbed while using the toilet. The guides will explain the details of the sanitation and bathroom procedures in greater detail during on-river orientation.

For women who may be on their period while on your river trip, it's helpful to plan ahead and pack for the unexpected. If you will be using tampons, bring a 'Go With Your Flow Pack' or several Ziploc bags and plenty of baby wipes. Make sure you keep these supplies handy during the day, in your provided day dry bag. When you change during the day, you can wrap the trash in a baby wipe, put that in a Ziploc and dispose of it in the boat trash system. As you will get wet a lot on your river trip, using pads is not recommended.

MAPS/BOOKS

Below is a list of books about the wonders and history of the Grand Canyon. The Belknap Guide book along with other gear for your trip is available on our website at www.twriver.com

1. Cataract Canyon River Guide (waterproof mile by mile map) **HIGHLY RECOMMENDED**
Author: Buz Belknap
2. The Exploration of the Colorado River and its Canyons
Author: John Wesley Powell
3. River Runners of the Grand Canyon—The human story of the Colorado River (VIDEO OR DVD)
To order call: 1-800-580-6863 or write Don Briggs Film & Video PO Box 788 Sausalito, CA 94966

Help protect future commercial rafting trips in the Grand Canyon by visiting the following website:
www.gcriverrunners.com

SPECIAL NOTE-IMPORTANT

Tour West, together with selling agents, acts only in the capacity of agent for customers in all matters pertaining to hotel accommodations, sightseeing tours, and transportation whether by railroad, motor car, steamship, boat, airplane, or any other means, and as such is not responsible for any damage expense or inconvenience caused by late train, plane, or ship arrivals or departures, or by any change of schedule or other condition nor from any loss, injury or damage to any person or property from any cause whatsoever, The right is reserved to alter the sequence of sightseeing in any of these tours.

Tour West is proud of its efforts to insure the safety and enjoyment of our passengers. We feel that our customers are safer with us that they are traveling to and from the river. However, no outdoor activity is without the possibility of unforeseen hazards. It is important that each Tour West passenger recognize that there is an element of risk in any adventure or activity associated with the outdoors. Each passenger must be fully aware of the risks and the elements of cold river water, and or loss or damage to personal property. Knowing of the inherent risks, dangers, and rigors of river running, each passenger must decide if he/she is desirous and capable of participating in the river trip experience. For questions about river rafting and the inherent risks please contact our office. Even though losses rarely occur, we recommend that passengers have their own travel insurance to protect personal items. It is also recommended that you have your own health and accident insurance. Each passenger will be required to sign an acknowledgment of risk form prior to the trip.



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