

LOWER CANYON

Pre-Trip Checklist

Thank you for choosing Hatch River Expeditions for your Grand Canyon river rafting experience. We're thrilled to have you aboard! However, booking your reservation is only the first step.

All trip documents including your gear checklist and transportation information are **ONLINE** in your Activity Manager.

- ACCESS** your **Activity Manager** & **INVITE** the other guests in your group (if any) to register under "Start Registration."
- GO TO** "View Info and Documents" & **REVIEW** our **Policies, Physical Requirements, Sample Menu with Dietary Info, and Risk Advisory to Health-Care Providers and Participants.**
- no later than 14 DAYS after booking** → **COMPLETE** your registration under "Start Registration" & **SIGN** your **Visitor's Acknowledgement of Risk** under "Sign Form."
- PRINT & SIGN** **Bright Angel Trail Hiking Acknowledgement of Risk** and **return** via email to info@hatchriverexpeditions.com or mail to 5348 E. Burris Ln, Flagstaff, AZ 86004.
- SOON after booking** → **PURCHASE** **Travel Insurance** with a "cancel for any reason" option (by their deadline—usually shortly after paying a deposit).
- BOOK** any **Transportation** and **Lodging** you may need. (Your post-trip flights to Las Vegas or the South Rim will be booked by Hatch.)
- MEET** the folks who will be sharing your adventure on your trip's social site in the "Photos" section of your **Activity Manager.**
- 120 DAYS before launch** → **PAY** the **Remaining Balance** for your trip – due to the Hatch office 120 days before your launch.
- REVIEW** our **Gear Checklist**, begin acquiring items, and make sure to break in new purchases (especially shoes!).

Optional:

- SUBMIT** your **Beverage Order Form** directly to the Cliff Dwellers Lodge – due 6 weeks before your launch.
- REVIEW** the **Duffel Service Form** and inform Hatch reservations staff if you will be using this option.

Policies

Payments

Hatch River Expeditions requires an initial non-refundable, non-transferable deposit of \$500 per person to book. Reservations are not confirmed until we receive both a deposit and a guest name for each space. Payment can be made via personal check, money order, Visa, Discover, and MasterCard. Guests paying by check or money order will have 14 days to get payment to the Hatch River Expeditions office. If 14 days from the initial reservation date have elapsed and full payment and guest list have not been received, any spaces not assigned and paid for will be removed from the reservation.

Final payments are due 120 days before trip departure. If final payment is not received when due, Hatch River Expeditions reserves the right to cancel the reservation without refunding the original deposit.

Registration Forms

You must complete a Registration Form for every guest on your reservation within 14 days of making your initial reservation. If that form is submitted by the deadline and it is determined that a guest will not be able to participate due to the information it contains, a full refund will be provided for that guest. Hatch River Expeditions reserves the right to cancel any guest's reservation at any time without refund if this form has not been completed accurately and returned by the deadline.

Cancellations

If you must cancel your reservation more than 120 before your trip, you must notify us in writing. You will forfeit your initial non-refundable, non-transferable deposit. Any amount you have paid beyond the initial deposit will be refunded minus a 5% processing fee. Refunds made more than 90 days after payment will be issued as U.S. checks only.

If you must cancel less than 120 days prior to your trip, no refunds will be made and you will forfeit any funds paid to Hatch River Expeditions.

This policy applies to every cancellation and there will be no exceptions made for any reason. We will not issue refunds for cancellations due to illness or late arrivals due to travel delays. Our company has a limited number of spaces available and a short season. Once we accept your deposit, we can no longer sell that space to other possible guests and have likely already invested time, money, and energy into preparing for your trip and cannot afford the financial loss.

If you are concerned about the possibility of canceling your trip, we urge you to purchase travel insurance.

One Trip Per Year

Grand Canyon National Park strictly enforces a "one trip per year" rule. Hatch River Expeditions is not permitted to accept a reservation from anyone who has or will participate in any other commercial or private, partial or full Grand Canyon river trip within the same calendar year.

Transfers/Substitutions

If a guest is not able to participate in a particular trip, there are two scenarios in which we will allow a change to the reservation to be made:

Option 1) If, prior to when final payment comes due, a guest is not able to participate in a trip they have booked and they would like to send another guest in their place, a substitution may be made if the guest pays a separate \$200 change fee.

Option 2) If, prior to when final payment comes due, a guest would like to change their reservation from the original date on which they booked to another date within the same calendar year that has availability, the booking may be moved to a new date if the guest pays a separate \$200 change fee. Date transfers to other years will not be permitted.

After final payments come due (120 days prior to a trip's start date), changes to guests or bookings will not be permitted. A guest may choose to cancel and rebook, forfeiting their non-refundable deposit and any additional payments made in accordance with our cancellation policy.

Outside Forces

Hatch River Expeditions reserves the right to cancel, delay or reschedule any trip due to forces outside of our control including but not limited to inclement weather, water levels and conditions and lack of sufficient reservations. Hatch River Expeditions will not be held responsible for any cancellation, or for expenses incurred as a result of such cancellation. When booking with Hatch River Expeditions you agree to this policy.

Don't Forget Travel Insurance!

Choose a travel insurance policy with a Cancel for Any Reason option to protect your investment if your circumstances change and you aren't able to complete your trip.

Most "CFAR" plans require you to purchase within a short window after booking your trip, so be sure to look into your options right away!

Age Limits

For full canyon motorized trips, the minimum age is 8 years old. For all other trips, including oar powered trips, exchanges (upper/lower trips), and hiking focused trips, the minimum age is 12 years old.

Physical Requirements

NOTE: ALL Upper and Lower Canyon passengers MUST hike the Bright Angel Trail. Seriously consider whether you are physically capable of hiking in/out of the Grand Canyon. Excellent physical condition and endurance are critical to completing this hike safely. Remember, you must be able to carry ALL your own gear.

Upper and Lower Canyon trips with Hatch River Expeditions are specifically designed for guests who are willing and able to complete a long and difficult hike on the Bright Angel Trail. Upper Canyon passengers will be *required* to hike out of the Grand Canyon on the last day of their trip, and Lower Canyon passengers will be *required* to hike into the Grand Canyon on the first day of their trip. Even seasoned hikers find hiking in the Grand Canyon to be more challenging than they anticipated.

To safely participate in the Bright Angel Trail hike, you'll need to prepare for:

- A full day's hike – Most hikers take 5-6 hours to get down the trail and 6-8 hours to get up it. Those times will be significantly impacted by pre-trip preparation and self-care while on the trail.
- A long, steep trail – The Bright Angel Trail is 9.5 miles long with an elevation change of 4,440 feet from rim to river (that's nearly *4 times* the height of the Eiffel Tower).
- Temperatures that may reach 120 degrees Fahrenheit
- Uneven, rocky, and sandy terrain with steep steps up and down and occasionally narrow pathways
- Carrying personal gear – We recommend that guests use our UPS duffel service to lighten their loads. Remember that no matter what, you should be carrying at least 3 liters of water and any gear you want access to on the trail.

Note: We are happy to discuss other styles of trips that allow us to accommodate a wide range of physical challenges and medical conditions. Please contact our office so we can assist you personally with any concerns.

Additional Physical Requirements

In addition to being able to complete the mandatory and strenuous hike along the Bright Angel Trail, you will need to be able to:

- Fit into a Type 5 life jacket (max chest size 58")
- Hold onto the raft through whitewater. Ropes are provided as handholds.
- Climb onto and off of the raft. There will be about a 2-3ft step up/down and some surfaces may be wet and slippery.
- Tolerate prolonged/repeated exposure to water of approximately 50 degrees Fahrenheit.

Review our **12 Tips for a Better Hike** on the reverse of this page before your trip.

5 Great Pre-Trip Conditioning Activities:

1. Find and hike local trails that have elevation gain and loss.
2. Use the incline feature on machines at your local gym and take the stairs wherever you go.
3. Walk and hike on uneven terrain and rocky trails.
4. Purchase and break in hiking or cross training shoes and hiking sandals ahead of time to avoid blisters.
5. Get in the habit of drinking lots of water throughout the day – it's good for you every day, but mandatory on the river!
6. If by the balance due date, you cannot comfortably hike at least 9 miles, please contact our office.

Hiking in the Grand Canyon

Everyone who hikes in the canyon for the first time reports that it was more difficult than they expected. There are no easy trails into or out of the Grand Canyon.

Hiking in the Grand Canyon is a strenuous and potentially dangerous activity suitable for only those in excellent physical condition. If you have any history of ankle, knee, hip or other joint problems, asthma or heart-related problems, or have recently undergone surgery, please consult your physician before attempting to hike into or out of the Canyon. Temperatures typically exceed 100 degrees Fahrenheit (38 degrees Celsius) in the summer months and can even reach 120 degrees.

Additionally, given that this is a group activity, it is important that you are physically able to participate with the group and be on time. Remember that your actions can affect the group experience.

PHYSICAL TRAINING BEFORE YOUR TRIP IS ESSENTIAL.

12 Tips for a Better Hike

1. EAT SALTY SNACKS almost as often as you drink. Balance your food intake with your fluid consumption so that your electrolyte levels stay within a normal range.

2. DRINK AT LEAST THREE LITERS of water and electrolytes. Do not wait until you feel thirsty - by that time, you are already dehydrated. Camelbak-style hydration packs work great plus two backup water bottles. Note that disposable water bottles are not sold in the park. You must bring refillable bottles with you.

3. REST at every opportunity. Three developed shade areas are located on your hike into or out of the Canyon.

4. WEAR a **WIDE-BRIMMED HAT** and other skin-covering clothing for sun protection.

5. WET your hat, bandana, and long-sleeved shirt at water stations.

6. PACK LIGHT. Take only what you need – and then double-check it. Water and food should be your heaviest items. Consider using Hatch's UPS Duffel Service (info on the **Duffel Service Form**).

7. PACE YOURSELF. A steady pace will not only prevent you from tiring too quickly, but will also allow you to enjoy the scenery.

8. RESEARCH your trip. A Grand Canyon hike is not suitable for everybody. Make sure you read the summer hiking information on the Grand Canyon National Park's website.

<http://www.nps.gov/grca/planyourvisit/hike-smart.htm>

9. PREPARE for your hike by getting a good night's rest, eating a good dinner, and avoiding alcohol and other diuretics.

10. PRE-HYDRATE during your trip by drinking lots of **WATER**. Don't get behind!

11. WEAR COMFORTABLE SHOES and clip your toenails to avoid "black toe" and blisters.

12. STRETCH before you start, but prepare to have **SORE MUSCLES** the day after your adventure.

Bonus Tip: **Mules have the right of way**

If you encounter a mule train in the Grand Canyon, make sure to follow these safety tips:

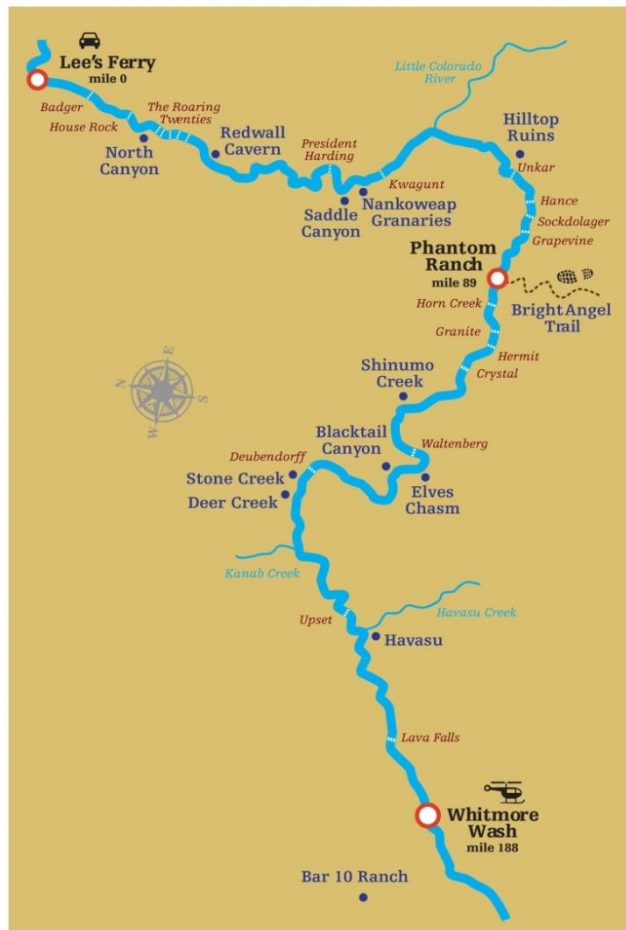
- Step off the trail on the uphill side away from the edge.
- Follow the directions of the wrangler. Remain completely quiet and stand perfectly still.
- Do not return to the trail until the last mule is 50 feet (15 meters) past your position.

Trip Overview

LENGTH: 7 days / 6 nights**DISTANCE:** 99 miles, from Phantom Ranch to Whitmore Wash***SIZE:** 16-24 guests**Inclusions:**

- Professional hiking guide for your hike down the Bright Angel Trail
- Complimentary Hatch mug
- All meals and beverages during your rafting trip excluding alcohol and soda
- All camping gear: Camp chair, 3-person tent for 2 people, sleep kit (ground cloth, sleeping pad, sleeping bag, sheet, pillow), dishware, and utensils
- Use of 2 dry bags for your day gear and night gear
- Helicopter ride out of the Canyon from Whitmore Wash to Bar 10 Ranch
- Fixed wing plane ride from Bar 10 Ranch to either Las Vegas or the South Rim

*Our boats launch at Lees Ferry, 90 miles upriver from Bright Angel Trail, several days before you hike in to meet them at the river.



Sample Itinerary

(Activities will vary based on guide decisions and weather.)

DAY 1

Meet our hiking guide in front of the fireplace in Bright Angel Lodge's lobby at 5:00 AM sharp. It doesn't hurt to arrive a bit early! We begin hiking down Bright Angel Trail early to beat the heat. The hike usually takes from 5-6 hours and you will arrive at the boats around lunch time. On a beach near Phantom Ranch you will meet your crew and prepare to depart on your expedition. Guides will explain safety on the river and introduce you to our Oar Rigs. Load onto the rafts and away you go to begin your grand adventure. Prepare yourself for the large rapids ahead because Horn, Granite, Hermit and Crystal are coming so get ready for some impressive waves and epic splashes.

DAYS 2 – 4

Shinumo Creek and Elves Chasm are the perfect places to make a splash. Enjoy Deer Creek Falls or hike up to the spectacular Patio above to find a hidden green oasis. Check out that Bright Angel Shale or Tapeats Sandstone as you pass through.

Trip Overview (cont'd 1)

Sample Itinerary (cont'd)

DAYS 5 & 6

Relax and enjoy the turquoise waters at the famed Havasu Canyon where you will experience a true paradise. Play in the pools or hike up the creek for more sights. Reflect on the geological changes you have experienced and enjoy this old section of Canyon. You are now more than a mile down in the Canyon. The volcanic formation of Vulcan's Anvil signals the approach of Lava Falls, one of the most famed rapids in the world.

DAY 7

Helicopter flights to Bar 10 Ranch begin around 7:00 AM so be prepared to see the sights from above. Lounge around or if time permits take a quick shower before your flight departs to take you back to the South Rim of the Grand Canyon or Las Vegas.



Photo Credit: R. Ben Lehman



Camping with Hatch

We're here for you! Hatch trips are designed to accommodate everyone from the most experienced hikers to first time campers. We even provide you with camping gear (a camp chair, tent for 2, and "sleep kit" including a sleeping pad) so all you have to bring is your personal items.

Sandy beaches are typical campsites in the canyon, but each location is different, so be prepared for a different experience and view every night. Tent and sleeping sites are set up by guests and spread among the trees or across the open beach.

We set up kitchen near the boats so you can help unload then camp out in chairs nearby to take in the delicious aromas of guide-prepared meals.

Bathrooms:

Toilet facilities are set up shortly after arriving in camp in a secluded area, and are the last thing taken down in the morning. The toilets are dry, meaning that everyone urinates in the river and all other "business" is taken care of at the toilet.



[More info on our FAQs!](#)

Trip Overview (cont'd 2)

Just a Typical Day on the River...

Days on the river begin at dawn or earlier. Your boatmen will use the “coffee call” as the first sign that it is time to wake up. Smells of delicious breakfast may creep into your tent luring you out and persuading you it is time to crawl out of bed. Hot breakfasts are the norm with eggs cooked to order and a continental breakfast option as a lighter fare.

After breakfast it is time to pack up camp and get moving. Form a “duffel line” with your fellow guests and work as a team to load the boats. You will be amazed how quickly camp can be taken down when everyone works together. Need help? Just ask! If your physical abilities limit your capacity to lift and load, that’s no problem either. Throughout the morning, the guides will prepare you for the day ahead and the adventure that lies around the bend.

Once the gear is loaded, you are welcome to hop aboard our sturdy and reliable 18 ft oar boats and get ready for some thrills. After breakfast, the typical day begins with a few hours of rafting and rapids. Get ready to get up close and personal with those waves! These rapids will amaze you with their enormity and awesomeness.

Trips usually stop every few hours to discover a pristine swimming destination or get a bit more active with a side canyon hike. Some of the hikes are more strenuous than others, but your thoughtful guides will make you aware of what is to come. Many of our guests’ favorite parts of the trip are the destinations at the end of some of the side hikes. After some fun in the morning, lunch will be served picnic style on a sandy beach where you can eat, relax and enjoy the sights.

After lunch, there is more exploring to do and likely some more thrilling rapids ahead. At the end of a day filled with adventure, you’ll pull into camp in the early afternoon so as to provide ample time for relaxation. Form a duffel line to unload the boats, then you are off to set up your own camp. There will be

demonstrations of camp setup on the first evening but you will be responsible to set up on subsequent nights. Relax and enjoy the sounds of the river, play on the beach or kick back with a good book as the guides prepare appetizers for you to munch on before dinner.

The food on our river trips is excellent and well rounded. Dinner is often a highlight of the day with entrees such as fresh fish, grilled steaks or barbecued chicken breasts. Vegetarian and other options will be accommodated to the best of our ability just make sure to discuss it with our office staff when making your reservation. Leave room for dessert, though, because our Dutch oven cakes and brownies will blow you away.

After dinner it’s off to your camp where our comfortable sleep kit—ground cloth, sleeping pad, sleeping bag, sheet and pillow—awaits. Get a good night’s sleep. There are more thrills tomorrow and daybreak comes early!

A Typical Hatch Meal



Grilled Chicken Breast with Barbecue Sauce
Seasoned Rice Cooked to Perfection
Steamed Broccoli and Cauliflower
Fresh Green Salad with Choice of Dressings

Not Pictured: Pre-Dinner Hor D'oeuvres &
Dutch Oven Dessert

Lodging & Transportation

Pre Trip Lodging: Xanterra Parks & Resorts

Your hike down the Bright Angel Trail will start at 5:00am, so you'll need to stay at the South Rim the night before your hike-in date. Guests are responsible for booking their own South Rim accommodations.

Xanterra Parks & Resorts operates a number of accommodations including: Maswik Lodge, Thunderbird Lodge, Kachina Lodge, Bright Angel Lodge, and the historic El Tovar hotel. These lodges can book up quickly, so make sure to contact Xanterra right away to inquire about availability.

Xanterra Parks and Resorts

(888) 297-2757

(928) 638-2631

www.grandcanyonlodges.com

NOTE: If you are unable to get a room on the South Rim, there is additional accommodation available in the nearby town of Tusayan. However, there are limited transportation options before 5am if you don't have your own vehicle.

Transportation Options

Fly from Las Vegas to the South Rim then return to Las Vegas

Before your trip:

Drive or fly into Las Vegas before your trip and schedule a flight (\$\$\$) to the South Rim with Bar 10 Transportation for the day before your hike-in. Contact Bar 10 for availability and pricing.

Note: You will need to take a taxi from the airport to the South Rim. Taxi is CASH ONLY and can be reached at: 928-638-2822. You will also need to pay a fee to enter the park.

Bar 10 Transportation

435-628-4010

www.bar10.com

After your trip:

On the last day of your trip, you will take a helicopter from inside the canyon to the Bar 10 Ranch. Helicopter flights begin at 7:00am. Once at the Bar 10 Ranch, you will be given a boarding pass for a fixed wing flight back to Las Vegas, NV.

Your flight will take you from Bar 10 Ranch to the Boulder City airport terminal. From there, you will be shuttled back to Harry Reid International Airport. You should arrive around 1:00pm; however, we strongly recommend that you do not schedule any flights out of Las Vegas until after 3:00pm to accommodate unexpected delays.

Lodging & Transportation (cont'd)

Transportation Options (cont'd)

Drive to the South Rim then return to the South Rim

Before your trip:

Drive your personal vehicle (\$) or a rental car (\$\$) to the South Rim and park in the Backcountry parking lot. (You will have to pay a fee to enter the park.)

After your trip:

On the last day of your trip, you will take a helicopter from inside the canyon to the Bar 10 Ranch. Helicopter flights begin at 7:00am. Once at the Bar 10 Ranch, you will be given a boarding pass for a fixed wing flight back to the South Rim. You should arrive back at the South Rim in the late morning or mid-day.

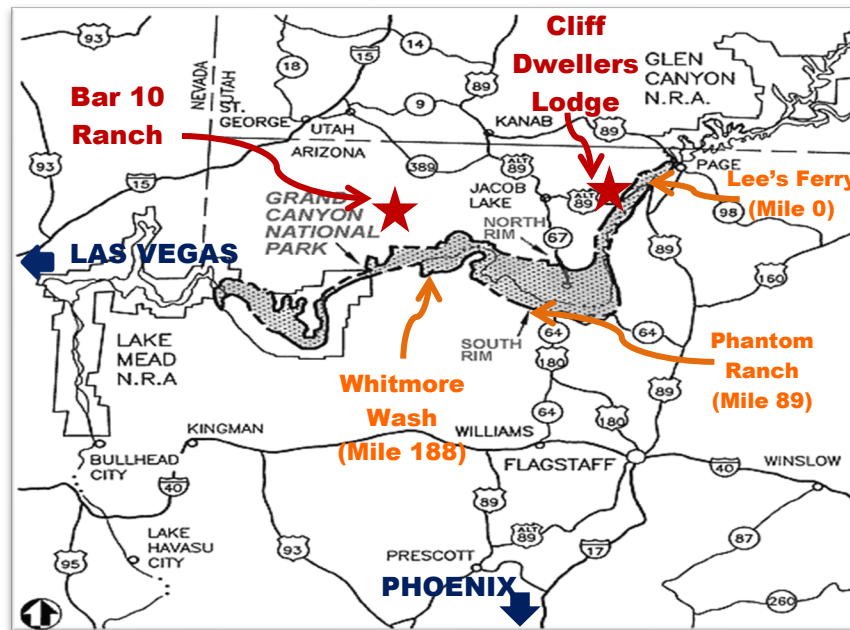
Note: You will need to take a taxi from the airport back to your car. Taxi is CASH ONLY and can be reached at: 928-638-2822. Remember to take your National Park Pass or park entrance fee receipt with you so you don't have to pay the Park entrance fee a second time. Entrance receipts are valid for 7 days.

Please indicate in your **Online Registration** which transportation options you will be using. If you change your flight from what is indicated on your form, Bar 10 reserves the right to charge you the cost of accommodating that change if space is available. Guests are responsible for arranging transportation to the South Rim and from the South Rim or Las Vegas home. We recommend contacting transportation providers early to ensure that your preferred transportation is available for the dates and times you need. Make sure to confirm all dates, meeting times, departure times, arrival times, costs, and other details with individual transportation providers.

Grand Canyon Area Map

Note: Some guests will fly to an area near the Grand Canyon, rent a car and drive the rest of the way. Nearby cities with airports and rental car companies include:

- Flagstaff
- Phoenix
- Las Vegas



Hatch provides all the camping essentials for your trip, so all you have to bring is personal gear. Here's what we recommend you pack to ensure you have the best possible trip. *(Please note: This list is intended to be used as a guide. Some guests prefer to skip or add items as their needs dictate. You know yourself best! If you have any questions, please contact our office.)*

Hatch Provided Gear:

- Stainless steel Hatch tumbler
- 1 water-resistant **night dry bag**
 - 13" in diameter x 25" tall
 - For your personal duffel bag
- 1 water-resistant **day dry bag** (8" in diameter x 20" tall)
 - For your small backpack and items that you need during the day
- 1 3-person tent
 - For 2 people
- 1 camp chair; per person
- A sleep kit, which includes:
 - 1 sleeping pad
 - 1 sleeping bag
 - 1 sheet and pillowcase
 - 1 standard-sized pillow
 - 1 6'x8' ground cloth



Meals and Beverages:

Hatch provides all meals and beverages for your trip, **excluding** alcohol and soda.

You are welcome to bring your own beverages from home. You can also purchase beverages from the Cliff Dwellers Lodge (order form provided) which you will pick up the morning of your launch.

Please do **NOT** bring glass bottles!

Note: Most guests wish they had purchased *more* beverages. Please plan accordingly.

Review the "Sample Menu with Dietary Info" document for your trip to get an idea of the meals served on trips.

If you have any concerns about your dietary accommodations, let the Hatch office know as soon as possible.

What to wear on a typical day on the river:

What you wear each day will vary depending on the weather or other conditions.

- Recreational sport sandals
 - Must have good traction/soles and sturdy straps
 - Flip-flops **not** recommended
 - Make sure to break them in before the trip!
- Swimsuit (under clothing)
 - We recommend a 2-piece for women to make it easier to urinate
- SPF and quick-dry clothing
 - Long-sleeved shirt and long pants and/or t-shirts/shorts
 - Moisture wicking (*to stay dry*) and/or cotton (*to stay wet*)
 - Clothing coverage will depend on a personal need for sun protection
- **Polarized sunglasses** with retention string (ex. Chums)
- Sun hat with retention string



What to pack in your DAY BAG:

*This gear will be worn or stored in your **day** dry bag and secured next to you on the raft so that you can access it throughout the day.*

- Small backpack or Camelbak
 - For hikes
- Rain gear (waterproof jacket and pants)
 - Those splashes are cold, so rain gear help keeps you dry
 - Make sure it has Velcro or elastic bands around the wrists/ankles
 - **No ponchos!**
- Sarong or another cover-up
 - For sun protection and/or to get wet and use to stay cool
- Reef-safe sunscreen and SPF lip balm
- 2x unbreakable water bottles with loops for carabiners
 - 1 liter EACH
 - In case one gets lost
- 2x **sturdy** carabiners (*not keychain style*)
- Lightweight, synthetic hiking or running shoes
 - Pair these with socks for dry hikes where sandals just won't cut it
- Quick-dry socks (like wool) or Neoprene socks (for warmth/ wet hikes)
- Daytime medication
 - Consult your doctor to determine an adequate supply of vital medications
- Waterproof bag/case for camera or phone
 - Charging for USB devices is available nightly at camp, but limited
 - Think about heat, sand, and water protection when choosing to bring any electronics
- Gloves
 - Protection from sun, hot rocks, and holding ropes
- Bandana and/or buff
 - Keep wet to stay cool and/or use as a napkin



Personal Gear
Limit: 25lbs

oar powered Gear Checklist



What to pack in your NIGHT BAG:

This gear will get packed in your duffel and stowed in one of your night dry bags. The other night dry bag will have your sleep kit. They will be secured in the center of the duffel pile during the day, and you will only have access to them when you camp each night.

- Medium soft-sided duffel bag
 - 12"x12"x24" or smaller
- Long pants and a long-sleeved shirt
- Underwear
- Lightweight fleece jacket
- Pajamas
- Comfortable camp clothing
 - Ex. a cotton shirt, sundress, etc.
- Headlamp (with red light)
- Government-issued photo ID (18+), credit & insurance cards (in case of medical evacuation)
- Cash or checks – for gratuities for guides
- Nighttime medication
- Camp towel for bathing
- Toiletries:
 - Lots of lotion & hand salve for dryness
 - It's REALLY dry here
 - Toothbrush, toothpaste & dental floss
 - Biodegradable soap, shampoo/conditioner
 - Baby wipes (for cleaning off in the evening)
 - Nail clippers/file
 - Contact solution (due to the elements, we recommend single-use contacts or glasses)
 - Feminine hygiene products (optional: female urinal)

Cold Weather/Cold Sensitive:

It is better to overpack than to go without something you need during cold weather or if you are sensitive to cold temperatures or water.

April, May, and September are generally colder—be prepared with these items if your trip is during one of these months.

- Beanie
- Mid- to heavyweight fleece jacket (to replace lightweight)
- Long underwear (either polypropylene or wool for their quick drying properties)
- Extra layers and long pants
- Heavier weight rain gear
- Medium-weight quick-dry gloves (for warmth)

Upper and Lower Trips ONLY:

Extra gear for those on an upper or lower canyon trip.

- Medium **internal frame** backpack (if carrying gear on the trail) or medium soft-sided duffel bag (if using duffel service)
 - 12"x12"x24" or smaller
- **Sturdy** hiking boots or shoes – Bright Angel Trail is strenuous.
 - Comfortable with good traction and ankle support
 - Don't forget to break them in before the trip!
- **1 additional unbreakable water bottle** (3 total)
 - 1 liter each with loops for carabiners
 - May swap 1-2 bottles for Camelbak

Gratuities:

Guide gratuities are provided at a guest's discretion but are highly appreciated.

- Many guests tip between 8-10%
- All gratuities should be given to the lead boatman who will divide it equally among the crew
- Cash preferred, checks accepted
- Guides will provide instructions the last night
- Guides cannot accept credit cards

Valuables:

Hatch does not have a means of storing guests' valuables while they are on the river. Please leave all valuables not on this checklist at home.

Weather: Weather in the canyon can be unpredictable. For an up-to-date forecast, visit weather.gov, search "Phantom Ranch." (elevation 2,800ft)



April

High: 82
Low: 56
Precip: 0.47"



May

High: 92
Low: 63
Precip: 0.36"



June

High: 101
Low: 72
Precip: 0.30"



July

High: 106
Low: 78
Precip: 0.84"



August

High: 103
Low: 75
Precip: 1.04"



September

High: 97
Low: 69
Precip: 0.97"



If you have questions, check out the FAQs on HatchRiverExpeditions.com
Still stumped? Call or email our office: 800-856-8966 / Info@HatchRiverExpeditions.com

Sample Menu

with Dietary Info

NOTE: This menu is a sample only! Specific items or combinations of items available on your trip may vary.

All meals are buffet-style with guests serving themselves. All cook surfaces and utensils are likely to come in contact with all types of food we offer at some point during the trip. Due to this meal set up and our limitations in storage space and kitchen equipment, we are not able to guarantee against cross contamination. A multi-day, backcountry river trip such as this may not be a good fit for guests who have inflexible dietary requirements or severe or life-threatening allergies.

Breakfast*:

Eggs (made to order)
1 breakfast meat each day: sausage, bacon, or ham
1 side each day: bagels, pancakes, hash browns, or English muffins
Cereal, fresh fruit, tortillas (for making breakfast burritos)

***On the final day of your trip, a continental breakfast will be served in place of the standard menu**

Lunch: (make your own sandwich)

Wheat, sour dough, rye, and tortillas/wraps
Sliced deli meat and cheese, tuna or chicken salad, hummus, and peanut butter and jelly
Various sandwich spreads/condiments, tomatoes, lettuce, red onions, and pickles
Pringles, M&Ms, cookies, and other snack items

Snacks: Nuts, trail mix-style items, dried and fresh fruits

Appetizers: Cheese and crackers, chips and guacamole, or antipasto items

Dinner:

Thai chicken and veggies in coconut curry sauce, Asian slaw, egg rolls, white rice, fortune cookies, and lemon cake

Grilled steak, green salad, zucchini and yellow squash, potatoes, and Dutch oven brownie

BBQ chicken, spinach salad, steamed broccoli and cauliflower, penne pesto with pine nuts or cashews, and yellow cake with chocolate frosting

Grilled Salmon, green salad, steamed asparagus, rice pilaf, and raspberry cheesecake

Pesto tortellini w/ chicken, quinoa salad, fresh green beans, garlic bread, and pineapple upside down cake

Burgers and bratwurst, potato salad, baked beans, potato chips, and chocolate pudding with Oreo cookies

Fish tacos, coleslaw mix, black bean salad, rice pilaf, mango salsa, and lemon bars

Grilled steak, Caesar salad, Brussels sprouts, potatoes, and Dutch oven brownies

Carnitas, grilled peppers and onions, Mexican rice, refried beans, and tropical fruit salad

Grilled pork tenderloin, coleslaw, ranch beans, stuffing, applesauce, and chocolate cake with cream cheese frosting

Spaghetti with Italian sausage, Caesar salad, garlic bread, and pound cake with strawberries

Beverages:

Coffee, tea, milk, and juice are served with breakfast
Decaf or herbal hot tea can be served after dinner upon request
Filtered water and lemonade or Gatorade (for electrolytes) will be available every day on the raft and at camp

Important: Items on the trip may be cooked in vegetable oil, canola oil, cooking spray, or butter. Avoiding cross-contamination with these items may not be possible on our trips.

WHAT ABOUT MY DIETARY RESTRICTIONS?

We may accommodate dietary restrictions if possible and reasonable given the limitations of our trips when informed of those restrictions within 14 days of booking. Dietary preferences are our guests' responsibility to manage. Remember that this is a backcountry, wilderness expedition so limited vendors, space on the raft, and cookware can make accommodating each guest's specific dietary requests difficult. If you have particular dietary needs that you believe will not be met based upon this sample menu, you may request approval from Hatch to bring additional shelf-stable, ready-to-eat food to supplement that which is provided. Make sure to discuss your needs with our office staff when making a reservation (800-856-8966).

Please inform Hatch office staff of any dietary concerns you may have within 14 days of booking to give us adequate time to discuss your needs and provide reasonable accommodation where possible.

Common substitutions/accommodations:

Note: Items provided will vary depending on what our food suppliers have available. We operate out of a remote location and cannot guarantee specific items or brands due to this limitation. Typically organic foods are not available.

All guests with particular dietary needs should plan to discuss those needs with their guides at meal times.

For gluten-free guests: Hatch is typically able to provide gluten-free salad dressing, cereal, cookies, crackers, and bread. We also may be able to provide rice pasta, quinoa, and corn tortillas. If specifically requested, we can provide gluten-free cake for special occasions. Many dishes with bread or other gluten components can be served with the glutinous item separate from the other items. Due to the buffet-style meal service and our limited storage and kitchen equipment, we are not able to guarantee a trip free from the possibility of cross-contamination with gluten.

For dairy-free guests: Hatch is typically able to provide alternative milk (usually almond milk). Most dishes with cheese or other dairy components can be served with the dairy item separate from the other items.

For guests with limited meat/meat-free diets: Hatch is typically able to swap in other meats or meat substitutes for guests who do not eat the particular type of meat we are serving on a given night (i.e. chicken breast instead of steak for those who don't eat red meat; portabella mushroom or plant-based meat substitute products for those who don't eat any meat). In cases where the meat is a built-in component of a meal (such as spaghetti with meat sauce), a separate meat-free portion can be prepared or the meat component can be served separately. Due to the limitations of our food suppliers, we cannot guarantee which specific brands or types of meat substitutes will be available to you on your trip.

For guests with food allergies: Some guests request that we remove items they are allergic to from their trips; this request is one we are not able to accommodate. Due to the limitations inherent in providing meals to large groups of people in the backcountry, we are not able to guarantee an environment free from any particular allergen. Guests with food allergies should plan for a trip where there is a chance of ingesting their allergens either directly or through cross-contamination. We strongly encourage that all guests with food allergies discuss the nature and severity of their allergies along with the nature and limitations of a Hatch trip with their healthcare providers before committing to participating. (You can use our [Risk Advisory to Healthcare Providers and Participants](#) and this sample menu to aid you in this conversation.)

Once approved for participation, we recommend that guests read food labels and maintain open conversation with their guides about their needs to avoid potentially ingesting allergens (particularly for guests with allergies to common or hidden ingredients in prepared and/or shelf-stable foods). If necessary, and if they obtain Hatch approval in advance, some guests with food allergies may bring some of their own shelf-stable, ready-to-eat food items to supplement what we provide. Due to limited space and kitchen equipment, guests will not be permitted to bring food that requires kitchen preparation or refrigeration.

Hatch Duffel Service (Optional)

All guests on Lower Canyon trips are required to hike into the Canyon on the Bright Angel Trail. This is a steep and strenuous hike which covers 9.5 miles of distance and includes 4,000 feet of elevation loss. Our hiking guides note that most guests who carry their gear wish they had packed lighter or used the Duffel Service.

How It Works

Want to hike the Bright Angel Trail with just a day pack of your essentials? Ship your bag to Hatch and we'll have it waiting when you meet the boats!

Sign Me Up!

If you would like to take advantage of this service, make sure to follow these three steps:

1. Indicate on your Registration Form that you plan to use the Duffel Service.
2. Package your duffel bag(s) for shipment. Make sure to label both the shipping box AND the bag itself with:
 - o Your Full Name
 - o Your Trip's Launch Date _____
 - o Your Hike-In Date _____
3. Ship your duffel bag to our warehouse via UPS. (Do NOT USE FedEx.) **Duffel bags need to arrive at our warehouse at least 4 business days prior to your trip's launch date.** Please note that your launch date is *BEFORE* your hike-in date.

Hatch Warehouse
HC 67-35
(N Highway 89A Milepost 547 – if they ask)
Marble Canyon, AZ 86036

Please note: If UPS has any trouble with this address, tell them to call our office at 800-856-8966 and we will approve it. Our warehouse is in a rural community and we know our UPS drivers well. They will bring it to the correct location.

Shipping any item always carries a risk that your package will be lost or damaged in transit. Hatch is not responsible for any loss or damage incurred as a result of this service. We strongly recommend you do not ship valuables.

THE JOURNEY OF A HATCH DUFFEL BAG

YOU → MARBLE CANYON

You will package your bag and ship it to our warehouse according to the directions on this form. ALL bags must be received at least 4 business days before your LAUNCH DATE to be packed onto the boats.

LEES FERRY → BRIGHT ANGEL

Your bag will travel the upper part of the Canyon securely stowed in the "duffel pile" of your boat and meet you at the bottom of Bright Angel Trail.

BRIGHT ANGEL → HOME

Once you collect your bag, it will be in your care all the way home. Take it with you when you helicopter out of the canyon at Whitmore Wash.

DUFFEL SERVICE LABEL

NAME:

LAUNCH DATE:

HIKE-IN DATE:

Risk Advisory to Health-Care Providers and Participants

Hatch River Expeditions, Inc. Experience. The Hatch River Expedition experience is not risk-free. Staff will instruct participants in safety measures. Clients must be: prepared to listen to and follow these measures and accept responsibility for the health and safety of yourself and others. Each participant will be in an isolated wilderness backcountry area and may be hiking over trails that are steep and rocky. Spring/Summer/Autumn climate includes temperatures from 30 to 100 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, thunderstorms

Risk Advisory. Hatch River Expeditions, Inc. has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries or illness. If you decide to take a river trip, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your fellow participants, and take responsibility for your own health and safety. Hatch River Expeditions, Inc. guides are trained in first aid, CPR, and accident prevention. They can assist in recognizing, reacting to, and responding to accidents, injuries, and illnesses, **HOWEVER, response times by outside medical emergency services are affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in the wilderness setting of all of our trips, as a result of these extreme conditions,** Hatch River Expeditions, Inc. cannot guarantee the health, welfare and safety of its participants. All Hatch River Expeditions, Inc. participants should understand potential health risks inherent to the wilderness backcountry location of our trips.

Backcountry Expeditions. The backcountry experience encompasses: a physically demanding high adventure program in remote wilderness areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping/falling and heat exhaustion can worsen underlying medical conditions. Native wild animals such as rattlesnakes usually present little danger if proper precautions are taken.

Food. Despite our best efforts, in the wilderness backcountry setting, our staff has no ability to guarantee that food allergens are not present in the meals we prepare or snacks that we offer. It is up to each and

every participant with food allergies to read the labels on the packaged foods used in meal preparations or offered as snacks to ensure that they are not consuming a food allergen. Further, we highly encourage every guest with an allergy to meet with staff during meal time to discuss how food was prepared and to be advised of any possible cross contamination issues.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip. ***We highly encourage clients to consult with their medical advisors to determine an adequate supply of vital medications.*** People with allergies that have resulted in severe reactions or anaphylaxis must bring enough EpiPen that has not expired to be able to manage his/her condition if emergency response systems are unavailable for an extended period of time.

Immunizations. Each participant should have received a tetanus immunization within the last 10 years. We support the choices of those participants who do not have immunizations because of philosophical, political, or religious beliefs.

High Blood Pressure. Participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before participating on a river trip, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 may not be allowed to participate in a river trip.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and likely risks to the individual/other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one other person in your party need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes related

Risk Advisory to Health-Care Providers and Participants

illnesses within the past year, the individual must obtain permission to participate by contacting the Hatch River Expeditions, Inc.

Asthma. Asthma must be well-controlled before participating on a river trip. Well controlled means: 1) the use of a rescue inhaler (albuterol) less than two times per week (except use for the prevention of exercise-induced asthma); 2) nighttime awakenings for asthma symptoms less than two times per month. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of your party should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trip. If you do not bring a rescue inhaler, you may not be allowed to participate in your river trip.

Recommendations for Chronic Illnesses. Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation on a river trip: 1) Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50 2) Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents 3) Stroke or transient ischemic attacks (TIAs) 4) High blood pressure 5) Claudication (leg pain with exercise, caused by hardening of the arteries) 6) Diabetes 7) Smoking or excessive weight. The physical exertion on a river trip may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should speak to a physician about whether a physician-supervised stress test is appropriate. Even if the stress test results are normal, the results of testing are often done at lower elevations, without backpacks, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months may be required to obtain a letter of clearance from

their treating physician to be considered for approval. Permission is not guaranteed.

Allergy or Anaphylaxis. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your party must know how to give the treatment. If you do not bring appropriate treatment with you, you will not be allowed to participate. Response times by outside medical emergency services could be delayed by hours or even days. Appropriate treatment will take into account that possible delay.

CPAP Devices. Eligible CPAP devices for use on motorized trips must 1) be DC; 2) be specifically designed for travel; and 3) not use a humidifier. CPAP devices are not permitted on oar powered trips. If you provide advanced notice that you intend to use a CPAP device, Hatch River Expeditions, Inc. may provide you with a dedicated battery, but ***no guarantee can be made that your device will stay adequately charged throughout the entire duration of your trip.*** The number of dedicated batteries available is limited; if you travel at a time when these batteries are in high demand, there is no guarantee that you will receive one. In most cases, when a dedicated battery is not available, shared charging can be arranged. Batteries are charged using power from the boat's motor as it operates during the day; if there are a large number of batteries on a trip, it may not be possible to charge each one completely each day. Guests are advised to bring additional, fully-charged batteries designed for their travel medical devices.

Psychological and Emotional Difficulties. Participants should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire river trip experience.

Weight Limits. Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Successful rescue in the backcountry can be impacted by a participant's weight, especially if the rescue transport is not able to accommodate the weight or size of a participant. Please discuss this potential risk with your health care provider if you are over 295 pounds.

BRIGHT ANGEL TRAIL

HIKING ACKNOWLEDGEMENT OF RISK

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY! If you feel that you are unable to safely complete the hike, please contact our office immediately. *Consider bringing these recommendations with you as you prepare for your hike.*

WARNING: Bright Angel Trail sees more rescues and 911 calls than any other trail in the state.

Hiking in the Grand Canyon is a strenuous and potentially dangerous activity suitable for only those in excellent physical condition. If you have any history of ankle, knee, hip or other joint problems, asthma or heart-related problems, or have recently undergone surgery, please consult your physician before attempting hiking into – or out of – the Canyon.

SERIOUSLY CONSIDER whether or not you are physically capable of hiking in/out of the Grand Canyon. Excellent physical condition *AND* endurance are critical to completing this hike safely. Remember, you must be able to carry **ALL** of your own gear for the hike.



PHYSICAL TRAINING BEFORE YOUR TRIP IS ESSENTIAL! Given that this is a group activity, it is important that you are physically able to participate with the group and be on time. Remember that your actions can affect the group experience and an inability to complete the hike in a reasonable amount of time can set the rest of the group back.

[Temperatures can reach 120 degrees Fahrenheit in the summer months]

With an elevation change of 4,440ft from rim to river, the Bright Angel Trail is equivalent to going up the Eiffel Tower (1,083 ft) nearly 4 times!!

TIPS FOR A BETTER HIKE:

EAT SALTY SNACKS almost as often as you drink. Balance your food intake with your fluid consumption so that your electrolyte levels stay within a normal range.

DRINK AT LEAST THREE LITERS of water and electrolytes while on the hike. Do not wait until you feel thirsty to start drinking and replacing electrolytes. By the time you feel thirsty, you are already dehydrated. Bladder hydration packs (ex., Camelbak) work great, plus two backup 1L water bottles (ex., Nalgene). Note that disposable water bottles are not sold in the park - you must bring refillable bottles with you.

REST at every opportunity. Three developed shade areas are located on your hike into or out of the Canyon. **KEEP** your hat, bandana and long-sleeved shirt **WET** at water stations.

Wear a **WIDE-BRIMMED HAT** for sun protection. Consider sun shirts with a UPF rating.

PACK LIGHT. Take only what you truly need. Water and food should be your heaviest items. Consider using Hatch's duffel service.

REMEMBER that the guides are there to assist guests in completing the trail safely, but each guest is responsible for carrying ALL of their own gear and water.

PACE YOURSELF. A steady pace will not only prevent you from tiring too quickly, but allow you to enjoy the scenery.

RESEARCH your trip. A Grand Canyon hike is not suitable for everybody. However, we encounter more difficulties with people hiking *into* the Canyon than out. Make sure you read the summer hiking information on the Grand Canyon National Park's website. <http://www.nps.gov/grca/planyourvisit/hike-smart.htm>

PREPARE for your hike by getting a good night's rest the night before, eating a good dinner, and avoiding alcohol and other diuretics.

PRE-HYDRATE in the days before the hike by drinking lots of **WATER.**

Wear **COMFORTABLE SHOES** and clip your toenails to avoid "black toe" and blisters. Prepare to have **SORE MUSCLES** the day after your hike.

BRIGHT ANGEL TRAIL

HIKING ACKNOWLEDGEMENT OF RISK

TRIP SPECIFIC INFORMATION:

FOR UPPER CANYON TRIPS:

- Upper Canyon passengers are REQUIRED to hike 9.5 miles out of the Grand Canyon on the last day of their trip.
- Follow ALL guide instructions the evening before and the morning of the hike.
 - This includes packing your lunch for the hike out and ensuring you have enough water prepared.
- If you have any questions or concerns, speak with your guides prior to the hike.
- Most hikers take 6-8 hours to hike out on Bright Angel Trail.
- Hydrating throughout your trip will make a big impact on your hike out.
- Keep in mind that this hike is happening AFTER your rafting trip, so you'll start out more tired than usual.
- Have a safe hike!

FOR LOWER CANYON TRIPS:

- Lower Canyon passengers will be REQUIRED to hike 9.5 miles into the Grand Canyon on the first day of their trip.
- To beat the heat you will meet your hiking guide at 5:00am in front of the fireplace at the Bright Angel Lodge.
 - It doesn't hurt to arrive a bit early!
- Come packed and ready to go. Take the time to organize and prep your pack the night before.
- Restaurants in the park will NOT be open that early in the morning so pack or buy breakfast ahead of time.
 - You'll need all your energy, so eat a hearty breakfast.
- Your Hatch hiking guide will supply a small bag of snacks, such as nuts and a granola bar, prior to the hike.
- Most hikers take 5-6 hours to get down Bright Angel Trail. Go at a comfortable pace, but please keep in mind that an inability to complete the hike in a reasonable amount of time can set the rest of the trip back.
 - If you are concerned about your ability to do this, please call our office to consider other trip types.
- You will arrive at the boats around lunch time at a beach near Phantom Ranch and will meet your crew. This is where guides will explain vital information about safety on the river and introduce you to our rafts. Do not enter the river at Pipe Creek Beach due to strong currents.
- Have a safe hike!

Points Along Bright Angel Trail	Elevation	Distance Down from South Rim	Distance Up from Pipe Creek Beach
Bright Angel Trailhead	6840 ft	0 mi	7.8 mi
Mile-and-a-half Resthouse	5720 ft	1.5 mi	6.3 mi
Three-Mile Resthouse	4720 ft	3 mi	4.8 mi
Havasupai Garden (formerly Indian Garden)	3800 ft	4.6 mi	3.2 mi
River Resthouse	2480 ft	7.7 mi	.1 mi
Pipe Creek Beach	2400 ft	7.8 mi	0 mi
<i>In very rare instances, you may be required to hike to/from the Phantom Ranch Boat Beach which adds 1.6 miles to the hike. On an Upper Canyon trip, guides will let you know at Havasupai Garden if that is required.</i>	2431 ft	+1.6 mi	+1.6 mi

PLEASE READ THE ATTACHED HIKING WAIVER CAREFULLY, sign, date, and return to our office **within 14 days of making the initial reservation** for your trip. If you feel that you are unable to safely complete the hike, please contact our office immediately. *Consider bringing these recommendations with you as you prepare for your hike.*



BRIGHT ANGEL TRAIL HIKING ACKNOWLEDGEMENT OF RISK

PLEASE READ THE FOLLOWING STATEMENT CAREFULLY. If you feel that you are unable to safely participate in the hike into or out of the Canyon, please contact our office immediately.

I understand I am responsible for my own evacuation expenses and that my trip fare is not refundable if I am unable to complete the Bright Angel hike into or out of the Grand Canyon.

Furthermore, I am aware that if medical evacuation becomes necessary, efforts to assist me may be delayed during the summer months due to limited National Park Service (NPS) staff, the number of rescue calls, NPS employee safety requirements, and limited helicopter flying capability during periods of extreme heat or inclement weather.

I also understand hiking in the Grand Canyon is a strenuous and potentially dangerous or deadly activity suitable for only those in excellent physical condition. I have consulted my physician about any underlying medical conditions including but not limited to: ankle, knee, hip or other joint problems, asthma or heart-related problems, and have been deemed by my physician to be healthy and able to participate in this activity.

I am aware that temperatures typically exceed 100 degrees Fahrenheit in the summer months, and heat exhaustion, heatstroke, and hyponatremia are real and potentially deadly risks when hiking into or out of the Grand Canyon.

I also understand this is a group activity, and it is important that I am physically able to participate with the group and be on time.

I have read the above information and I am physically capable of hiking 9.5 miles in extreme conditions.

Printed Name of Guest

Signature of Guest or Guardian

Date Signed

Date of Trip