

Colorado River Rafting Adventure

You will be on the water 5-6 hours at a time. There is **no shade** on the raft or some times on the beach.

Personal note: I found that the tents at night were very hot inside during the night. I did sleep on the ground. I had a tarp ground cover that I put my sleeping pad and sleeping bags on. I did not have any bugs crawl on me during that night.

While on the water:

- If you can help load and unload the boats that help.
- Help with cooking or clean up

Thing to think about to bring

For the small personal dry bags (this bag is provided)

- Chap-stick (extra one in case you loss one)
- Sunscreen (more is always good)
- Moist Eye Drops
- Electrolyte Mix for your water

Some other items to think about bring:

- Cleaning Wipes (baby wipes work the best)
- Tissues
- KY lubricant (to help keep your nose moist)
- Moisturizer Lotion for night (your skin does dry out)
- Bandana or Shawl Kafiya Wrap (shemagh) (its oversize wrap to cover your head. Get it wet and it help keep you cool)
- Extra strap for you sunglasses

What is the camping and toilet situation like?

Many guests experience their first camping trip in the Grand Canyon with us. Each evening we stop and set up camp consisting of a kitchen and portable toilet. You will select your own camp spot and set up your tent. Don't worry; if you don't know how, just ask a guide and they will assist you. Many guests choose to sleep out under the stars. The Grand Canyon is a friendly place to camp; it is warm and there are few insects. The National Park Service requires that urine goes in the river. During the day, you will urinate in the river. In the evening the "groover" (portable toilet system) is set up in a scenic, yet discreet location. You do not need to bring your own toilet paper.

How do I take care of personal hygiene while on my trip?

Many personal comforts of home are left behind when you are on the river. However, you may continue most of your personal hygiene routine.

Bathing: There are no shower facilities on your river trip. However, you may soap up and rinse off in the river as much as you want. We recommend that you bring biodegradable soap and shampoo which you can find at most camping supply stores. If you can't locate any **biodegradable soap**, you can purchase a travel size camp soap from our Red River Sports retail store. Be sure to pack any soap products in a plastic baggie just in case it leaks. Don't forget, the river is quite cold (48-52 degrees) so most bathing and washing is quick! Before you enter the river, please consult a guide to inquire if it is a good spot as some locations have deep water and/or swift current.

Brushing Teeth: Brush your teeth by the river as toothpaste can attract ants. We recommend you use natural biodegradable toothpaste but it is not mandatory.

Shaving: Whether or not to shave is simply a personal preference. Some passengers do and some don't. If you decide to shave, you must do it by the river with the cold river water.

Laundry: You don't need many changes of clothing as you end up wearing the same items most of the time. Laundering your clothes in the river is common practice. Again, please use biodegradable soap. There are usually little bushes and branches around camp to hang your clothes on. The air is usually arid and clothes dry relatively quickly.

Contact Lenses: It is very common for passengers to wear their contact lenses during their trip. However, this trip is dirty, sandy and can be windy which makes handling contacts challenging. Previous passengers have recommended bringing eye drops to battle the dry winds and blowing sand and dust. Some passengers have also recommended bringing non-alcohol baby wipes to knock off loose sand before handling your contacts in conjunction with washing your hands. If you are uncomfortable handling your contacts in a wilderness situation, you may find it easier to take them out before it gets completely dark. We also suggest that you follow the recommended wear and care instructions provided by your eye doctor (i.e. taking them out in the evening verses leaving them in all night). Finally, we recommend you bring at least one spare pair of contacts, extra solution, as well as your glasses just in case you need them.

Skin Care: We cannot stress enough for both men and women the importance of giving attention to your skin. The environmental elements in the Canyon are quite harsh. You will experience extreme sun exposure, grinding sand, wind, and dry air. In addition, your skin is repeatedly getting wet and then drying out which is especially hard on your hands and feet. After a couple of days of dry skin, your skin begins to crack open and these cracks often have a hard time healing. Please bring a moisturizer lotion such as Lubriderm. We also recommend using lotion a couple of days prior to your trip so that your skin is well hydrated from the start. In addition to a body moisturizer, we highly recommend an additional heavy duty moisturizing product for your hands and feet. We recommend a medicinal herbal salve called Super Salve. Additional tips for taking care of your feet include

- Avoid getting sunburned.
- Keep your toenails trimmed.
- Keep your feet from soaking in the water as much as possible.
- Always wear shoes, even in camp.
- Clean your feet with soap once a day.
- Put dry shoes on when you are in camp.
- Use a heavy-duty moisturizer.
- If you start having problems, don't hesitate to talk to a guide about it.

Feminine Hygiene: If you are going to be menstruating during your trip, we recommend you use tampons. Using pads is not ideal during the day as you are constantly getting wet. If you must use pads, we recommend wearing a good pair of waterproof rain pants, although rain pants can be extremely uncomfortable in the heat of the summer. We suggest you bring pre-packed sandwich size zip-lock bags to carry new and used products. Your trip will make a couple stops throughout the day and if you need to address your period during this time, you can usually find a bush, a large rock or some sort of privacy (maybe bring a sarong too!). Some passengers have recommended bringing hand sanitizer, baby wipes and non-applicator tampons. The baggies can be disposed of in trash containers at camp. Please feel free to consult any of our office staff or your guide(s) if you have any additional questions.