HATCH RIVER EXPEDITIONS

Launch Date: _____

Pre-Trip Lodging Date: _____

Reservation # _____

FULL 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! Booking your reservation is only the first step.

This packet is also available ONLINE in your Activity Manager under "view info and documents" and on our **FAQs page**. (Your personalized Activity Manager link is in your email.)

- ☐ **ACCESS** your **Activity Manager** **& INVITE** the other guests in your group (if any) to register under Start Registration
- ☐ **READ** your **Trip Packet** in full under View Info and Documents

no later than **14 DAYS** after booking

- ☐ **COMPLETE** your **Registration Form** under Start Registration
- ☐ **SIGN** your **Release of Liability** under Sign Forms

SOON after booking

- ☐ **PURCHASE** **Travel Insurance** with a "cancel for any reason" option (by their deadline—usually shortly after paying a deposit)
- ☐ **BOOK** any **Lodging & Transportation** you may need (Your pre-trip lodging in Marble Canyon and post-trip return to Las Vegas or Marble Canyon will be booked by Hatch.)

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
- ☐ **MEET** the folks who will be sharing your adventure on your trip's social site in the Photos section of your **Activity Manager**

Policies

Payments

Hatch River Expeditions requires an initial non-refundable 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, MasterCard, and eCheck. Guests paying by personal 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 days before your trip, you must notify us in writing. You will forfeit your initial non-refundable deposit. Any amount you have paid beyond the initial deposit will be refunded minus a 5% processing fee. Refunds for eCheck payments or for payments made more than 90 days prior 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.

Age Limits

For full canyon motorized trips, the minimum age we typically accommodate is 8 years old. For all other trips, including oar powered trips, exchanges (upper/lower trips), and hiking focused trips, the minimum age we typically accommodate is 12 years old. Younger guests are only permitted if specifically approved by Hatch River Expeditions in advance.

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, alter, 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.

*This includes potentially adding an "exchange" (upper/lower) component to a full canyon trip after it has begun booking.

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!

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.

Physical Requirements

NOTE: Seriously consider whether you are physically capable of hiking in the Grand Canyon. Excellent physical condition and endurance are critical to completing the hikes safely.

The Hiking Focused trip is specifically designed for guests who are willing and able to hike every day of their trip. Although none of the hikes on this trip are mandatory, participants will have a better experience if they're in good hiking shape. Some guests find they face additional challenges hiking in the Grand Canyon, especially adjusting to environmental conditions including heat, cold, elevation, weather, water, and sand. If you have factors that could make a trip more difficult due to 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 Participants and our Release of Liability for more information.

Here are some minimum requirements to safely enjoy your journey:

- Able to hike every day. Some hikes may be multiple hours in duration.
- 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. 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 sandy 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 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.

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!

If by the balance due date, you cannot comfortably hike 6-9 miles, please contact our office.

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

Hiking in the Grand Canyon

Everyone who hikes in the canyon for the first time reports that it was more difficult than they expected.

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 in the Canyon. Temperatures typically exceed 100 degrees Fahrenheit (38 degrees Celsius) in the summer months.

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.

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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 per day. Do not wait until you feel thirsty– by that time, you are already dehydrated. Camelbak-style hydration packs work great with two backup water bottles. Note that bottled water in individual disposable containers is not sold in the park. You must bring refillable bottles with you.

3. REST at every opportunity and in shade when possible.

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 should be your heaviest item.

7. PACE YOURSELF. A steady pace will not only prevent you from tiring too quickly, but will 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 hikes 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.

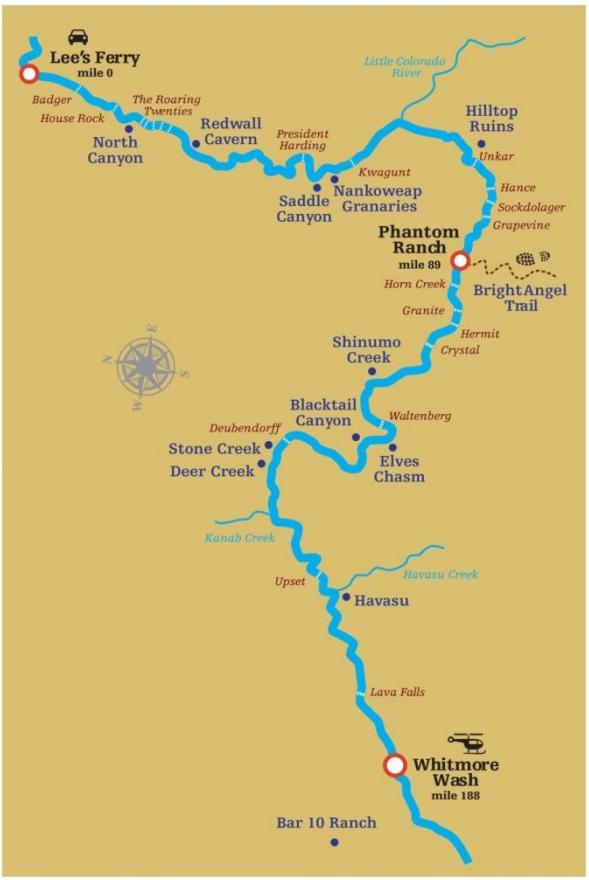
FULL CANYON HIKING FOCUSED

Trip Overview

LENGTH: 12 days / 11 nights
DISTANCE: 188 miles, from Lees Ferry to Whitmore Wash
SIZE: 16 or 29 guests (1 boat / 2 boat)

Inclusions:

- Complimentary double occupancy stay the night before your launch in Marble Canyon
- 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, cot, 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 and shuttle from Bar 10 Ranch to either Las Vegas or Marble Canyon



Sample Itinerary

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

DAY 0 (before your launch)
Arrive at Cliff Dwellers Lodge in historic Marble Canyon, AZ to begin soaking in the desert atmosphere. Shop, relax and enjoy a fantastic meal from the Cliff Dwellers Restaurant. Get a good night's sleep because tomorrow the adventure begins!

DAYS 1 & 2
Meet Hatch staff in front of Cliff Dwellers Lodge at 7:30 or 8:00 am (check your invoice for your meeting time). Listen to a short introductory orientation and then load up the vans for a 20-minute shuttle ride down to the river. Guides will explain safety on the river and introduce you to our S-Rig rafts. Load onto the rafts and begin your GRAND adventure. Experience your first splash at the Paria Riffle and then cross under Navajo Bridge and take in your last glimpse of civilization for the next week. Enjoy the tour as your guides begin your Grand Canyon education. Have lunch on a beautiful white sand beach and experience your first rapids of Soap and Badger Creek, and House Rock.

Trip Overview (cont'd 1)

Sample Itinerary (cont'd)

DAYS 3 - 6
Next up is the Roaring Twenties. You will pass below Vasey's Paradise and frolic in beautiful Redwall Cavern. Hike to Ancestral Puebloan granaries at Nankoweap or in Saddle Canyon (2 miles roundtrip). Float and frolic in the warm Little Colorado River and perhaps hike the Lava Canyon Loop (4 miles roundtrip). Use Hance Rapid to prepare yourself for the larger rapids ahead. Horn, Granite, Hermit, and Crystal are next, so be prepared for some impressive waves and epic splashes.

DAYS 7-9
You might hike the Granite/Hermit Loop (6 miles roundtrip) or the invigorating Thunder River hike (8 miles roundtrip). Elves Chasm is the perfect place 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.

DAYS 10 & 11
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 below the rim of 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 12
Helicopter flights to Bar 10 Ranch begin around 7:00am, so be prepared to see the sights from above. Lounge around at the ranch or if time permits take a quick shower before your flight departs to take you back to Las Vegas or Marble Canyon.

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 cot) 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 hang 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 in our Blog!

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! 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 S-Rig rafts and get ready for some thrills. After breakfast, the typical day begins with a few hours of rafting and rapids. If you are ready to get up close and personal with those waves, sit towards the front of the raft or in the "bathtub". If you prefer a more mellow experience sit towards the back near the boatmen in the "tea room." Either way 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's more exploring and likely more thrilling rapids ahead. At the end of a day filled with adventure, you'll pull into camp in the afternoon to provide ample time for relaxation. Form a duffel line to unload the boats, then you are off to set up your camp. There will be demonstrations of camp set up 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 barbequed 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, camp cot, 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 a Choice of Dressings

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

Lodging & Transportation

Cliff Dwellers Lodge

Lodging at Cliff Dwellers Lodge* the night before your rafting trip is complimentary for double or more occupancy. You may also request a single occupancy room for a fee (availability is extremely limited). Hatch will book your room, so all you have to worry about is which delicious menu item to order at the Cliff Dwellers Restaurant. Check-in is at 4pm. If you expect to arrive after 9pm, give Cliff Dwellers a call.

If you would like to make your own extended reservations with Cliff Dwellers Lodge, book a fly-fishing trip, or inquire about their restaurant, use the information below to contact them directly.

*In some instances, your lodging may be booked at another nearby lodge.

Cliff Dwellers Lodge
Milepost 547 N Hwy 89A
Marble Canyon, AZ 86036

(928) 355-2261
cliffdwellerslodge.com

NOTE: You may also order beverages for your trip through Cliff Dwellers Lodge. Contact them directly for beverage inquiries.

Pre-Trip Transportation

Shuttle from Las Vegas to Marble Canyon

Drive or fly into Las Vegas before your trip and then schedule an executive van shuttle from Harry Reid International Airport in Las Vegas to Cliff Dwellers Lodge through Bar 10 Transportation. Contact Bar 10 for meeting times, availability, & pricing.

*There is typically one van departure each day that leaves Las Vegas midday. Arrive well in advance of the time provided to you by Bar 10 to ensure you make your departure.

Bar 10 Transportation

435-628-4010
bar10.com

Drive to Marble Canyon

Drive your personal vehicle or a rental car to your lodge in Marble Canyon. Where to park during your trip will be covered at orientation. At the end of your trip, you can return back to Marble Canyon to collect your vehicle.

Lodging & Transportation (cont'd)

Post-Trip Transportation

On the last day of your trip, you will take a helicopter from inside the canyon to 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 followed by a shuttle ride back to either Las Vegas, NV or Marble Canyon, AZ.

Be sure to let Hatch know in your Online Registration where you would like to be flown at trip's end so that we can book your flight!

Return back to Las Vegas

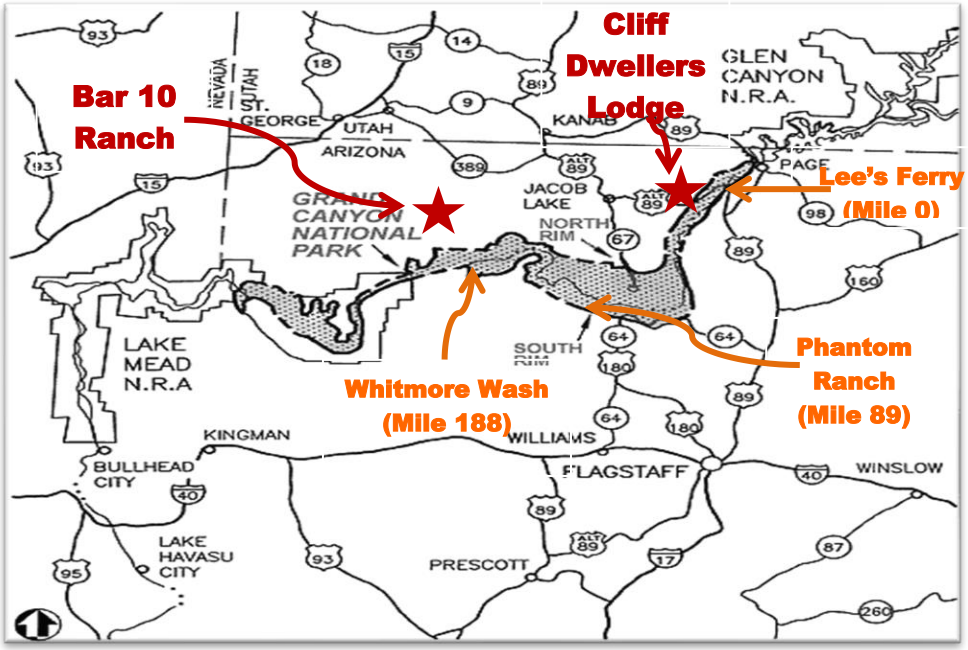
Your flight will take you from Bar 10 Ranch to the Boulder City municipal airport. From there, you will be shuttled back to Harry Reid International Airport. You should arrive around 1:00pm; however, we strongly recommend that you do not schedule any flights out of Las Vegas until after 3:00pm to accommodate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

Return back to Marble Canyon

Your flight will take you from Bar 10 Ranch to the airstrip across the highway from Cliff Dwellers Lodge and the Hatch Warehouse. From there, you will be shuttled back to your vehicle. You should arrive around midday.

PLEASE NOTE: The airline requires all passengers 18 and older to present a current, government-issued photo ID upon boarding the plane at Bar 10 Ranch. If your bag weighs over 25 lbs you may be charged a fee. If you change your flight from what is indicated in your Online Registration, Bar 10 reserves the right to charge you the cost of accommodating that change if space is available. Arrival times are estimates and are subject to change.

Grand Canyon Area Map



MOTORIZED

Gear Checklist

Personal Gear Limit: **25lbs**

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
  - 18" in diameter x 31" tall (127L)
    - For your personal duffel bag
- 1 water-resistant day dry bag
  - 8" in diameter x 20" tall (16L)
  - for your small backpack and items you need during the day
- Tent; 1 3-person tent for every 2 people
  - Most guests sleep out under the stars just on the cot

- Sleep kit:
  - Camp cot
    - Rated to 250lbs
  - Sleeping bag
  - Sheet and pillowcase
  - Standard-sized pillow
  - 6'x8' ground cloth (tarp)
- 1 Camp chair, per person
- PFD (personal floatation device)

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 & 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
  - 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

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

Personal Gear Limit: **25lbs**

MOTORIZED

Gear Checklist

HATCH RIVER EXPEDITIONS

What to pack in your NIGHT BAG:

This gear will get packed in your duffel and stowed in your night dry bag with your sleep kit. It will be secured in the center of the duffel pile during the day, and you will only have access to it 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)
- TSA compatible power bank(s) for charging personal devices
  - Hatch no longer provides charging stations. Guests are responsible for all their own charging.
- 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)

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

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*

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. Visit hatchriverexpeditions.com/weather for information about weather trends and the upcoming forecast. Then adjust your packing accordingly.

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 (928-526-4700).

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.

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 120 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***. A participant 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 illnesses within the past year, the individual may be required to obtain a letter of clearance from their treating physician to be considered for approval. Permission is not guaranteed.

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.

Electronic Medical Devices. Conditions in the backcountry environment of Grand Canyon, including heat, aridity, and exposure to water and sand, can contribute to the malfunction or failure of electronic medical devices. Participants who rely on such devices should bring at least one backup option for necessary treatments. Whenever possible, manual options for medical care should be considered as these are less likely to fail than their electronic counterparts.

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.

Hatch River Expeditions
Client Health Statement

At Hatch River Expeditions (HRE) we have always taken standards for hygiene and cleanliness very seriously. Our health and safety measures are designed to prevent the spread of illness and to mitigate the potential impacts of common communicable disease at our facilities and on our trips. These measures include broad strategies for illness prevention and response as well as specific procedures for housekeeping and sanitation, personal behavior and hygiene, and care of guests or crew members who fall ill while on our trips. They also include thorough training of HRE staff members and education for guests on how to stay healthy before and during a river trip.

HRE policies and procedures regarding health and safety are based on guidance from:

- the US National Park Service Office of Public Health
- the Centers for Disease Control and Prevention (CDC)
- the US Food and Drug Administration (FDA)
- the Occupational Safety and Health Administration (OSHA)
- the Arizona Department of Health Services
- the Coconino County Health Department

Policies and procedures are updated as the guidance from these and other relevant sources changes. Although HRE follows this guidance to the extent possible given the specific nature of rafting trips in the Grand Canyon, we are not able to completely eliminate the risk of contracting illness while on a rafting trip with Hatch River Expeditions.

We ask that our guests be active partners in protecting not only their own health, but also the health of other trip participants by following best practices for preventing the spread of illness before and during their trips. These practices include, but are not limited to:

Before a Trip and During Travel

- Washing hands frequently or using hand sanitizer when hand washing facilities are not available. (Especially when traveling in airports and other high-volume spaces.)
- To the extent possible, avoiding interactions with people outside of your party when traveling.
- Keeping a physical distance of at least 5 feet from others when in public.
- Wearing a face mask while in public and during travel.
- Avoiding contact with anyone who is unwell and their close contacts.
- Avoiding places that may be crowded such as gatherings, indoor public spaces, and public transport.
- Coughing or sneezing into a tissue or bent elbow, and not into one's hands, then throwing used tissues in the trash and washing hands afterward.
- Monitoring oneself for symptoms and refraining from travel or joining a trip if ill.

On the River

- Washing hands frequently, especially before eating and after using the bathroom.
- Using hand sanitizer to supplement hand washing and when hand washing facilities are not available.
- Self-monitoring for common symptoms of illness and reporting symptoms or other concerns to the guides.
- Bringing personal thermometers and masks to support self-monitoring of symptoms and to aid in the prevention of illness spread should one develop symptoms of illness.

The decision to participate in a Grand Canyon river trip with Hatch River Expeditions is an individual choice, and it is the guest's responsibility to maintain the best health practices before and during the trip for the benefit of the group as a whole. Consideration and respect for health and safety of all is paramount to a successful trip.

CLIFF DWELLERS LODGE - BEVERAGE ORDER FORM

Please email or mail your beverage order directly to **Lees Ferry Anglers-Cliff Dwellers Lodge** at least **6 weeks prior to your trip**.

Email: anglers@leesferry.com
Mailing address: Cliff Dwellers Lodge / HC 67 Box 30 / Marble Canyon, AZ 86036
Phone: 800-962-9755 / 928-355-2261.

Name_____ Phone Number_____

Launch Date _____ Are you hiking in (lower canyon trip)? _____ Hike in Date _____

BEVERAGES	COST	QTY	TOTAL
IMPORTED			
STELLA ARTOIS 12PK	$21.95	____	_____
CORONA 12PK	$21.95	____	_____
PACIFICO 12PK	$21.95	____	_____
MODELO 12PK	$21.95	____	_____
WHITE CLAW 12PK #1	$22.95	____	_____
PRESS SELTZER 12PK	$22.95	____	_____
TRULY CITRUS SELTZER 12PK	$22.95	____	_____
PREMIUM			
SIERRA NEVADA 12PK	$20.95	____	_____
FAT TIRE 12Pk	$19.95	____	_____
BLUE MOON 15PK	$21.95	____	_____
4PEAKS VARIETY 15PK	$21.95	____	_____
TOWER STATION 12PK	$20.95	____	_____
LUMBERYARD			
---FLAGSTAFF IPA 6PK	$14.95	____	_____
---HAZY ANGEL IPA 6PK	$14.95	____	_____
FIRESTONE WALKER 805 6PK	$12.95	____	_____
HUSS SCOTTSDALE BLONDE 6PK	$12.95	____	_____
DOMESTICS			
BUDWEISER 6PK	$8.95	____	_____
BUDWEISER 12PK	$15.95	____	_____
BUDWEISER 24PK	$26.95	____	_____
BUD LITE 6PK	$8.95	____	_____
BUD LITE 12PK	$15.95	____	_____
BUD LITE 24PK	$26.95	____	_____
COORS 6PK	$8.95	____	_____
COORS 18PK	$23.95	____	_____
COORS LITE 6PK	$8.95	____	_____
COORS LITE 18PK	$23.95	____	_____
MILLER LITE 12PK	$16.95	____	_____
MICHELOB ULTRA 12PK	$19.95	____	_____
KEYSTONE LIGHT 15PK	$15.95	____	_____
BLACK BOX WINE 3LT			
MERLOT	$25.95	____	_____
CABERNET SAUVIGNON	$25.95	____	_____
CHARDONNAY	$25.95	____	_____
PINOT GRIGIO	$25.95	____	_____
PINOT NOIR	$25.95	____	_____

BEVERAGES	COST	QTY	TOTAL
LIQUOR			
TANQUERAY	$45.00	____	_____
GORDONS GIN	$16.00	____	_____
CAPT. MORGAN	$31.00	____	_____
BACARDI LITE	$33.00	____	_____
TITO'S VODKA	$29.00	____	_____
GORDONS VODKA	$15.00	____	_____
SAUZA SILVER TEQ	$29.00	____	_____
JACK DANIELS	$49.00	____	_____
GLENMORANGIE	$61.00	____	_____
CROWN ROYAL	$51.00	____	_____
JAMESON	$58.00	____	_____
EARLY TIMES	$15.00	____	_____
MAKERS MARK	$55.00	____	_____
BULLEIT BOURBON	$43.00	____	_____
SODA BY 6/PACK			
PEPSI 6 PK	$7.50	____	_____
DIET PEPSI 6 PK	$7.50	____	_____
COKE 6 PK	$7.50	____	_____
DIET COKE 6 PK	$7.50	____	_____
DR PEPPER 6 PK	$7.50	____	_____
DIET DR PEPPER 6 PK	$7.50	____	_____
SPRITE 6 PK	$7.50	____	_____
DIET SPRITE 6 PK	$7.50	____	_____
MTN DEW 6 PK	$7.50	____	_____
ROOT BEER 6 PK	$7.50	____	_____
GINGER ALE 6 PK	$7.50	____	_____
BRISK ICED TEA 6 PK	$7.50	____	_____
SODA WATER 6 PK	$7.50	____	_____
TONIC WATER 6PK	$7.50	____	_____

TOTAL (excluding tax) $_____

Please Type or Print Carefully!

NAME ON CARD _____

CARD NUMBER _____

EXP. DATE _____ **CVC** _____ **ZIPCODE** _____

Please note: Arizona Sales Tax is added and charged to your card upon fulfillment of order. Charges applied to your credit card will show up as charged by Lees Ferry Anglers-Cliff Dwellers Lodge.
Prices are subject to change without notice.

Check your Hatch paperwork to confirm your **launch date** (the day your boat leaves from Lees Ferry) and **hike-in date** if applicable (the day you hike down the Bright Angel Trail on a LOWER Canyon trip).

If you are on a **FULL Canyon** or **UPPER Canyon** trip, you are responsible for picking up your beverage order the morning of your launch.

If you are on a **LOWER Canyon** trip, your Hatch guides will pick up your beverage order and load it on your boats on the launch date. (Keep in mind this is a few days prior to your hike in date.) You will have access to your beverages once you reach the raft. **Make sure to inform Hatch that you have submitted a beverage order.**

NOTE: Beverage transactions are between the guest and Cliff Dwellers Lodge. If you change or cancel your trip with Hatch, it is your responsibility to inform Cliff Dwellers Lodge.