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# 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 cascade through the exciting rapids in Cataract Canyon.

**Carefully read this information packet** as it will answer many questions about your trip.

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## Pre-Trip Checklist

- Pay Deposit (consider purchasing travel insurance within 14 days)
- Complete Registration and Liability Waiver online.
- Make final payment 90 days before trip (we'll send a reminder)
- Read this packet carefully
- Gather your gear
- Confirm travel arrangements with us. Hotel Night before? Shuttle arrangements from Hite.
- Contact us with any questions
- Watch for final trip confirmation email 2 weeks before departure

## Itinerary *All times listed are for Mountain Daylight Time*

- **Day One: Meeting location will depend on end of trip travel:**
  1. **Vehicle Shuttled to Hite:**
     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. You may stop at airport to pick up those that are flying back to Moab at the end of your trip.
  2. **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.

**Days 1-4 On the River**

- Arrive at Potash boat ramp. Meet your guides.
- Your guides will answer questions and give an orientation that will include safety precautions and procedures.
- Guides will load your gear onto the boat and you will begin a leisure float through the beautiful sandstone canyons.
- Short Hikes to Indian Ruins, Scenic overlooks
- Forty-Nine miles downstream you will come to the confluence of the Colorado and Green Rivers which marks beginning of Cataract Canyon.
- Enjoy some of the most exciting whitewater in the West.
- Each night is spent camping along the river and sleeping under the stars.

**Day 5:** Float on Lake Powell Arrive at Hite

- You will arrive near Hite 11:00 a.m.
- Transportation back to Moab is arranged per your request prior to the trip.

**If you choose to fly back to Moab**, contact Redtail Aviation to 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 12:00 p.m. 25 pounds of gear per person max. https://www.flyredtail.com/ or 435-259-7421.

**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. Arrange this at least 8 weeks prior to shuttle as they book up early. Coyote Shuttles https://www.coyoteshuttle.com/ or 435-260-2097

## Typical Day

- Wake up to coffee call, breakfast, and camp breakdown
- Rafting with side hikes, lunch, splashes and laughs
- Arrive at camp around 4-5 PM; help with "fire line" to unload gear (optional with physical limitations)
- Evening camp setup demo (cots, tents, bathroom system) on the first night
- Freshly prepared dinner under the canyon sky

## 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, Life Jackets, camping gear (cot, sleeping bag, pad, tent, waterproof bags)
- Meals from lunch Day 1 to breakfast Day 5
- Camping toilet facilities
- Beverages – unlimited water & Gatorade. Coffee, tea & hot chocolate in the morning.
- First Aid Kit
- Toilet Facilities: Portable toilet is set up at each camp in a private location.

## Physical Recommendations

A river trip is a participatory experience and requires each guest to be reasonably self-sufficient. Please consider carefully any medical or health conditions that would endanger yourself, or others on the trip, or diminish the enjoyment of a wilderness adventure. Minimum recommendations to participate include:

- Being able to firmly grip ropes or handhold provided while running the rapids
- Enough agility to climb on and off the rafts—2–3-foot reach sometimes on wet or slippery conditions
- Wear Class V lifejacket (max 58" chest) required by the National Park Service.
- Ability to navigate uneven terrain on hikes and in camp. Sometimes while carrying your personal gear.
- Ability to tolerate prolonged exposure to environmental conditions & temperatures up to 120 degrees Fahrenheit.

Our principal objective is for you and your fellow guest to have a safe, enjoyable and fulfilling experience. If you have any questions about river rafting and the inherent risks, please contact our office. We do our best to accommodate our clients and ask that you consider these recommendations before you begin a wilderness adventure. 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 all weather and storms. The following chart shows averages in the Cataract 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.

| Temperature & Precipitation | Apr | May | June | Jul | Aug | Sept | Oct |
|---|---|---|---|---|---|---|---|
| Mean Max Temperature | 83 | 92 | 102 | 106 | 103 | 96 | 83 |
| Mean Min. Temperature | 56 | 60 | 71 | 79 | 74 | 70 | 58 |
| Precipitation (inches) | .38 | .22 | .38 | .78 | 1.22 | .43 | .49 |

## Dietary Restrictions

If you have any special dietary requirements please include them on your registration 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.

## Travel Considerations:

Please be aware that at Tour West we do our very best to schedule your transportation needs into and out of a remote area where transportation options can be limited. While the transportation companies we contract with to provide these services are in general reliable and on time, there are occasions when our passengers will experience delays. While these delays are beyond our control, we will always do our best to help you get where you need to be in the quickest and safest way possible.

## Preparing your Gear

Every person who travels with us is different and has different needs. We do our best to provide the most comprehensive list for what most people need on the river, but you will have to use your judgement on some things. Please remember this is a wilderness setting and our packing list is as comprehensive as possible. If you have any questions about the packing list, please call us!

# 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 duffle 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 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.
- 2 pair sock, helps protect feet from sunburns
- 1 lightweight quick dry hoodie (for sun protection)
- 1 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)
- 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 secure 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 mush have photo ID available for trip flights
- Major credit card in case of evacuation or for souvenirs
- Cash for gratuities
- Can of Bug Spray. Consider a mosquito head net. There are mosquitos and they are more common during high water.
- 2 or 3 Large 3" to 4" carabineers (for clipping day-use bags & water bottle), very helpful! Quality matters $10-15 each

**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, mini watercolor kit

## General Information

**BEVERAGES:** We provide unlimited Gatorade and water. You're welcome to bring your own soda, juices or alcohol (no glass). Drinks will be stored by the guides during the day and available to you in the evenings. You can purchase drinks in Moab. Please be aware: We are unable to keep drinks on ice on a wilderness adventure.

**VALUABLES:** Bring only essentials: photo ID, credit card, cash, No storage available in Moab.

**GRATUITIES:** Customary tips are 10-12% of the trip cost, given to the trip leader.

**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.

**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.

**LIABILITY WAIVER-**We require that each passenger sign a liability waiver. 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. 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. 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

**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.

**1. 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!

**2. 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.

**3. 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.

4. **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.

**5. 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. Early June trips may like having bug head nets. Snakes and scorpions are seldom seen. Most trips will have the thrill of seeing Desert Big Horn Sheep and many varieties of canyon birds.

**6. 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.

**7. 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 Cataract 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

**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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