

# Physical Requirements

There's a Hatch river trip for just about everyone. We have hosted guests from 9 to almost 90. However, for some it can be challenging to adjust to environmental conditions, including heat, cold, elevation, weather, water and sand. If you have factors that could make a trip more difficult including age, weight, lack of conditioning, and heart or other diseases, consider talking to a doctor before committing. Please review our Risk Advisory to Health-Care Providers and our Visitor's Acknowledgement of Risk form for more information.

Here are some minimum requirements you must be able to meet to safely enjoy your journey:

- Able to fit into a Type 5 Life Jacket (max chest size 58")
- Able to hold onto the raft while going through whitewater. Ropes are provided throughout the raft for hand holds.
- Capable of climbing onto and off of the raft. There will be about a 2-3 foot step up/down from the raft to the beaches. Please note that some surfaces may be wet and slippery.
- Comfortable walking on uneven, rocky terrain. Trails in Grand Canyon are not regularly maintained. Also sand beaches are the norm for camp sites so make sure you are comfortable walking across the sand inclines.
- Able to carry your own personal gear to and from camp. The maximum weight for personal gear is 25 pounds.
- Able to tolerate prolonged/repeated exposure to water of 50°F
- Able to tolerate prolonged exposure to environmental temperatures up to 120°F (In colder months, temperatures may also drop to 30°F)

**Note:** We are happy to accommodate a wide range of physical challenges and medical conditions. Neither previous whitewater experience nor swimming ability is required. Please contact our office so we can assist you personally with any concerns.

## Pre-Trip Conditioning

Preparing in advance for the desert terrain can enhance your enjoyment as well as your ability to see some of the hidden gems the Canyon has to offer. Hiking trails are not maintained and include elevation gain, rocky terrain and even stream crossings. It's worth it to see that spectacular waterfall or phenomenal slot canyon. Remember that all hikes are optional.

Conditioning before your trip will also aid in the camping experience. Most campsites are either sandy beaches or rocky ledges. Guests are responsible for carrying their own gear as well as setting up camp so being physically fit will enhance this experience tremendously.

### 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!

Questions? [Check out the FAQs on hatchriverexpeditions.com!](https://www.hatchriverexpeditions.com)

Still Stumped? [Call or email our office: 800-856-8966 / info@hatchriverexpeditions.com](tel:800-856-8966)