HATCH RIVER EXPEDITIONS

Hike in Date: _____

Launch Date: _____

Reservation # _____

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! 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
- ☐ **PRINT, SIGN & RETURN** your **Hiking Acknowledgement of Risk**

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 post-trip return to Las Vegas or the South Rim 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
- ☐ **REVIEW** your **Duffel Service Form** and determine whether you will be using this service
- ☐ **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: 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. Please review our Risk Advisory to Health-Care Providers and our Release of Liability form for more information.

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.

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 at least 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. 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.

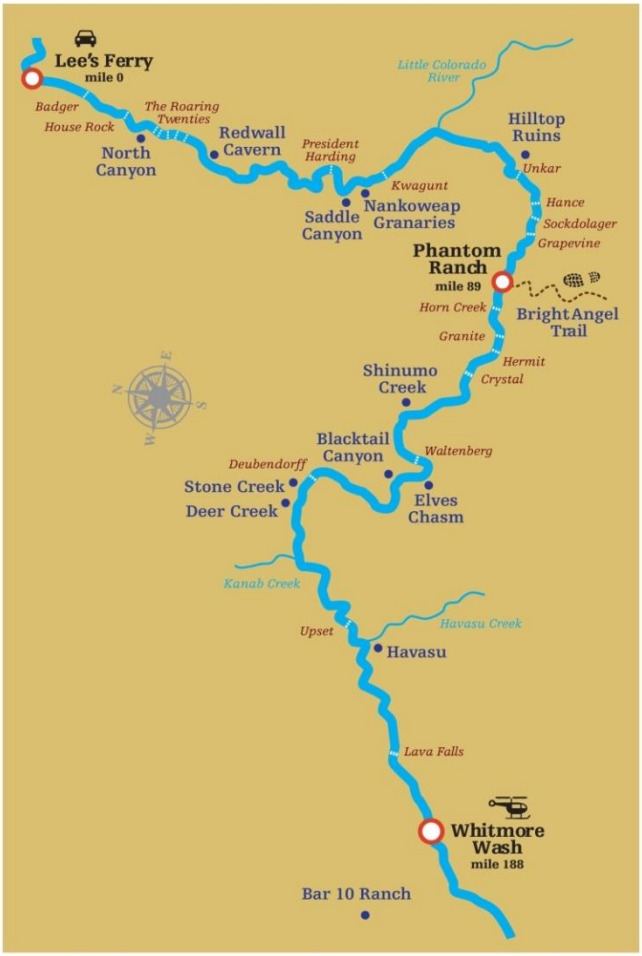
Trip Overview

LENGTH: 4 days / 3 nights
DISTANCE: 99 miles, from near Phantom Ranch to Whitmore Wash*
SIZE: 16 or 29 guests (1 boat / 2 boat)

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, 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 from Bar 10 Ranch to either Las Vegas or the South Rim airport

*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 5:00am sharp. It doesn't hurt to arrive a bit early! We begin hiking down Bright Angel Trail early to beat that 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 S-Rig rafts. 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.

Trip Overview (cont'd 1)

Sample Itinerary (cont'd)

DAYS 2 & 3

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. 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. Unwind at camp and enjoy our home cooked meals, especially those Dutch oven brownies!

DAY 4

Helicopter flights to Bar 10 Ranch begin around 7:00am, so be prepared to see the sights from above. Lounge around the ranch or if time permits take a quick shower before your flight departs to take you back to the South Rim of 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 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! 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 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 "bath tub". 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 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 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 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 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

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 in Tusayan 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
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.

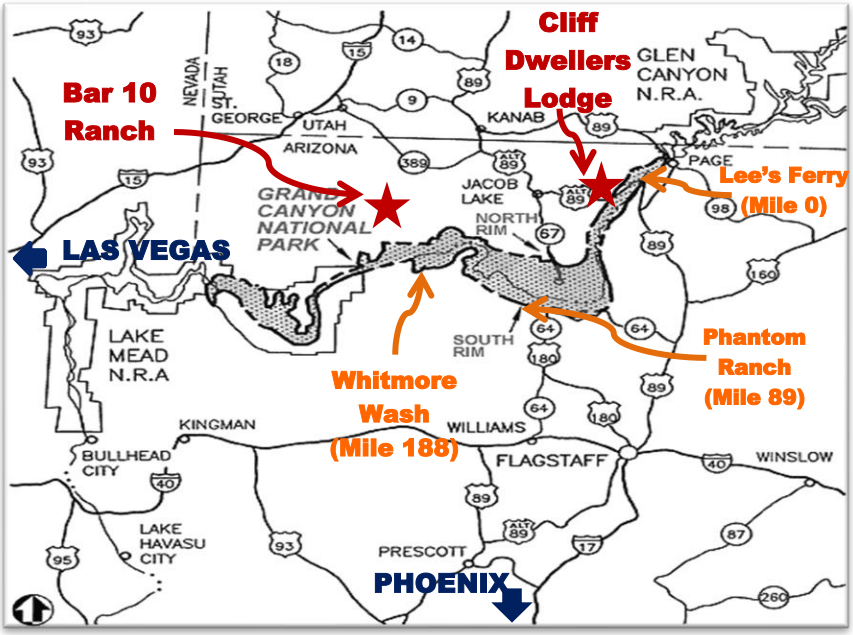
Note: You will need to take a taxi from the airport back to your car. Taxi is CASH ONLY and can be reached at: 928-638-2822. Remember to take your National Park Pass or park entrance fee receipt with you so you don't have to pay the Park entrance fee a second time. Entrance receipts are valid for 7 days.

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**



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

Grilled chicken, green salad, steamed broccoli and cauliflowers, penne pesto with pine nuts or cashews, and yellow cake with chocolate frosting

Grilled Salmon, spinach salad, steamed asparagus, rice, and cheesecake

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

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

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

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 dietary document 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.

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
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.	*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**

Please return this signed form to the office of Hatch River Expeditions either via email (info@hatchriverexpeditions.com) or mail (5348 E. Burris Ln., Flagstaff, AZ 86004).

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:
   - Your Full Name
   - Your Trip's Launch Date _____
   - 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:

_____

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.