



2231 South Highway 191  
PO Box 1324  
Moab, Utah 84532  
info@griffithexp.com

## Thank you for choosing Sheri Griffith Expeditions for your vacation!

We look forward to hosting you for an outstanding outdoor adventure. You've put a lot of time and effort into planning the perfect vacation, and we want to make sure that your vacation with us is perfect. We hope that this trip planner will assist you in preparing for your outdoor adventure. We've included packing lists, helpful hints, information about the Moab area, information about what is and is not included in your trip and some additional details that our guests have found useful in getting ready for our expeditions.

If you have any additional questions about your trip, please feel free to contact our office by phone (800-332-2439) or email (info@griffithexp.com) and we will be happy to assist you!

See you soon!

Kristl Johnson, Guest Services  
Sheri Griffith Expeditions  
[whitewater@griffithexp.com](mailto:whitewater@griffithexp.com)

## Have you completed the following?

### ☐ Sign Assumption of Risk Form

Each participant will be required to sign our Assumption of Risk Form, either electronically or on paper, before they depart for the river trip. You should have received a PDF version of this form and a link to sign the form online with our confirmation packet. If you did not receive the form or would like a copy for your records, please contact our office at 800-332-2439.

### ☐ Purchase Travel Insurance

Sheri Griffith Expeditions has a NO REFUND policy. 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.** Please take some time to visit the following website [www.travelinsure.com/affiliate/selecthigh.htm?32219](http://www.travelinsure.com/affiliate/selecthigh.htm?32219), which contains information about Travel Insurance.

### ☐ Completed Trip Forms

Each participant will need to complete the required trip forms. We need your **Guest Registration Form**, the **Assumption of Risk Form** (either the PDF attached with this document or the online version). If you are reserving your trip within 90 days, please complete the forms immediately. Send them to [info@griffithexp.com](mailto:info@griffithexp.com) or fax them to 435-259-2226

### ☐ Reserve flights and/or shuttles

Confirm travel arrangements to and from your departure and return cities. Verify with our office that your trip has met minimum numbers prior to booking flights.

### ☐ Hotel Reservations

Reserve overnight lodging for the night prior to your trip, if applicable. You may also wish to reserve a room for the night that you return from the river. It is important to make reservations early, as rooms may be limited during peak travel periods. If you would like us to reserve lodging for you, let us know.

#### □ Payments

Final payment is due when you confirm your reservation for single day trips. A \$25 change fee may apply to changes made after your final payment is made.

#### □ Additional Activities

Moab is full of really great recreational activities. Our staff play in Moab a lot, and are happy to share our ideas and assist you in planning and arranging additional activities for while you are here.

### What IS Included?

- **SKILLED, PROFESSIONAL AND FUN GUIDES:** some of the best in the business. Our guides are 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.
- **FULL DAY ON THE RIVER:** We begin early and return at day's end.
- **ALL RAFTING, CAMPING and SAFETY EQUIPMENT:** Rafts & related equipment, personal flotation device (PFD), safety equipment, kitchen & toilet equipment.
- **DELICIOUS LUNCH:** Our menu is healthy and creative, and will be prepared fresh by your guides. Many of our fruits and vegetables are locally sourced. Our lunch is balanced and there is always plenty. **We can accommodate most diets and food restrictions with advanced notice.**
- **TRANSPORTATION:** Our trips meet at and return to our office in Moab. We provide transportation to and from the River on the one day trips. You can leave your car at our office while you are on the river. Valuables and keys can be left with our staff on the morning of departure.
- **BEVERAGES:** Iced water, Gatorade, lemonade, and iced tea powders are provided. **There is also an iced cooler available for additional beverages you may wish to bring.**

### What is NOT Included?

- **TRANSPORTATION TO MOAB AND OUR OFFICE**
- **LODGING IN MOAB:** unless you have requested that we book lodging for you.
- **GRATUITIES:** always appreciated by our guides(15-20% of your trip price is the suggested gratuity)
- **PERSONAL ITEMS:** including sunscreen, bug spray to name a few. Please refer to the packing list.

### 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. Direct flights into Moab are provided by SkyWest (United) through Denver, Colorado. The Moab airport is located 14 miles outside of town. Please pre-arrange a shuttle or rental car. Please check with our office for the most up-to-date information on these services. If you are driving to Moab or renting a vehicle upon arrival in Moab, you may park in our parking lot while you are on the river.

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.

## River Trip Departure

The day of your trip we will meet at the **Sheri Griffith Expeditions office (2231 South Highway 191 Moab Utah, 84532)**. There will be a short pre-departure orientation for our Single Day Rafting Trips, where you can ask any last minute questions. You can also call or email our office before your trip with questions. Please arrive at least 5 minutes before the departure time listed on your invoice.

## Moab Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In April through May, high temperatures range between 70° and 90°. June, 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. 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.

Average Temperatures ~ **Moab, Utah**

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Avg High	63°	72°	83°	93°	99°	96°	87°	73°
Avg Low	35°	42°	50°	58°	65°	63°	53°	41°
Avg Precip	0.8 in	.8 in	0.7 in	0.4 in	1.0 in	1.0 in	0.9 in	1.2 in

Degrees in Fahrenheit

## How to Pack

Packing for a rafting trip is easier than you might think! For mid-summer trips, We suggest packing lightweight clothing that can be worn in layers and one light sweater or fleece jacket for cool mornings. For early or late season trips (March –May and September—October) we suggest warmer clothing.

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. Also, because our rivers are very silty, we advise against bringing white clothing that you do not want to have permanently dyed red.

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

We do have a small store on site that carries last minute items like sunscreen, bug spray, chapstick, water bottles, sarongs, river shirts, rain gear, hats and souvenirs.

We will provide wetsuits and splash gear when conditions require them. If you want a wetsuit, please ask our reservations staff (prior to departure) or your guide upon arrival.

### The Essentials

- ☐ Rain Jacket and Pants—Not just for rain
- ☐ Fleece or Sweatshirt—For cool mornings
- ☐ Water Bottle with Strap or Carabiner
- ☐ Sunglasses
- ☐ Chums—or other Sunglasses retainer
- ☐ Sunscreen—SPF 30 or greater
- ☐ Chapstick—SPF 15 or greater
- ☐ Hat or Visor
- ☐ Hat Clip—to keep your hat with you
- ☐ Swimsuits—We suggest two piece for women
- ☐ River Sandals—Or other shoes that can get wet (NO Flip-Flops!)
- ☐ Sarong—For women AND men

### Highly Recommended Items

- ☐ Binoculars
- ☐ Moisturizing Lotion
- ☐ Waterproof Camera

### Our Guides Suggest:

- ☐ Small Day Pack or Fanny Pack
- ☐ Extra Snacks
- ☐ Goggles—If you wear contacts

### Cool Weather Items (March, April, May, September, October and November Trips)






- |  |  |
|--|--|
| <input type="checkbox"/> Wool or Fleece Jacket and Pants | <input type="checkbox"/> Wool or Fleece Hat                        |
| <input type="checkbox"/> Extra Wool or Fleece Socks      | <input type="checkbox"/> Wool Gloves                               |
| <input type="checkbox"/> Polypropylene Long Underwear    | <input type="checkbox"/> Neoprene Gloves and Booties               |
| <input type="checkbox"/> Extra Shoes                     | <input type="checkbox"/> Extra Set of Warm Clothing to change into |



### What About My Car and Other Valuables?

We have a large parking area for your vehicles while you are on the river. We recommend that you leave your valuables at home. For personal items such as wallets, purses, keys, and cell phones, we have a secure storage area for your belongings while you are on the river.

### What Else Do I Need to Know?

<b>Moab Stores</b>	The grocery stores are open late so you can pick up any last minute items you may have forgotten. The <b>state liquor store</b> 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. For more information visit <a href="http://www.moabhappenings.com/shopping.htm">www.moabhappenings.com/shopping.htm</a> .
<b>Moab Restaurants</b>	There are numerous restaurants in Moab to choose from that accommodate various culinary tastes. Most are open late in the evening though only a few are open early in the morning. Our guest services staff can help assist you with what restaurants are closest to your hotel. For more information about Moab restaurants visit <a href="http://www.moabhappenings.com/restaurants.htm">www.moabhappenings.com/restaurants.htm</a> or <a href="http://www.moabchamber.com/index.php/business-directory/category/restaurants">www.moabchamber.com/index.php/business-directory/category/restaurants</a>

 <p><b>Moab Time Zone</b></p>	<p>Utah operates on Mountain Standard Time, with Daylight Savings Time in the Summer. Las Vegas is 1 hour behind Moab, as is the Grand Canyon and all of Arizona during the summer.</p>
<p><b>Food And Drink</b></p>	<p>Riverside meals, prepared by your guides, are delicious and varied. Meals are served buffet style. You may bring your own beverages and we will be happy to store them and keep them chilled. Please avoid bringing glass.</p> <p><b>Please remember</b> that 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.</p> <p>If you have a <b>special dietary requirement</b>, 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.</p>
 <p><b>Bathing and Toilet Facilities</b></p>	<p>Toilets are available at the launch point and the take-out point. We do bring a portable toilet for solid waste on our one day rafting trips. If you need one, please ask your guide.</p> <p>General practice on the river is to pee in the river or wet sand next to the river. This keeps our beaches clean and free of icky smells. The volume of water moving constantly over the sand near the river keeps the area sanitary.</p>
 <p><b>Electrical Power</b></p>	<p>There is no electrical power 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. Mechanical or electronic devices that are noisy and which may disturb other guests "wilderness experience" are discouraged. Drones are NOT allowed on our rafting trips per Bureau of Land Management regulation.</p>
 <p><b>Communications</b></p>	<p>You will be visiting some of the most remote areas of the United States, you should be aware that radio contact is <u>not often</u> possible while travelling in river canyons. Additionally, cellular phones do not operate in river canyons. We do carry Satellite phones and/or InReach Devices for emergencies, but they are ONLY for emergency use. Even our satellite phones are not guaranteed to have service in all areas.</p>
 <p><b>Water Levels</b></p>	<p>The flow of the Colorado River is generally unregulated. The river can reach flows considered extreme during spring runoff in years when the high country feeding the watershed has received a plentiful snowpack. <b>Peak run-off usually occurs between mid-May and mid-June, but can vary widely from early May and into July.</b> High water trips equate to a more intense whitewater experience and a high level of physical fitness is recommended. Water temperatures are coldest during the high water period and rain gear and warm synthetic clothing will be required. Wetsuits are always available upon request.</p>

 <p><b>Photos</b></p>	<p>Generally, when travelling, you'll want to bring extra memory cards and batteries and any other equipment you will need.</p> <p>Bring a protective sports pouch to protect your camera from water and sand. (We have these available in our store.) Participants will be able to store cameras in a shared drybag. If you are bringing a variety of lenses, please have a waterproof container of your own. We suggest a Pelican brand case. 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.</p>
 <p><b>Gratuities</b></p>	<p>Our 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.</p> <p>Entirely discretionary, anything between 15% and 20% of the trip cost is a general tipping guideline. PLEASE, do not make out checks to Sheri Griffith Expeditions. If you are writing check please make it out to the Trip Leader. Credit card gratuities are also accepted.</p>
<p><b>Additional Activities</b></p>	<p>Moab is an outdoor playground! If you would like more information about things to do in Moab, please feel free to call our office at <b>800-332-2439</b> and ask our friendly staff for more details about additional activities that are available before or after your rafting trip. Hummer Tours, ATV Tours, ZipLine, Horseback Rides, Mountain Bike Tours, Hiking, Canyoneering, Museums and Skydiving are just a few of the activities that are available in and around Moab.</p>

## OUTDOOR PERSONAL HYGIENE FOR WOMEN

Most of our river trips have female guides on them, and they are available to answer your questions. Our male guides are educated about menstrual cycles and urination differences, and are quite comfortable addressing your concerns. Sometimes, though, they need to be reminded that you may need more "stops" than they might have anticipated.

We carry sanitary porta-potties that are placed in a private area out of sight at the edge of the river. Because of space limitations, handling and weight considerations, porta-potties are used for solid waste only. If you need the porta-potty during the day, ask your guide to set it up. (In certain situations, they may offer different instructions for disposal.) Urination is only acceptable in the wet sand next to the river or in the river itself. The water flows offer continual cleansing and sanitizing of the river and beach areas.

If you are on or expecting your period please bring:

1. plenty of small ziplock bags
2. some extra toilet paper
3. Please dispose of your used napkins/tampons in your ziplock bag and then in the evening dispose of your ziplock baggie in the receptacle next to the porta-potty (not in the porta-potty)
4. Keep plenty of extra pads/tampons with your small ziplocks in your daypack at all times during your period.

A helpful hint from past guests--wearing a comfy, wrap-around sarong makes urination much easier because you don't have to pull down your pants. You can wear it over your swimsuit during the day .

Wet Wipes are great to bring on any outdoor expedition but disposing of them can be a problem, if you bring them, please do not dispose of them in the porta-potty, please put them in the garbage.

If you have questions, please call our office at 800-332-2439 or email us at [info@griffithexp.com](mailto:info@griffithexp.com) and speak to any of us. Some of us work indoors, but all of us spend our free time in the outdoors.

## Final Details:

**Whew! That was a LOT of information!** If you have any additional questions about any of this information, please contact our office via email at [info@griffithexp.com](mailto:info@griffithexp.com) or by phone at 800-332-2439. We want your vacation to be awesome! Here are some of the final details associated with your trip:

## CANCELLATION POLICY

The initial DEPOSIT is non-refundable. The FINAL PAYMENT, due 45 days prior to departure, is also non-refundable. (This includes cancellation of the river trip, lodging and shuttle 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).

## SAFETY, ASSUMPTION OF RISK AND INSURANCE

Safety is our first priority on the river. 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. Please consult your physician if you are concerned about your suitability for a rafting trip.