



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 or email and we will be happy to assist you!

See you soon!

Kristl Johnson, Guest Services
Sheri Griffith Expeditions
whitewater@griffithexp.com

Have you completed the following?

☐ 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, 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) and the **Optional Beverage Order Form** completed and returned no later than **30 days** prior to your trip. If you are reserving your trip within 90 days, please complete the forms immediately. Send them to 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. We hold the orientation and meet for the trip departure at the Microtel Inn and Suites in Naples, Utah. To make reservations at the Microtel Inn, please call 435.781.8141. They will happily discount their rate if you tell them that you are traveling with SGRE. We are also happy to make reservations for you if you prefer.

☐ Additional Activities

Vernal is full of really great recreational activities. Our staff spent some time in Vernal, 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:** 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. We are one of the few companies that train our guides this extensively.
- **FULL DAY ON THE RIVER:** We begin early and return at day's end.
- **ALL RAFTING and SAFETY EQUIPMENT:** Rafts & related equipment, life jackets, safety equipment, kitchen, dining & toilet equipment.
- **DELICIOUS MEALS:** Our menu is healthy and creative, and will be prepared fresh by your guides. Many of our fruits and vegetables are locally grown. Our meals are balanced and there is always plenty. **We can accommodate most diets and food restrictions with advanced notice.**
- **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, i.e. beer, wine and soda.**

What is NOT Included?

- **TRANSPORTATION TO VERNAL** or the meeting point at the Microtel Inn and Suites.
- **TRANSPORTATION:** Our trips meet at and return to the Microtel Inn and Suites. There is an additional \$75 per person fee added to your reservation to cover the cost of the shuttle from the Microtel Inn and Suites in Naples to the put-in and from the take-out back to the Microtel Inn and Suites. You are welcome to arrange your own shuttle to and from the river if you like. You can leave your car at the Microtel Inn while you are on the river. Valuables and keys can be left with the Microtel Inn and Suites staff on the morning of departure.
- **LODGING IN Vernal:** unless you have requested that we book lodging for you.
- **GRATUITIES:** by no means required but always appreciated by our guides(15-20% of your trip price is the suggested gratuity)
- **PERSONAL ITEMS:** including sunscreen, chapstick and bug spray to name a few. Please refer to the packing list.

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 Uinta 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 Uinta 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 We meet at the Microtel Inn and Suites, located at 1041 S 1500 E in Naples, Utah, 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

Air Travel to Vernal, Utah

Two international airports, Salt Lake City and Denver, are within driving distance of Vernal. Boutique Air (www.boutiqueair.com) provides daily direct flight service between the Salt Lake City and Denver Airports and the Vernal City-Uintah County Airport. The Vernal City-Uintah County Airport is open to the public.

Major airlines provide daily flights from Denver and Phoenix to Grand Junction, Colorado. Grand Junction is a scenic three-hour drive from Vernal.

Vernal Aviation: (435) 789-8157

Shuttles and Vehicle Rental

We recommend flying to a major airport and renting a car. With so much to see and do in the Vernal area, it is a good idea to have your own vehicle.

Thrifty Car Rental - (800) 847-4389 / www.thrifty.com – Available at most Airports (Guests of Sheri Griffith Expeditions can leave their vehicles at the Antlers Inn during their time on the river.)

River Runners Transport – (800) 930-7238/www.riverrunnerstransport.com Custom rental and shuttle services for river runners.

Bus & Train Service

Greyhound - Bus service to and from Vernal is available through Greyhound Lines, Inc. (1-800-231-2222) with two full stops each day to both Roosevelt and Vernal.

Amtrak - (800) 872-7245 / www.amtrak.com – Drops off 152 miles from Vernal in Grand Junction, Colorado.

Orientation

The day before your trip we will meet at 6:30 PM at the Microtel Inn and Suites located at 1041 S 1500 E, in Naples, UT, (just outside of Vernal) 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.

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

Average Temperatures ~Vernal, Utah								
	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
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								

Water Levels

The Yampa River:

The flow of the Yampa 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. Peak run-off usually occurs between mid-May and mid-June, but can vary widely from early May and into July. 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.

The Gates of Lodore:

The Flaming Gorge Dam regulates the flow of the Green River through the Gates of Lodore. It is very consistent throughout the year and has little variation.

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. A strap for your glasses is essential. If your 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.

The Essentials

- ☐ Rain Jacket and Pants—Not just for rain
- ☐ Fleece or Sweatshirt—For cool mornings/evenings
- ☐ 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 you hat from flying or washing away
- ☐ Swimsuits—We suggest two piece for women
- ☐ River Sandals—Or other shoes that can get wet
- ☐ Sarong—For women AND men

*Unscented Items strongly suggested!

Cool Weather Items (All Dinosaur Trips can Experience Cool Weather)

- ☐ Wool or Fleece Jacket and Pants (2 sets)
- ☐ Extra Wool or Fleece Socks

Call 1-800-332-2439

Highly Recommended Items

- ☐ Hiking Shoes and socks
- ☐ Moisturizing Lotion*
- ☐ Waterproof Camera
- ☐ Sun Umbrella
- ☐ Binoculars
- ☐ Books

Our Guides Suggest:

- ☐ Small Day Pack or Fanny Pack
- ☐ Ziplock Bags
- ☐ Skirt or Sarong
- ☐ Extra Snacks
- ☐ Goggles—If you wear contacts
- ☐ Personal Alcohol (Please Limit Glass)

- ☐ Wool or Fleece Hat
- ☐ Wool Gloves





- ☐ Polypropylene Long Underwear
☐ Extra Shoes




- ☐ Neoprene Gloves and Booties
☐ Extra Set of Warm Clothing to change into

What About My Car and Other Valuables?

You can leave your vehicle parked at the Microtel Inn and Suites 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, the motel has a secure storage area for your belongings while you are on the river.

What Else Do I Need to Know?

 Vernal Time Zone	<p>Utah operates on Mountain Standard Time, with Daylight Savings Time in the Summer. Las Vegas is 1 hour behind Vernal, as is the Grand Canyon and all of Arizona during the summer.</p>
Personal Hygiene Products	<p>Bears are common in Dinosaur National Monument. For your safety, and the safety of the group, we strongly suggest that our guests use only unscented hygiene products. Please use unscented shampoo, deodorant, sunblock and lip balm.</p>
Food And Drink	<p>Riverside meals, prepared by your guides, are delicious and varied. Meals are served buffet style. You may bring your own beer, wine or 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.</p> <p>Please remember 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 by over drinking.</p> <p>If you have a special dietary requirement, please advise Sheri Griffith Expeditions of your needs at least two weeks prior to departure. Every effort will be made to comply with your request.</p>
 Bathing and Toilet Facilities	<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. This keeps our beaches clean and free of icky smells. The volume of water moving constantly through the canyon keeps the area sanitary.</p>
 Electrical Power	<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 in Dinosaur National Monument.</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 for emergencies, but they are ONLY for emergency use. Even our satellite phones are not guaranteed to have service in all areas.</p>

Communications	
 <p>Water Levels</p>	<p>The flow of the Green River is regulated by release from the Flaming Gorge Dam. The Yampa River is Free-Flowing and un-dammed. The river can reach flows considered extreme during spring runoff in years when the high country feeding the watershed has received a plentiful snowpack. Peak run-off usually occurs between mid-May and mid-June, but can vary widely from early May and into July. 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</p>
 <p>Photos</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>Gratuities</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. Cash and Credit card gratuities are also accepted.</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 camp. 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 or in the evenings to wash up. Packing a couple of sarongs can be helpful ie: a sun cover (a wet sarong is wonderful in the heat of the day), a skirt or sundress during in the evening or a beautiful beginning to a costume for the last nights party.

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 depose of them in the porta-potty, please put them in the garbage in the evenings.

If you have questions, please call our office and speak to any of us. Some of us work indoors, but all of us spend our free time in the outdoors.

CANCELLATION POLICY

The initial DEPOSIT is 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.

SAFETY, ASSUMPTION OF RISK AND INSURANCE

Safety is our number one priority. 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, we are several hours away from 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.