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Grand Canyon 3 Night Trip Information Packet

We are delighted to share the Colorado river and the incredible Grand Canyon with you.
This trip covers the last 90 miles within the Grand Canyon.

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

In This Guide

What to Expect:

- Itinerary & Typical Day – p. 2
- Rafting & Camping with Tour West—p. 2
- Physical Recommendations—p. 3
- Weather – p. 3

Getting Ready for Your Trip:

- Packing List, page 4
- General Information, page 6
- Frequently Asked Questions, page 7
- Map/Books, page 8

Pre-Trip Checklist

- Pay Deposit – (consider purchasing travel insurance within 14 days)
- Submit Registration and Liability Waiver online
- Make final payment 90 days prior to trip (we'll send a reminder)
- Read this packet carefully
- Gather your gear
- Contact us with any questions
- Watch for final trip confirmation email 2 weeks prior to your trip

Itinerary *All times listed are for **Pacific Time Zone.** We strongly recommend you stay in Vegas the night before trip.*

Day One: 10:15 am meet at Harry Reid International Airport in Las Vegas, Nevada.

To meet for your flight please go to the information booth outside the one baggage claim area at the airport. The baggage claim area is in Terminal 1. Approximately 20 feet from the booth is a set of escalators with a sign above them reading, "Level Zero" please proceed down the escalator to level zero and out the door to where the shuttle buses are and locate the bus. Your shuttle bus will be there to meet you between **10:15-10:30 a.m.** The shuttle bus will have logos that say Grand Canyon Airlines, Grand Canyon Helicopter, Scenic, and Papillion and should be located either at or near spot 16.

- Take Shuttle to Boulder City, NV where you will board a flight that will take you to the Bar 10 Ranch.
- After a short flight (approx. 45 minutes) you will arrive at Bar 10 Ranch.

Activities at Bar Ten Ranch:

- Horseback Riding
- Skeet Shooting
- ATV Rides (extra expense at ranch)
- Pickleball
- Visit their Nature Center
- Enjoy lunch, dinner & breakfast

Days 2-3:

- Breakfast @ Ranch
- 10-minute helicopter ride to river
- Meet your guides
- Boat and Safety meeting
- Load boats
- Run rapids, explore side canyons

Day 4:

- Jetboat across Lake Mead
- Board bus to Las Vegas arrive approx. 2 PM. OK to book flights after 4 PM

A 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 w/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 to Bar Ten Ranch from Las Vegas, NV (plane ride)
- Accommodations at the Bar Ten Ranch
- All meals while at the Bar Ten Ranch (lunch, dinner & breakfast)
- Helicopter Ride into the Canyon (approximately a 10-minute ride)
- Boats, Life Jackets, camping gear, (cot, sleeping bag, pad, tent, waterproof bags)
- Meals from lunch Day 1 to breakfast Day 4
- Camping toilet facilities
- Beverages – unlimited water & Gatorade all day. Coffee, tea & hot chocolate in the morning.
- First Aid Kit
- Bus ride back to Las Vegas airport (approximately a 3-hour drive)

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—this could be as much as a 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 an enjoyable, safe and fulfilling experience. If you are concerned about any of these recommendations, please call 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 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.

Temperature & Precipitation	Apr	May	June	Jul	Aug	Sept	Oct
Mean Max Temperature	82	93	104	107	103	96	84
Mean Min. Temperature	56	63	73	77	75	70	58
Precipitation (inches)	.47	.36	.30	.84	1.4	.97	.65

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 information 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.

Your Health on the River

Your health and safety are always our top priority. As you travel to and from the river, we ask you to take all precautions to help prevent the spread of any possible virus. Please visit the CDC website for more information on how to prevent spreading viruses. https://wwwnc.cdc.gov/travel/page/resources-for-travelers. If you do show signs of illness as you travel, we ask that you please let your guides know asap so they can take proper precautions to help you and prevent spreading to others.

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** (this is required by the flight & helicopter company).
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 prepare you for a wilderness experience.
Water clarity can vary from clear to silty. Clothing can become discolored. Please pack accordingly.

- Two-piece rain suit (Not just for rainstorms. Rain gear offers protection against cool water when running rapids—especially early in the morning in the shade.)
- 1-2 swimsuits
- 1-2 quick-drying shirts (at least 1 long sleeve)
- 1 pair of lightweight pants/shorts
- Underwear
- Comfortable lounge-wear to put on at camp and for sleeping
- 2 pair socks in case of sunburn or foot injury
- 1 lightweight quick-dry hoodie (for sun protection)
- 1 pair quick-drying pants (for sun protection)
- 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 (Bedrock, Teva's, or Chaco's are examples).
- Comfortable footwear for camp (some guest prefers flip flops or other light weight tennis shoes in camp)
- Hat for sun protection with string or hat clip
- Gloves for protection while gripping straps on raft. Weight lifting or cycling gloves work best.

COOL WEATHER ITEMS (April, early May & September Trips)
Children and some adults tend to get colder and may need these items in the summer months.

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

PERSONAL ITEMS

- Personal hygiene products (deodorant, razor, mirror, baby wipes, 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. It's dry and you use a lot!
- Soap and shampoo in small bottles. Leave in conditioner for long hair
- Insulated Water bottle with tight fitting lid plus strap or carabineer to hook it to boats during the 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 if needed
- Camera—waterproof digital camera with extra batteries
- 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 at the Bar Ten Ranch.
- Cash for gratuities
- Small container of Hand Sanitizer
- 2 large 3"-4" carabineers (for clipping day-use bags and water bottle to ropes) quality matters here. ($10-15 each)

OPTIONAL PERSONAL ITEMS:

- Small back-pack for hikes
- Plastic bag for dirty or wet clothing, a few clothes pins and a small rope for drying wet clothing 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 cold 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 Page. Please be aware: We are unable to keep drinks on ice on a wilderness adventure.

VALUABLES: Bring only essentials; photo ID, a major credit card, and cash.

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

LUGGAGE STORAGE: The best option if you are staying in Las Vegas before or after your trip is to see if your hotel will store your luggage for you. If that is not an option for you, luggage can also be stored with Grand Canyon Airlines for a fee. At the beginning of your trip, you will meet us at Harry Reid International Airport. Bring your extra luggage with you and take it on the shuttle to Boulder, NV where you will depart and spend the first night of your trip at Bar Ten Ranch. While at this small airport you are able to store your luggage with Grand Canyon Airlines. At the end of your trip, you will be returned to Harry Reid Airport BUT if you have stored luggage with Grand Canyon Air, please let the bus driver know to make a quick stop at the Boulder Airport to get your extra luggage. They have been notified this is a possibility. You cannot leave any luggage with us in Las Vegas as we have no facilities to store it in, or to have it brought to meet you at the end of the trip.

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 quality 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. Arizona residents must have an Arizona fishing license. Out of state passenger can purchase a short-term license at Arizona Fish & Games website: https://www.azgfd.com/license/

NATIONAL PARK ENTRANCE FEE— Each person on our trip 15 years or older will be charged a National Park Entrance Fee. If you have a golden eagle or golden age passport, please let our office know before your trip so we can deduct this fee.

REGISTRATION FORM – We require that each passenger taking our trip fill out a registration form. This gives 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. A link to this form is emailed to you when you book.

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 filled out online 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. 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. The Grand Canyon 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 a background in natural history who are all wilderness first responders and have 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 river. 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 duffle bag containing your sleeping gear and clothing will be loaded on the boat and packed away for the day. Your small water-resistant 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. Refer to our website for in-depth dietary information.

5. **Where will I bathe?**

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. Although the water in the side streams is generally warmer and it may be tempting to bathe there, soap is strictly prohibited and only allowed in the main river. We don't recommend solar showers; they are difficult to store and use on the river.

6. Why is the water so cold?

The river water is released from Glen Canyon Dam on Lake Powell. When the lake is deep the water is approximately 50 degrees. Due to the lake being low we have begun experiencing warmer water temperatures up to 65.

7. What about bugs and snakes?

The Grand Canyon is a very friendly place to camp. Being a desert environment, mosquitoes and flying insects are not generally a problem. Snakes and scorpions are seldom seen. Most trips will have the thrill of seeing Desert Big Horn Sheep and many varieties of canyon birds.

8. 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. You can also look up current weather conditions on our website.

9. 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. Grand 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. Introduction to the Grand Canyon Geology
   Author: Trinkle Jones

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 ensure 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.

Due to limited availability, the National Park Service restricts recreational boating opportunities on the Colorado River within Grand Canyon National Park to one trip per year per individual. Because of this regulation, Tour West cannot accept a reservation from any individual who has or will participate in any other full or partial canyon commercial or non-commercial river trip within the same calendar year. If you have already completed or have plans to participate in any other Grand Canyon River trip this year and would like to go again, please wait until next year or sometime thereafter to book you next trip. Grand Canyon National Park's one-trip-per-year rule is strictly enforced.

NATIONAL PARK SERVICE

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