



**Itinerary:**  
**Women Only Escapes**  
**Sea Kayaking Canyon Country:**  
**5 Days/4 Nights**

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Through Labyrinth Canyon on the Green River  
**Overview of Women Only Sea Kayaking Canyon Country**

**Meeting Place:** Sheri Griffith Expeditions Office, 2231 South Highway 191, Moab Utah  
**Meeting Time:** 5 pm (MDT) The evening before your trip  
**Orientation:** 5 pm (MDT) the day **BEFORE** departure Here you will learn what to expect and prepare for, receive your dry bags, sign Assumption of Risk forms, and get a chance to ask last minute questions.  
**Morning Place:** Sheri Griffith Expeditions Office, 2231 South Highway 191, Moab Utah  
**Morning Time:** 7:30 AM (MDT)  
**Return Time:** Approximately 4:00 - 6:00 PM  
**Rapid Rating:** No Rapids  
**River Miles:** 68  
**Put in:** Green River State Park  
**Take-out:** Mineral Bottom  
**Trip Length:** 5 Days / 4 Nights  
**Raft Type(s):** Oarboat for Gear, Touring Kayaks  
**Age Limit:** Minimum Age is 12 years old

**What makes this trip special?**

The Women Only Escapes: Sea Kayaking Canyon Country trips are adventurous sojourns into nature. Every sense comes alive: the smell of flowers, sage, and the earth after a desert rain. The smells, sights, sounds and touches of the river and her canyons offer up the ultimate sense: the **sense of Self**.

Imagine drifting with only the sound of birds and gurgling water as your paddle pulls you effortlessly forward. You see a gargantuan turkey vulture overhead, pull your binoculars and stare in breathless fixation. Later, the group stops for lunch and to explore a fascinating canyon. That evening, in a charming campsite, you enjoy exceptional food and relaxing yet stimulating conversation and you think to yourself: ***"Will five days be enough time here?"***

Labyrinth Canyon is a graceful float through a bounty of southwestern vistas and red sandstone cliffs. Spectacular buttes and mesas rise over 1,500 feet above the river floor. This trip is perfect for paddling your own sleek kayak or sharing a two-person kayak with a friend. Because few people travel here, Labyrinth Canyon is the perfect trip for those who want a quiet getaway.

**The Sheri Griffith River Expeditions Difference:**

*Enhance People's Lives through Outstanding Outdoor Adventures.*

Sheri Griffith River Expeditions is the rafting outfitter offering "[A Touch of Class](#)" to all our adventures since 1971. We have received numerous awards for business ethics and community involvement. Including the prestigious "Best of State Award" for River Outfitter and is the only Moab based outfitter to be recognized by National Geographic as one of the "Best Outfitters on Earth." We provide an all-inclusive trip and add more amenities and service than any other outfitter. Our goal is to help you feel comfortable in the outdoors. We provide enough civilization for anyone to be comfortable on our river rafting trips. **Great meals, cozy sleeping**

**bags, clean tents, comfortable chairs and professional, service-oriented guides** create a relaxing and comfortable camp setting, complimenting the relaxed pace of the day's river rafting activities.

Sample Itinerary: 5 Day- Sea Kayaking Canyon Country

**Day 0**

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At 5 pm (MDT) the day **BEFORE** the departure we meet at our office just outside of Moab Utah for a pre-trip meeting. Here you will learn what to expect and prepare for, receive your dry bags, sign Assumption of Risk forms and get a chance to ask any last minute questions.

If you cannot make the meeting, please let us know beforehand so that we can drop off you dry bags and any last minute instructions at your hotel.

**Day 1**

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The expedition begins early in the morning at the Sheri Griffith Expeditions office. We then drive to the launch site near Green River, Utah. After a safety talk and some basic kayak instruction we launch. We will float through an open valley and begin a descent of about a foot and a half every mile. There are no rapids on this portion of the river, only a few riffles just below the town of Green River.

Today we will have the opportunity to explore Crystal Geysers~ a cold water geyser whose eruptions are fueled by pressurized carbon-dioxide gas. The first eruption recorded was in 1936 when Glenn Ruby was drilling for gas and hit the pressurized pocket that activates the geyser. Years of accumulation of minerals brought up by the eruptions have left a beautiful copper colored formation around the geyser.

By late afternoon we'll pull into a secluded campsite where we will enjoy exploring while our guides prepare a delicious dinner.

**Note: Meals are served from a set daily menu, but you are welcome to request, in advance, special dishes or tell us if there are particular things you would prefer not to have.**

**Potential Hiking Opportunities: Crystal Geysers**

**Day 2**

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After a hearty Breakfast of French toast and sausages or Pancakes and Bacon we pack up and start the paddling!

The river progresses slowly through white, yellow, brown and red canyon walls with hairpin switchbacks accented by towering buttes and mesas rising 1,500 feet above the river. Labyrinth Canyon's walls are cut with long side canyons, where guests of all skill levels can explore and ponder ancient Indian writings and trapper's inscriptions.

Our guides are naturalists with great depths of knowledge about the history, geology, wildlife, and legends of the canyon. They know the 'secret' places that only exploration and experience reveals, and they share it all, connecting you to this incredible country. We will pass the San Rafael river today along with several working ranches.

In the afternoon we will come to Trin-Alcove, named for the three canyons coming into the Green River. Be sure to watch for wildlife. This part of the canyon has many animals including deer, elk, and beaver. We will pull over to camp by late afternoon.

**Potential Hiking Opportunities: Trin-Alcove, Anvil Bottom**

**Day 3**

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For the second morning in a row you'll wake to fresh brewed coffee and hot cocoa. The scenery begins to change as the river leaves the open desert and cuts its way into the rising plateaus of Utah's Canyon Country. This is Labyrinth Canyon, named by John Wesley Powell when he was here on his historic expedition in 1869. The canyon becomes deeper as Sandstone walls of the Wingate Formation rise hundreds of feet on both sides. Orange and reddish brown cliffs drip with a darker brown and blue-black known as "desert varnish."

Formations of tan Navajo Sandstone, purplish-red Kayenta towers, and brown Wingate cliffs, continuously unfold above.

We will stop and look hike several of the wonderful side canyons in Labyrinth Canon. We will also pass the river register where early river runners left their signatures.

The sandy beaches in Labyrinth provide for wonderful camping. Our guides are amazing river chefs who do all of the work of preparing the highest quality, healthy meals made with fresh ingredients. We serve a variety of fruits and vegetables from our garden and buy locally whenever possible. Our meats and cheeses are purchased from our local meat shop that focuses on the highest quality ingredients. We can accommodate a variety of diets from Kosher to vegetarian and everything in between.

**Potential Hiking Opportunities: Ten Mile Canyon, Hey Joe Mine, Keg Spring Canyon**

**Day 4**

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After and another wonderful Moring, we will pack up our kayaks and head downstream. We will hike "Bowknot Bend" where the river makes a seven and a half mile loop back onto itself. We will hike up to the saddle which provides an incredible view of the desert. There will be ample time each day for hiking and exploring the canyon's rich history and geology.

The Fremont Culture were a semi-nomadic people who inhabited these canyons (500-1275 A.D.). They left petroglyphs on the rock walls that can be spotted today. You will also see the inscriptions left by the crew of the Launch Marguerite, a stern-wheeler river boat which traveled on the Green and Colorado Rivers between the towns of Green River and Moab during the early 1900's. Denis Julien was a trapper and fur trader who left inscriptions on the rocks in a number of places. All of his inscriptions are dated 1836. How Julien got into the canyons is still a mystery. It is not known if he came by boat or if he walked in from the rim.

Traditionally, the last night of the river trip is "dress-up" night. Anything goes if you would like to participate. It is up to your imagination! This is a great way to celebrate the trip and near completion of your Green River adventure.

**Potential Hiking Opportunities: D. Julien Inscription, River Register, Hey Joe Mine site**

**Day 5**

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Today we will see more and more evidence of the uranium mining that once took place in these canyons. Tailing piles and abandoned mining equipment can be seen from the river below.

We will also stop at another 1836 Denis Julien inscription. Our river adventure ends at Mineral Bottom. We'll load the kayaks and gear for the spectacular drive back to Moab which begins with a steep climb up an old mining road. We will arrive at the Sheri Griffith Expeditions office by 4:00-5:30 p.m. (MDT).

**Potential Hiking Opportunities: Hell Roaring Canyon, Bowknot Bend**

**River specific Information**

**The Women Only Experience**

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The Sheri Griffith Expeditions Women Only trips present some of the world's finest wild areas, in comfort, with great food, and some of the finest people you will ever meet. If you have never camped before, rest assured that we are professional at making your trip comfortable, fascinating and fun. Sheri Griffith Expeditions brings the experience of being in outdoor recreation industry since 1971 to the "Women on Adventure " trip.

**Our women guides** are professional, exceptional people with outstanding talents, who are eager to share their knowledge, experience, and enjoyment of life in the outdoors. This group of guides is by far the best on the river. They continually strive to perfect their understanding of our wilderness and its secrets. This is their way of life, and their passion is to share this adventurous way of life with you. Our expert and multi-talented guides are extremely good at making your river vacation relaxing and fun. Our guides' objective is to help you have fun. However, you can rest assured that your safety is their top priority and you will observe this in their behavior as well as their expectations of you. They are Red Cross First Aid and CPR certified and have completed river rescue training. They are required to complete hours of training on each river stretch before they can "guide" our guests. If you are like most people, you will marvel at the quality of their work, while feeling as if you have just made a new friend.

## Boats

All of our equipment is top quality, state of the art and carefully maintained and serviced. Our Family trips are run with oarboats and a few inflatable kayaks to play in. **Oarboats:** These are inflatable rafts (approx. 17 - 18 feet in length) with guides that maneuver them with a set of oars secured to a frame in the middle of the raft. **Touring Kayaks:** These hard-hulled boats have a keel and rudder, are manned by 1 or 2 guests with their double-bladed paddles and are easily maneuverable in moving water. (Not for whitewater use.) There are no guides in these crafts, so it is up to the guest to maneuver the boat. Kayakers follow instructions from guides in nearby kayaks or rafts

No prior experience is necessary, as touring kayaks are easy to paddle, comfortable to travel in and very stable. Your guides will be instructing and encouraging you from their own kayaks and you'll be maneuvering your sleek craft like a pro in no time. You can have your own kayak or explore the river with a friend in a two-person kayak

## Mosquito Warning

One certain fact of life on or near the River: Mosquitoes. The Green River can have a few mosquitoes; some stops may require that clients be prepared with bug spray, long sleeves, pants and possibly even a netted hat.

## Recommended Reading for the Green River

Exploration of the Colorado River and Its Canyons ~ John Wesley Powell

Canyonlands River Guide ~ Bill Belknap

Outlaw Tales of Utah ~ Michael Rutter

Raven's Exile ~ Ellen Meloy

The Wild Bunch at Robbers Roost ~ Pearl Baker

Desert Solitaire ~ Edward Abbey

Ancient Ruins of the Southwest: An Archaeological Guide ~ David Grant Noble, Brad Melton

## Packing List

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

\*\*\*We provide wetsuits when conditions require them

### What to pack:

To maximize the versatility of your travel wardrobe, we recommend packing lightweight clothing that can be worn in layers and one warm sweater or fleece jacket. Casual clothing that is comfortable and practical is appropriate for travel in the American Southwest. All hotels and restaurants are accustomed to informally dressed travelers, and in camp, dress is entirely casual.

It is especially important that you pack clothing that you do not mind getting wet. Synthetic fabrics have the advantage of being quick to dry because they don't retain water. Pile and fleece made of polyester or nylon work well as insulation. Cotton sweatshirts and jeans are not recommended as river wear as they are usually made of heavier fabric and take a long time to dry when wet.

If you wear prescription glasses or contact lenses, we recommend that you bring an extra pair. A strap for your glasses is essential. If you wear contact lenses, wraparound sunglasses are recommended, as are goggles during the rapids.

## ESSENTIAL ITEMS

- 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 \*(2 pairs)
- Sunscreen ~ SPF 15 or greater** \* ~ a must!
- Lip moisturizer ~ SPF 15 or greater** \*
- 2 Hat or visor** with hat clip to attach to life jacket or shirt \*
- Flashlight \* or headlamp**
- T-shirts \*(one per day)**
- 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
- Cash for Gratuities

### **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
- Sarong** \* ~ 101 uses!
- Travel pillow**
- Garbage bag or stuff sack** ~ keeps wet & dry clothes/items separate
- 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

### **Area guide or River Map** \*

**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.

## Packing Tips

### **Waterproof Bags:**

Each guest will get two water proof dry bays at orientation. The overnight bag is evening items goes into a 20" x 20" x 27" dry bag. **Your sleeping bag will come already packed in this bag also.** You may pack in an athletic bag for easier access. You will also receive a day bag which are 14" Dia x 25" H. This bag will be with you on your kayak.

### **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 it is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who are 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.

### **Vehicles and Valuables**

We have a locked and gated facility for your vehicles while you are on the river. We recommend that you leave your valuables at home. For personal items like wallets, purses, keys, and cell phones, we have a locked safe area for storage while you are on the river.

### Extra Luggage

If you do have extra luggage that you need to store, we can store it in our locked office facility.

## COOL WEATHER ITEMS (March, April, May, September October & November)

- |   |  |
|---|--|
| <input type="checkbox"/> Extra set of wool or fleece jacket & pants | <input type="checkbox"/> Neoprene gloves & booties             |
| <input type="checkbox"/> Extra wool or fleece socks                 | <input type="checkbox"/> Dry suit                              |
| <input type="checkbox"/> Wool gloves                                | <input type="checkbox"/> Wetsuit ***                           |
| <input type="checkbox"/> Wool or fleece hat                         | <input type="checkbox"/> Extra shoes                           |
| <input type="checkbox"/> Polypropylene long underwear               | <input type="checkbox"/> 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

### Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In April through June, high temperatures range between 70° and 90°. July and August high temperatures typically range between 90° and 100°, with September and October temperatures ranging between 70° and 80°. The climate here is very dry with little humidity and not oppressively sweltering. Summer evenings are quite comfortable though spring and fall evenings can be cool. Other than an occasional rain cloud, there are few overcast days, however, **always pack your raingear!** No matter the weather, you will find your visit to be fascinating and unforgettable.

### Getting to Moab

Moab, Utah, is located on Highway 191 about 30 miles south of Interstate 70. It is approximately a two hour drive from Grand Junction, Colorado and a four hour drive from Salt Lake City. Both cities have commercial airports with rental cars and vans as well as shuttle companies. Great Lakes Aviation offers direct flights from Denver, Colorado to Moab. If you are driving to Moab or renting a vehicle upon arrival in Moab, you may park in our locked, gated property adjacent to our office while you are on the river.

### Moab Stores

The grocery store is open late so you can pick up any last minute items you may have forgotten. The liquor store is open from 11 AM to 9 PM in the summer (May through October). The bookstores in town carry an excellent assortment of books about the rivers and the Colorado Plateau.

### Restaurants

There are numerous restaurants in Moab to choose from that accommodate various culinary tastes. Most are open late in the evening and early in the morning. Our guest services staff can help assist you with what restaurants are closest to your hotel.

### Time Zones

Utah operates on Mountain Standard Time (Note Arizona does not have Day Light Savings time)

At 9:00 am in Utah, it is:

- 11:00 am the same day in New York – Eastern Standard Time
- 10:00 am the same day in Chicago – Central Standard Time
- 8:00 am the same day in Los Angeles – Pacific Standard Time

### Photography

Generally, when travelling, you'll want to bring all the film, camera batteries and other equipment you will need, as supplies may be intermittent. If you plan to travel with digital photographic and/or video equipment, make certain to pack the specific charging apparatus for each piece of equipment. We also suggest that you take into account the amount of data storage of each unit when determining the amount (if any) of additional memory discs to pack.

Bring a protective sports pouch to protect it from water. Participants will be able to store cameras in a shared "dry box." If you are bringing a variety of lenses, please have a waterproof container of your own. Keep in mind we cannot take responsibility for the safety of your personal property. An old river adage is "don't bring it on a river unless you can afford to lose it." Waterproof/disposable cameras are a great idea.

Sheri Griffith Expeditions provides a camera to the guides to photograph the trip. A CD can be purchased at the end of the trip for \$40. If you do not want to risk your camera you are more than welcome to take photos with ours.

## **River Camping**

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The private camps in which you'll stay are mobile-tented river camps. They are set up to host you and your fellow travellers exclusively. After you depart, the entire camp is broken down and the campsite returns to untenanted wilderness again. Many aficionados of the true camping experience vastly prefer mobile camping, which is truer to the traditional, romantic camping atmosphere. You will not only be very comfortable in camp, you will also enjoy absolute privacy in your own pristine corner of the wild. Your guides, camp staff and travelling companions are likely to be the only other people you see.

## **Camping Equipment**

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We provide top quality tents that sleep two or three persons comfortably. The tents used on the rafting programs are large enough to stand-up in (10' x 10' x 6'). We also provide comfortable sleeping bags and pads. To keep tents cool and airy there are two "doors" and a mesh, open top with a nylon rain fly. Sleeping bags are cozy and professionally laundered prior to each trip.

## **Food and Drink**

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Riverside meals, prepared and served by camp staff trained in outdoor cuisine, are delicious and varied. Meals are served buffet style. You may bring your own beer, wine or hard liquor and we will be happy to store it and keep it chilled. Please avoid bringing glass. Bring beer in aluminium cans and transfer hard liquor into plastic containers.

**Please note:** Please remember we are in remote areas, usually in a mixed group, and far from medical assistance. We trust our guests will not endanger themselves, offend others, or evoke a guides' intervention by over drinking.

If you have a **special dietary requirement**, please advise Sheri Griffith Expeditions of your needs at least six weeks prior to departure. Every effort will be made to comply with your request.

## **Bathing and Toilets Facilities**

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In camp, there are separate shared bathroom facilities for men and women. Due to environmental impact issues, bathing facilities are limited to areas in, or directly adjacent to the river. If you choose to bring your own soap/shampoo, we suggest they be biodegradable products.

Sanitary facilities throughout the American West need to be in compliance with the strict standards set by the land management agencies and local, state, and federal guidelines. We provide top of the line portable toilets that offer privacy and are designed to be stable and comfortable. The most widely used system is a sealed container with a regular toilet seat attached. Hand washing stations will always be located near toilet and dining areas and all guests are encouraged to use them regularly.

## **Electrical Power**

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There is no electrical power in the pitched camps along the rivers. It is suggested that you carry a supply of additional batteries for your camera and any battery-operated appliances you are taking along. On a trip of this nature, items such as curling irons and hair dryers are **NOT** recommended. Mechanical or electronic devices that are noisy and which may disturb other guests "wilderness experience" are discouraged.

## **Entertainment**

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Your campsite will also include a library of books and information about the river and surrounding area as well as a variety of games and activities such as horseshoes, bocce and volleyball. Singing and telling stories around the campfire are nightly occurrences.

## **Communications**

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You will be visiting some of the most remote areas of the United States, you should be aware that radio contact is not often possible while travelling in river canyons. Additionally, cellular phones do not operate in river canyons.

## General Information

### **CANCELLATION POLICY**

The initial \$300 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. A link for Travel Insurance is: [www.travelinsure.com/affiliate/selecthigh.htm?32219](http://www.travelinsure.com/affiliate/selecthigh.htm?32219).**

### **RESERVATION DETAILS**

A \$300/person deposit is required at the time of reservation. The balance is due 45 days prior to departure. After making your reservation you will receive a reservation packet that will include a packing list, helpful travel hints, travel insurance information, a beverage request form, and a guest registration form. Please fill out the guest registration form and send or fax back quickly.

**SAFETY, ASSUMPTION OF RISK AND, INSURANCE:** We maintain an excellent safety record, since 1971. 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. However, it is several hours to the nearest medical center. 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 medicines should be stored. It's 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.

## GRATUITIES

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between 15% and 20% of the trip cost is a general tipping guideline. If you plan to tip, remember to bring a personal check or cash—ATM's are hard to find in the backcountry! PLEASE, do not make out checks to Sheri Griffith Expeditions. If you are writing check please make it out to the Trip Leader. NOTE: we cannot take credit card gratuities.

### What is Included

- **SKILLED, PROFESSIONAL AND FUN GUIDES:** Trained in the art of river running, all of our guides have Emergency Medical Response and CPR certification, as well as hours of river rescue and river specific training. We are one of the few companies that train our guides this extensively.
- **FULL DAYS ON THE RIVER ~** We begin early the first day and return the last day at day's end.
- **ALL RAFTING, CAMPING and SAFETY EQUIPMENT ~** Rafts & related equipment, life jackets, safety equipment, sleeping bag, sleeping pad, tent, personal dry bags for your gear, kitchen, dining & toilet equipment.
  - Some companies make you "rent" camping gear from them, others will even make you buy a cup (we give you one free.) We include everything you need to go camping.
- **ALL MEALS ~** Beginning with lunch the first day through lunch the last day. Our menus are healthy and creative, and are prepared fresh daily by your guides. Many of our fruits and vegetables are locally grown. Dinners always begin with hors d'oeuvres. Breakfast and lunch are equally tasty with varieties of foods to choose from. Every meal is balanced and there is always plenty. We can accommodate most diets and food restrictions with advanced notice.
- **TRANSPORTATION:** from our office in Moab to and from the river.
  - Some companies make you pay extra for the flights and land transportation. This is all included in our prices.
- **ORIENTATION:** The day before your trip we will meet at 5:00 PM at the Sheri Griffith Expeditions offices for a pre-trip meeting. Your trip leader will provide a thorough trip orientation and pass out your waterproof bags so that you can pack your belongings that evening. The trip leader will also reconfirm the meeting time for the following morning and give you an opportunity to ask any last-minute questions.



- BEVERAGES ~ Iced water, Gatorade, lemonade, and iced tea are on every boat. Soda, coffee, wine, hot tea and cocoa are provided in camp. There is also an iced cooler available for additional beverages you may wish to bring, i.e. beer, wine and soda.

### What is Not Included

- TRANSPORTATION TO MOAB AND OUR OFFICES:
- GRATUITIES: by no means required but always appreciated by our guides(15-20% of your trip price is the suggested gratuity)
- PERSONAL ITEMS: See packing list.
- LODGING: We recommend spending a night before and after the trip in Moab. Our reservationist can get you a list of quality hotels and campgrounds in the area.
- TAX and Government User fees. About 6% of the trip cost.

