



**Itinerary:**  
**Gates of Lodore:**  
**4 Days/3 Nights**

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**Through Dinosaur National Monument**

**Overview of Gates of Lodore**

**Meeting Place:** **Best Western Antlers** 423 West Main Street Vernal, UT 84078  
**Meeting Time:** **6:30 pm (MDT)** The evening before your trip  
**Orientation:** **6:30 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:** **Best Western Antlers** 423 West Main Street Vernal, UT 84078  
**Morning Time:** **7:00 am (MDT)**  
**Return Time:** Approximately 5:00 - 6:00 PM  
**Rapid Rating:** Class III-IV (water level dependent)  
**# of Rapids:** 11  
**River Miles:** 45  
**Put in:** Gates of Lodore Ranger Station  
**Take-out:** Split Mountain boat ramp  
**Trip Length:** 4 Days / 3 Nights  
**Raft Type(s):** Oarboats, Paddleboats and Inflatable Kayaks  
**Age Limit:** Minimum Age is 8 years old

**What makes this trip special?**

The Gates of Lodore on the Green River has all the elements of a classic river trip: great hikes, exciting whitewater, beautiful beaches and colorful history.

The Green River has cut into the Uintah Mountains to form two enormous cliffs on either side of the river. Here are the "Gates of Lodore," two 1000-foot cliffs that rise out of the valley. This is one of the most beautiful and awe-inspiring views on any river.

The scenery is a combination of Rocky Mountain trees and plants, then drifting down into the desert canyon country. Abundant wildlife includes deer, bighorn sheep, eagles, trout, and hawks around almost every bend. We purposely travel slowly, about 10-15 miles per day, giving us ample time to explore the canyons and take in the Green River and its surrounding wildlife.

**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.

### **Day 0**

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At 6:30 pm (MDT) the day BEFORE the departure we meet at the Best Western Antlers Inn in Vernal 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. That way we can drop off your dry bags and any last minute instructions at your hotel.

### **Day 1**

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You will be shuttled to the launch site and head downstream to huge stone gates, 1,000 feet high that appear to have split the mountains in two - The Gates of Lodore. Your guides will give you a river orientation and safety briefing before departing on your journey into the canyon between the towering red cliffs of the Gates of Lodore.

The trip begins with a gentle float, changing to small rapids above Winnie's Grotto. We'll stop there for a brief hike into the alcove. The rapids are more frequent after Winnie's. Guides prepare a tasty buffet lunch along the riverbank.

After lunch we will travel deeper into the canyon and enjoy several small rapids where we continue to practice our skills before our first major rapid: Disaster Falls. Disaster Falls received its ominous name from the first John Wesley Powell Expedition in 1969. It was here where they lost their first boat, the No Name on No Name Island!

Each evening we establish camp on the riverbank. While you explore and relax, the guides set up chairs, and the kitchen, where they prepare fresh, delicious abundant meals. The clean air amplifies a vibrant blue sky, creating a perfect environment for hiking and unparalleled photographic opportunities.

**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: Pot Creek Canyon, Winnie's Grotto, Disaster Falls**

### **Day 2**

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Wake to the smell of coffee brewing. After a hearty breakfast, we'll pack up the rafts and push off shore. The rapids are almost constant now, interspersed with fewer calm stretches. The rapids increase in size and excitement as the river winds deeper into the Uintah Mountains.

This morning as you float down the river, catch a glimpse of an inscription left by some of the first river runners as you float towards Harp Falls rapid. Just before lunch we will stop and scout Triplet Falls, our first big rapid of the day!

After lunch we pull over for a short hike near the next big rapid Hell's Half Mile before rafting through the churning whitewater. This rapid was named by one of the most well-known river expeditions led by Major John Wesley Powell. His expedition's goal was to explore the Colorado River and its biggest tributary, the Green River, in wooden boats specially built for the adventure. These explorers floated through the Gates of Lodore and named many of the side canyons and rapids on the Green River. After destroying their kitchen boat in a rapid, Major Powell dubbed it "Disaster Falls." Powell's expeditions also named such infamous rapids as "Hells Half Mile" and "Triplet Falls."

We'll pull off and set up camp early in the afternoon. Next to camp is a wonderful waterfall hike up the canyon with great views of the river.

**Potential Hiking Opportunities: Triplet Falls, Hells Half Mile and Rippling Brook**

### **Day 3**

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This morning you will eat a hearty breakfast with plenty of coffee, tea and hot chocolate; as well as fresh juices, and fresh fruit.

This morning the calmer water will give us time to really enjoy the scenery. It does not take long to get to Steamboat Rock, which the boats will eventually travel nearly all the way around. Next we will arrive at Echo Park where the Yampa joins the Green River.

Raft around Steamboat Rock and then around another bend into Whirlpool Canyon and the rapids begin again. Pass by the amazing Mitten park fault, named after Pat Lynch's mule Mitten. Soon we will enter our next canyon: Whirlpool Canyon. Guests may be able to see Seastacks, which afford geologic evidence of vast seas that covered the area eons ago. Later we will see an inscription made in 1838 by French fur trapper Dennis Julien, and equipment left by dam surveyors who had big plans to build a dam in Echo Park.

Just below Jones Hole, we'll stop and explore the area, hike a bit and try to catch a glimpse of one of the largest herds of bighorn sheep in the area. We'll find a shady place for lunch and explore some more before heading back to the river. Raft another mile or so farther down river to camp, where there's a nice sandy beach. Guides will prepare dinner, while you relax on the beach.

### **Potential Hiking Opportunities: Echo Park, Jones Hole**

#### **Day 4**

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After breakfast, we'll be rafting through some fun rapids. Start this morning's river travel with the fun, splashy Greasy Pliers rapids. The canyon then opens up into the Island Park area. Enjoy viewing amazing petroglyphs of a very large bison. Raft through Rainbow Park and enjoy swimming in the river before the river slices through Split Mountain.

The river opens up into a big basin area, before it slices through the mountains again. There is a dramatic cut through Split Mountain and the river gradient dramatically increases from 1 to 20 feet per mile. Run Moonshine and S.O.B., and a number of other fun rapids.

At the end of this great trip you will have conquered 44 miles of river. We will pull over at the Split Mountain Boat Ramp where your bus will be waiting to drive you back to Vernal. The drive is about 45 minutes.

### **Potential Hiking Opportunities: Island Park, Rainbow Park**

## **River specific Information**

### **Whitewater**

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The Green River through Gates of Lodore Canyons is 45 miles with 16 named rapids that are Class III with one Class IV Rapid. There are rapids every days with something fun in each. These rapids are mostly technical rapids but exciting and great fun - perfect for learning to maneuver a paddleboat or kayak.

### **Boats**

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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. **Paddleboats:** these are inflatable rafts (approx. 15 - 16 feet in length) manned by guests and their paddles. The guide gives instruction and navigates from the back of the boat. **Inflatable Kayak:** There are no guides in these crafts. The IK's are a great way to get up close and personal with the whitewater.

### **Mosquito Warning**

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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 Gates of Lodore**

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If We Had a Boat: Green River Runners & Explorers ~ Roy Webb

Dinosaur River Guide ~ Bill Belknap

Legacy on Stone: Rock Art of the Colorado Plateau and Four Corners Region ~ Sally J. Cole

## *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**
- Skirt/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 9.5" Dia x 20" H

**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.

**Carabineer**

Carabineers 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**

You can leave your vehicle at the Best Western Antlers if you are staying there. 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 at the Best Western Antler.

**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 ~Vernal, Utah**

	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>
Avg High	48°	62°	72°	84°	90°	87°	77°	64°
Avg Low	22°	30°	38°	47°	54°	51°	42°	31°
Mean	30°	47°	56°	65°	72°	68°	60°	47°
Avg Precip	0.7 in	0.8 in	0.9 in	0.8 in	0.5 in	0.6 in	0.9 in	1.1 in

Degrees in Fahrenheit

**Weather**

You can expect warm, sunny, delightful days in Northeastern Utah. In May through June, high temperatures range between 70° and 85°. July and August high temperatures typically range between 85° and 90°. The climate here is very dry with little humidity and is not oppressively sweltering. Nighttime temperatures can range between 40° and 50°. 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 Vernal**

A green and tree shaded community in an otherwise dry plain, Vernal is an attractive small town with some 8,000 residents. It serves as a good base for visiting nearby Dinosaur National Monument, Flaming Gorge National Recreation Area and the Uintah Mountains. It offers a decent selection of motels and has numerous

small restaurants, cafes and fast food joints. It also has a small, well-done prehistory museum, a couple of movie theaters and water slides for the kids.

Vernal is located along Hwys. 191/40 in the northeast corner of Utah. It is southeast of the Uintah Mountains, 20 miles west of Dinosaur National Monument and 35 miles south of Flaming Gorge.

### **Driving Direction to Vernal**

More specific directions visit [www.mapquest.com](http://www.mapquest.com) We meet at Best Western Antlers 423 West Main Street Vernal, UT 84078

From **Salt Lake City, UT** (2.5 Hours) – I-80 East to Park City / Turn onto US-40 South and East to Vernal

From **Grand Junction, CO** (3 hours) – US 139 North to Rangely/ US-64 West to Dinosaur/ US-40 West to Jensen and then On to Vernal

From **Denver, CO** (8 hours) – I-70 West toward Grand Junction, CO / US 139 North to Rangely/ US-139 North to Rangely/ US-64 West to Dinosaur/ US-40 West to Vernal

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### **Vernal 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.

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### **Restaurants**

There are not a lot of restaurants in Vernal to choose from that accommodate various culinary tastes. Our guest services staff can help assist you with what restaurants are closest to your hotel.

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### **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

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### **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.

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### **River Camping**

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.

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### **Camping Equipment**

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.

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### **Food and Drink**

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**

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**

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**

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**

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 the hotel to the launch location and return from the take out back to the hotel is included in the cost of the trip.
  - 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 6:30 AM at the Best Western Antlers 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 VERNAL.**
- **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 Vernal. 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.

