



PO Box 1324 Moab, UT 84532
(800) 332-2439
(435) 259-8229
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www.GriffithExp.com

GUEST REGISTRATION ~ LABYRINTH CANYON

Please complete the information below and return to our office as soon as possible.

Our menus are prepared fresh daily. Help us accommodate special diets, food restrictions, and allergies with advanced notice. **Special requests must be received 30 days prior to the launch date.**

RESERVATION NAME: _____ Trip _____ Date _____

TRAVEL ARRANGEMENTS: Driving to Moab? _____ (We have a fenced yard where you can park your vehicle while you are on the trip.) Flying into Moab? _____ (Canyonlands Airport is 17 miles north of town. Call Roadrunner Shuttle at 435-259-9402 for advance reservations for shuttle transportation to Moab.) If you do not plan to rent a vehicle in Moab, also arrange in advance with Roadrunner Shuttle to provide transportation from your motel to our office for orientation and then back to your motel, as well as for transportation to our office the morning of your trip departure.

LODGING ARRANGEMENTS: Name _____ of _____
motel _____
Dates _____ of _____
Stay _____ Notes _____

ORIENTATION: Will you be able to attend your trip orientation? _____ If not, please give us a call to make other arrangements.

KAYAK PREFERENCE: Single? _____ Tandem? _____

RENTAL EQUIPMENT: SLEEPING BAG comes with a 2" deluxe pad. TENT sleeps two people. You can share with family, a friend or have your own.

Needs: Sleeping bag with deluxe pad? (\$40) _____ Tent? (\$35) _____ Deluxe pad only? (\$15) _____
Sleeping bag only? (\$25) _____ Bringing your own camping gear? _____

GUEST INFORMATION:

Name: _____ Age _____ Weight _____

Dietary Restrictions? _____

Vegetarian? (give details) _____

Any Medical Concerns or Allergies we need to be aware of? _____

Name: _____ Age _____ Weight _____

Dietary Restrictions? _____

Vegetarian? (give details) _____

Any Medical Concerns or Allergies we need to be aware of? _____

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Dietary Restrictions? _____

Vegetarian? (give details) _____

Any Medical Concerns or Allergies we need to be aware of? _____

(Please see other side for more information)

B E V E R A G E O R D E R F O R M

IMPORTANT NOTE:

If you want beverages other than what Sheri Griffith Expeditions provides, you may complete and return this form, and your beverages will be in coolers when you arrive at the launch site ~ **OR** ~ you may bring your personal beverages with you the morning of departure and we will place them in iced coolers. Utah State liquor stores open at 11 a.m. Monday-Saturday. They close at 9 p.m. May-October (7 p.m. November-April).

BEVERAGE ORDERS MUST BE RECEIVED NO LATER THAN 10 DAYS PRIOR TO DEPARTURE

Trip Name:

Trip Date:

Guest Name:

Contact Ph #:

Soft Drinks: 6 Packs (12oz Cans) \$4.75 each

Item	Quantity	Item	Quantity
Coke		Dr Pepper	
Diet Coke		Mountain Dew	
Pepsi		Root Beer	
Diet Pepsi		Minute Maid Orange	
Cool Nestea		Minute Maid Grape	
Total # of items:		Total Price: \$	

Juice: 6oz Cans – see item for price

Item	Price	Quantity	Item	Price	Quantity
Orange Juice	.70 each		V8 Juice (6 pack)	\$4.75	
Apple Juice	.70 each		V8 Spicy Hot Juice (6 pack)	\$4.75	
Grapefruit Juice	.70 each		Tomato Juice (6 pack)	\$4.75	
Total # of items:			Total Price: \$		

Caprisun: 10 (6.75oz Pouch) \$5.00 each

Item	Quantity	Item	Quantity
Strawberry		Fruit Punch	
Orange		Splash Cooler	
Wild Cherry		Mountain Cooler	
Grape		Tropical Punch	
Total # of items:		Total Price: \$	

Gatorade: 8 (20oz Bottles) \$8.50 each

Item	Quantity	Item	Quantity
Glacier Freeze		Lemon Lime	
Orange		Strawberry	
Riptide Rush		Fruit Punch	
Total # of items:		Total Price: \$	

Bottled and Flavored Water: see item for price

Item	Price	Quantity	Item	Price	Quantity
6 (16.9oz) bottles water	\$4.00		6 (10oz) bottles Club Soda	\$4.25	
6 (33.8oz) bottles water	\$6.00		6 (10oz) bottles Tonic	\$4.25	
1 (16.9oz) bottle water	\$2.00		6 (10oz) bottles Ginger Ale	\$4.25	
Total # of items:			Total Price: \$		

Beer: (12oz cans) - see item for price

Item	Price	Quantity	Item	Price	Quantity
Budweiser (6 pack)	\$7.50		MGD (6 pack)	\$7.50	
Budweiser (12 pack)	\$15.00		MGD (18 pack)	\$18.00	
Budweiser (18 pack)	\$18.00		Miller Light (6 pack)	\$7.50	
Bud Light (6 pack)	\$7.50		Miller Light (18 pack)	\$18.00	
Bud Light (18 pack)	\$18.00		Coors Light (12 pack)	\$15.00	
Tecate (6 pack)	\$8.50		Coors (12 pack)	\$15.00	
Total # of items:			Total Price: \$		

*Some items may not be available at the time of departure – we will substitute items to complete your order.

Total Number of Items:	Payment by Check: Check #
Credit Card Type: Visa <input type="checkbox"/>	Master Card <input type="checkbox"/> American Express <input type="checkbox"/>
Credit Card Number:	Exp Date:
Name on the Credit Card:	

Please return this form with check or credit card information to: Sheri Griffith Expeditions PO BOX 1324, Moab, UT 84532, or Fax (435) 259-2226.

Office Use Only:

Date Order Received:	2005 form	
Date Order Shopped:	Shopped by:	Trip Leader:

*Available in our Canyon Travelers Store or by phone (800) 332-2439

**Available to rent with advanced notice

***We provide wetsuits when conditions require them

ESSENTIAL ITEMS

- Sleeping bag & pad** **
- Tent** **
- Rain jacket & pants** * ~ thunderstorms in the desert are *very* unpredictable!
- Fleece or sweatshirt** ~ nights & mornings are cool; also great under raingear
- Water bottle w/ strap or carabiner** *
- Sunglasses** with a retainer *
- Sunscreen ~ SPF 15 or greater** * ~ a must!
- Lip moisturizer ~ SPF 15 or greater** *
- Hat or visor** with hat clip to attach to life jacket or shirt *
- Flashlight** * or headlamp
- 2 T-shirts** *
- 2 Swimsuits/sports bras** ~ ladies—a sports top & swim shorts are very convenient!
- 1 pair Lightweight pants** ~ zip-off, convertible pants are great—they're 2 in 1 and save space when packing your dry bag
- 2 pairs Quick dry shorts** ~ swimsuit and shorts all in one!
- Long sleeve cotton shirt** ~ provides sun and insect protection
- Underwear**
- River sandals** or shoes that can get wet, will dry quickly, and will not slip off of your feet

HIGHLY RECOMMENDED ITEMS

- Hiking shoes & socks** ~ for hiking and wearing around camp
- Moisturizing lotion ~ Aloe Vera**
- Waterproof camera** *
- Sun umbrella** ~ if sensitive to sun
- Binoculars** ~ for viewing wildlife
- Books** ~ for relaxing in the evening
- Toiletry Kit:**
 - Tooth brush & tooth paste
 - Biodegradable soap & shampoo
 - Feminine hygiene products
 - Small pack of tissue
 - Medications ~ prescription and non-prescription
 - Comb and/or brush
 - Small towel and washcloth

TIPS FROM THE PROS (Our Guides)

- Disposable moist towelettes**
- Small day or fanny pack**
- Ziploc bags** ~ for extra water protection
- Skirt/sarong** * ~ 101 uses!
- Travel pillow**
- Garbage bag or stuff sack** ~ keeps wet & dry clothes/items separate
- Area guide or River Map** *
- Extra snacks** ~ for individuals with particular tastes or who may be diabetic—great for kids too!
- Personal sodas / juices / alcohol** (no glass)
- Journal or notebook** with pen / pencil
- Duct tape** ~ great for quick repairs of almost anything—sandals, sunglasses, luggage, you name it!
- A few **clothespins** and **small piece of rope** for drying clothes
- Goggles** ~ for individuals who wear contact lenses

NOTES ON PACKING ~ Pack clothing that you will not mind getting wet and dirty. Fast drying, durable, comfortable clothing is best for rafting. Cotton is recommended for hot weather and synthetic polypropylene or wool clothes for cool weather. All personal items must fit into a 20" x 20" x 27" dry bag. You may pack in an athletic bag for easier access. **Please note trips including a scenic flight have a FAA 25 lbs. baggage limit per person.** For **Cool Weather** and **Packing Tips** See Other Side

Packing Tips

Handy Items

Ziploc and trash bags are very useful for separating personal items in your dry bag such as medications, shampoo, soap, wet items, and dirty laundry. Wet wipes are great for washing your face, wiping your hands, and cleaning sand or dirt off of personal belongings. Pack a few clothespins and rope to dry clothes while on the river. Remember, on the river it is better to have it and not need it than to need it and not have it! All of these items *can* be invaluable and do not take up much space or add much weight to your luggage.

Carabiner

Carabiners are very handy in the outdoors as well as back home. Their oval shape and simple gate mechanism allow you to easily clip your water bottle, camera, hat ~ just about anything ~ nearby.

Extra Snacks

We provide snacks throughout the day, but is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who may be diabetic.

Beverages

Each boat has an ice cooler for "personal" drinks such as soda, juice, beer, wine, etc. Since there are no stores along the river, we recommend bringing more than you anticipate needing. Please do not bring glass. SGE provides water, available to you all day long, with lemonade, Gatorade, and iced tea mixes.

COOL WEATHER ITEMS (March, April, May, September October & November) Extra set of wool or fleece jacket & pants

- Extra wool or fleece socks
- Wool gloves
- Wool or fleece hat
- Polypropylene long underwear

- Neoprene gloves & booties
- Dry suit
- Wetsuit ***
- Extra shoes
- Extra set of warm clothes for evening

Average Temperatures ~ Moab, Utah

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Avg High	62°	72°	82°	94°	98°	96°	87°	74°
Avg Low	34°	42°	50°	57°	64°	62°	52°	40°
Mean	48°	57°	66°	75°	82°	80°	70°	58°
Avg Precip	0.9 in	1.0 in	0.7 in	0.5 in	0.9 in	0.9 in	0.8 in	1.1 in

Degrees in Fahrenheit

2006 Preferred Moab Lodging Providers

We are pleased to recommend the following lodging providers because of the quality of their facilities and services, and for the courtesy they extend to our guests. You can book your lodging directly or, we will gladly book your lodging and add the charge to your rafting invoice.

Luxury Accommodations

Red Cliffs Lodge www.redcliffslodge.com (866) 812-2002 \$169 +

- Beautiful rustic lodge located on the Colorado River on Scenic Byway 128, 16 miles from Moab / Private patios on the Colorado River or Castle Creek.

Gonzo Inn www.gonzoinn.com (800) 7914044 \$129 +

- Downtown fun and comfort with splendid quality suites, adjoining rooms and private balconies.

Deluxe Accommodations

Moab Valley Inn www.moabvalleyinn.com (800) 831-6622 \$80 +

- In town across from Moab's only on-site brew pub and restaurant, indoor/outdoor pool, meeting/banquet facilities

Big Horn Lodge www.moabbighorn.com (800) 325-6171 \$65 +

- Great in town location near shopping – lodge style décor, on-site steak house restaurant

Redstone Inn www.moabredstone.com (800) 772-1972 \$65 +

- Convenient, cozy and affordable western style near shops and restaurants

Best Western Canyonlands www.canyonlandsinn.com
(800) 780 7234 \$110 +

- Exceptional Best Western quality downtown – surrounded by shops, galleries and restaurants

Bed & Breakfast

Dream Keeper www.dreamkeeperinn.com (888) 230-3247 \$90 +

- Mature landscape and gardens, private & quiet, many rooms with access to pool patio, 2 blocks from Main Street

Sunflower Hill www.sunflowerhill.com (800) 662-2786 \$135 +

- Secluded 4-diamond historic farmhouse and garden cottage, luxurious comfortable décor, 3 blocks from downtown

Adobe Abode www.adobeabodemoab.com (435) 259-7716 \$110 +

- Southwest adobe style on an acre of desert landscape, next to the Colorado River and Matheson Wetlands Preserve, 8 blocks from Main Street

Cali Cochita www.moabdreaminn.com (888) 429-8112 \$105 +

- Late 1800's Victorian home secluded from traffic and noise yet 2 blocks from shops and activities.

RV Parks

Canyonlands Campground www.canyonlandsrv.com (800) 522-6848

- Shaded downtown park with RV, tent & group sites, air-conditioned cabins, 30 & 50 amp hookups, shade huts, pool, laundry facilities, store, and RV supplies

Portal RV Park www.portalrvpark.com (800) 574-2028

- RV, tent and group sites, air conditioned cabins, 20-50 amp service, store, RV supplies, laundry facilities, next to Matheson Wetlands Preserve

Spanish Trail RV Park www.spanishtrailrvpark.com (800) 787-2751

- Near Sheri Griffith Expeditions; RV, tent and group sites, free cable, modem hook-up, store, laundry and handicap facilities.

IMPORTANT DETAILS

CANCELLATION POLICY

The initial \$250 per person DEPOSIT is non-refundable. The FINAL PAYMENT, due 45 days prior to departure is also non-refundable. (This includes cancellation of the river trip, rental equipment, lodging, and vehicle reservations.) Since you have reserved space for which we have a limited number of seats, **our non-refundable policy applies in every instance. There are no exceptions for any reason, so we highly recommend that you purchase Travel Insurance to protect your vacation investment.**

RESERVATION DETAILS

Moab has a wide variety of lodging facilities, from primitive camping to full service inns and condominiums. Most are within walking distance of restaurants. Prices typically range from \$65 to \$169 per room. Our Guest Services Staff is personally committed to helping you plan your vacation. We are available to assist with your lodging reservations as well as reservations for rental cars, shuttles, and charter flights.

RESPONSIBILITY

For airplane flights and any other non-rafting activity for Sheri Griffith Expeditions river trips, whether included in the trip package or booked as an option, Sheri Griffith Expeditions acts solely as an agent of the provider.

SAFETY, ASSUMPTION OF RISK AND, INSURANCE: We maintain a 35-year excellent safety record. However, all outdoor experiences involve risk and we all must recognize that accidents or illnesses may occur. We cannot guarantee your safety. We place final responsibility for your safety firmly on your shoulders where it belongs. You have to pay attention to what you are doing. Mother Nature controls the water level, the weather and, the elements, so there is a risk involved in rafting and camping. Before your trip departs, you will be asked to sign an Assumption of Risk and Release Form. If you have questions regarding this document or would like to see one ahead of time, please feel free to request it. We assume no responsibility for injury to trip members, their personal belongings, or for time and expense incurred. **We strongly recommend Travel Insurance, which covers vacation losses and accidents and provides a refund if you have to cancel your trip.**

NON-PERFORMANCE

We make every effort to follow through on our plans. However, we reserve the right to make changes in the itinerary or possibly cancel a trip if necessary including but not limited to weather conditions, water fluctuations, insufficient reservations, changes in international relations, or other factors beyond our control. If cancellation is necessary, your money will be refunded. Our financial liability shall be limited to the amount actually paid and shall not be extended to cover any other costs incurred by the trip member.

HEALTH ISSUES

If you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying any of our trips. It's not necessary to be an athlete to participate in a river expedition. It is several hours to the nearest medical center however. If you take medication you should bring a good supply and inform your guide of all medication that you are taking. When you meet your guide, you should discretely explain any medical conditions you may have or be concerned about including allergies to bee stings, etc. Each guide carries a first aid kit and will need to know if specific medications should be stored. It is also helpful to know about other health issues when planning activities for the day. Pregnant women and anyone with heart trouble should have their physician's approval before taking a river trip.

Getting to Moab, Utah



Moab, the only Utah town located on the Colorado River, is in the heart of the Colorado Plateau. Its remote location and unmatched scenery make it the premier multi-sport destination in the United States, and many consider it to be the "Adventure Capital" of the world. The area is a paradise for outdoor enthusiasts as well as a geological wonderland. The town of Moab is nestled in a valley with the 12,000 foot La Sal Mountains on one end and the mighty Colorado River on the other. All of this is surrounded by 1,000 foot red rock cliffs and breathtaking, rugged desert terrain.

Air Travel to Moab, Utah

You can fly to Salt Lake City and take a connecting flight to Moab with Salmon Air, which provides direct daily flights between Salt Lake City and Moab. From the Moab airport, you can either rent a car with Thrifty Car Rental or book a shuttle with Roadrunner Shuttle for the 16-mile, scenic drive to the town of Moab.

Major airlines also provide daily flights from Denver and Phoenix to Grand Junction, Colorado. Grand Junction is a scenic two-hour drive from Moab. American Spirit offers scheduled daily shuttle service between Grand Junction and Moab.

Salmon Air - (800) 448-3413 / www.salmonair.com – Direct daily flights between Moab and Salt Lake City

Slickrock Air Guides - (435) 259-6216 / www.slickrockairguides.com – Scenic and charter flights around Moab, Utah and Colorado

Shuttles and Vehicle Rental

We recommend flying to a major airport and renting a car *or* flying directly to Moab and renting a car here. With so much to see and do in the Moab area it is a good idea to have your own vehicle.

Big Horn Express - (888) 655-7433/ www.bighornexpress.com – Daily service between Salt Lake City and Moab

American Spirit - (888) 226-5031 / www.americanspiritshuttle.com – on-call airport and city shuttle/charter transportation between Moab and Grand Junction

Thrifty Car Rental - (800) 847-4389 / www.thrifty.com – Available at the Moab Airport (Guests of Sheri Griffith Expeditions can leave their vehicles at our Moab office during their time on the river.)

Roadrunner Shuttle - (435) 259-9402 / www.roadrunnershuttle.com – On-call airport and city shuttles for the Moab area and Grand Junction

Bus & Train Service

Greyhound - (800) 231-222 / www.greyhound.com – Drops off 52 miles from Moab in Green River, Utah

Amtrak - (800) 872-7245 / www.amtrak.com – Drops off 52 miles from Moab in Green River, Utah

Driving Directions to Moab, Utah

For more specific driving directions visit www.mapquest.com

From **Salt Lake City, UT** (4 Hours) – I-15 South to Spanish Fork / US-6 East toward Price/Manti / Continue on US-6 to I-70 / I-70 East toward Green River, UT / Continue to US-191 / US-191 South to Moab

From **Grand Junction, CO** (2 hours) – I-70 West toward Green River, UT / US-191 South to Moab

From **Denver, CO** (7 hours) – I-70 West toward Grand Junction, CO / Continue to US-191 / US-191 South to Moab

From **Las Vegas, NV** (7 hours) – I-15 North / I-70 East toward Richfield/Denver / US-191 South to Moab

From **Phoenix, AZ** (7 hours) – I-17 North toward Flagstaff / US-89 North to US-160 / US-160 East toward Kayenta / Continue on US-160 East to US-191 North / US-191 North to Moab

Mileage Chart

Location	Miles from Moab	Average Drive Time ~ hr:min
Albuquerque, NM	387	6:02
Bryce Canyon, UT	281	3:27
Canyonlands N.P. – Island	33	0:33
Canyonlands N.P. – Needles	74	1:07
Capitol Reef N.P.	146	3:00
Denver, CO	355	5:38
Durango, CO	160	2:29
Flagstaff, AZ	319	4:58
Glenwood Springs, CO	199	3:06
Grand Junction, CO	113	1:45
Grand Canyon North Rim	400	6:00
Grand Canyon South Rim	320	5:00
Green River, UT	52	0:50
Lake Powell - Hite	162	3:00
Las Vegas, NV	458	7:05
Los Angeles, CA	727	11:31
Monument Valley, UT	142	2:41
Page, AZ	274	4:42
Phoenix, AZ	467	7:16
Salt Lake City, UT	234	4:00
St. George, UT	339	5:12
Telluride, CO	132	3:00
Vernal, UT	221	3:30
Zion N.P.	346	5:25

**AGREEMENT TO ASSUME ALL RISKS OF
RIVER RAFTING TOURS, BACKCOUNTRY CAMPING & TRANSPORTATION,
AND TO RELEASE SHERI GRIFFITH EXPEDITIONS, INC. AND ITS AFFILIATES FROM ANY LIABILITY
RELATED THERETO**

ASSUMPTION OF RISK

I fully understand that participation in a river rafting trip or tour and the use of related equipment exposes me to certain INHERENT RISKS associated with wilderness travel and with being on and around fast moving water that can cause serious illness, injury or death. I fully understand that these risks include but are not limited to loss or damage to personal property, injury or fatality due to the capsize of a raft or other vessel, collision with a vehicle, vessel, rock, log, or tree, immersion in water and hypothermia (serious loss of body temperature), or equipment failure, whether or not caused by the negligence of a guide; falling into or from a vessel or while walking on rocky or wet river banks; illness caused by waterborne parasites and bacteria; and exposure to temperature extremes or inclement weather. I further understand the fact that rafting tours are conducted at remote sites far away from medical facilities increases the risk of illness, injury or death. Nevertheless, I wish to engage in this river rafting trip and related activities, and I AM WILLING TO TAKE COMPLETE RESPONSIBILITY FOR MY OWN HEALTH AND SAFETY AND TO ASSUME ALL RISKS OF INJURY, ILLNESS OR DEATH, whether foreseen or unforeseen, that may befall me as a result of my participation in these activities.

RELEASE AND COVENANT NOT TO SUE

As consideration for being permitted to participate in this river rafting trip, therefore, I RELEASE SHERI GRIFFITH EXPEDITIONS, INC. AND ITS AFFILIATED OPERATING COMPANIES, whether known or unknown, their agents, employees and representatives, all of which are hereinafter referred to collectively as "SGRE", from, and agree not to sue or make claim against them for, PROPERTY DAMAGE, ILLNESS, PERSONAL INJURY, OR DEATH arising out of my participation in river rafting tour activities, and any activity related thereto, including transportation to and from the river, regardless of whether such property damage, illness, personal injury, or death results from THE NEGLIGENCE OF SGRE (but not its reckless, willful, or fraudulent conduct), and/or from ANY DEFECT IN EQUIPMENT.

HOLD HARMLESS

I agree to INDEMNIFY AND HOLD SGRE HARMLESS with respect to any claim made against them by someone else that relates to my participation in river rafting tour activities that would be covered by the above Release and Covenant Not to Sue if made directly by me.

This Agreement shall be interpreted in accordance with the law of the State of Utah.

I UNDERSTAND THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN ME, SHERI GRIFFITH EXPEDITIONS AND ITS AFFILIATES, AND I SIGN IT OF MY OWN FREE WILL.

River Trip: _____ Date: _____

ADULT GUEST

Adult Guest Printed Name: _____

Adult Guest Signature: _____

MINOR GUEST

Minor Guest Printed Name: _____

The undersigned represents that he or she is the parent or legal guardian of the minor whose name appears immediately above, and agrees to indemnify and to hold SGRE harmless from any loss or expense arising out of any claim made against them on behalf of the above-named minor that would be subject to the above Release and Covenant Not to Sue but for his or her minority.

Minor Guest Parent or Legal Guardian Printed Name: _____

Minor Guest Parent or Legal Guardian Signature: _____

Address:	Day Phone: ()
	Evening Phone: ()
City:	
State:	
Postal Code:	
Country:	

