UPPER SALT RIVER CANYON
5-Day Guide Interview Trip

This document is incredibly important!! Please print or download this to use it to pack and plan and then carry it with you when you come to Arizona. It has everything you need to know.

Travel

IF YOU ARE FLYING TO ARIZONA: Meet at 3:00 pm at the airport on SATURDAY

Please keep your phone on! If flights end up arriving early, we MAY move that time up a little at the last minute.

• WHERE TO MEET
   Phoenix International Airport - Sky Harbor - Terminal 2. Meet other members of your group and wait in the chairs between door 7 and 8 near the information desk. If you are flying into the Mesa Airport you are responsible for getting a shuttle to Sky Harbor.

• DELAYED OR CANCELLED FLIGHTS
   Immediately call the person listed as your pick-up contact- NOT THE OPERATIONS MANAGER!! There is a chance we can wait a few minutes for you. If it is a long delay you will miss the trip, or you will need to make your way to the river by 8 am the next day (2 ½ hour drive). You can try calling Avatar Shuttle Service at 480-233-3924 or an Uber/Lyft, but this can be expensive. You (or we) may have family or friends in Phoenix willing to help. You will need to meet here: https://saltriverraftingarizona.com/whitewater-arizona-rafting-directions/

IF YOU ARE DRIVING TO ARIZONA: Meet at 5:00 pm in the town of Globe on SATURDAY

Please keep your phone on. If flights end up arriving early, we MAY move that time up a little bit at the last minute.

• WHERE TO MEET
   Parking lot behind China Taste restaurant located at 450 E Ash St., Globe, AZ 85501.
   Click this link or type into Google: https://goo.gl/maps/DcfYeyAvKE42

AT THE CONCLUSION OF THE TRIP on THURSDAY:

We will bring you back to Phoenix Sky Harbor Airport via Globe and China Taste restaurant. We plan get you to the airport by 6 pm. Don’t schedule a flight departure before 7 pm. If you choose to fly out on Friday, you are responsible for your own accommodations Thursday night. We recommend speaking with other participants on your trip to share lodging. Please choose lodging close to the airport to make it easier to drop you off.

Preparing for Your Trip

• WE PROVIDE: All rafting equipment including life jacket, helmets, and a large waterproof storage bag for your personal gear. We also include all transportation to and from the river from Phoenix or Globe, all meals from breakfast on the first rafting day (Sunday) through lunch on the last day (Thursday). Lemonade and water are included with each meal.

• WEATHER: Daytime highs in the Sonoran Desert are typically mild with highs ranging from 45 to 75 degrees. Chances of rain or a late season cold (snow) front necessitate planning for a full range of weather conditions. Average lows are 25 to 45 degrees.

• RENTAL GEAR: If you do not have appropriate gear to wear and/or camp with on the river, it is not necessary to go out buy everything you need. We STRONGLY recommend wearing a wetsuit on your trip. We offer you the same rental gear our guests use on the river for a discounted price. See rentals price to the right.

• Do not bring drugs, alcohol or cigarettes with you.

<table>
<thead>
<tr>
<th>RENTALS</th>
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<tbody>
<tr>
<td>2-Man Tent - $20</td>
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<tr>
<td>Sleeping Bag w/ Ground Pad - $15</td>
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<tr>
<td>Self-Inflating Ground Pad Only - $5</td>
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<tr>
<td>Wetsuit to buy or rent- $30</td>
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<tr>
<td>Wetsuit Booties - $10</td>
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<tr>
<td>Splash Jacket $15</td>
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What to Bring:

DURING TRAVEL

___Suitcase or backpack - transfer your stuff to the waterproof bag we provide in the morning before we launch.
___Clothes - leave clean clothes for the flight home in your travel bag. Your bag will be stored during the trip.
___Cash for rental gear. See price list above. We CANNOT ACCEPT CREDIT OR DEBIT CARDS!
___Credit/debit card or cash or for 1st night’s dinner.
___Cell Phone - keep this on during travel. Plans sometimes change on arrival day and we may call you!

DURING THE DAY ON THE RIVER - wear the following or stash it in the small (shared) dry bag on the boat

Do Not Wear Cotton on the River (no jeans or sweats)

___Sturdy soled (no flip-flops/crocs) water shoes, tennis shoes, or secure sandals such a Chacos or Teva’s (or rent booties)
___Swimming Suit and/or thin quick dry shorts - wear this under a wetsuit
___Wetsuit - we often have used ones for sale (available to rent). Beware Surfing wetsuits can chafe armpits.
___Paddle Jacket - bring one or rent one. A good rain jacket can substitute (available to rent).
___Long sleeve Polyester or long underwear layer. It is usually cool enough to need this under paddle jacket.
___Fleece Jacket or Synthetic Insulating Layer - use in camp and under paddle jacket if very cold day
___Sunglasses with Securing Strap
___Waterproof Sunscreen 15 SPF or preferably stronger. Bring plenty as sunburn is the biggest problem on this trip.
___Lip Balm – with sunscreen in it.
___Ball cap or Visor (wear under your helmet if you normally like a hat)
___Water bottle with a clip or carabiner type hook - there are ropes and straps you can clip your bottle to.
___Waterproof Camera. You can put a non-waterproof camera in a bag but is not 100% safe there (optional).

CAMP GEAR

___Ground Pad (available to rent)
___Light Weight Tent (available to rent)
___Sleeping Bag - rated at least 20 degrees. 0 degrees is better if you get cold easily (available to rent).
___Headlamp - get one if you don’t have one - you will need this as a guide.
___Mug - you will need this at camp for hot drinks. Insulated mugs are preferable.
___Alarm Clock- you will not be woken up and will need to get yourself to the kitchen at 6 am in the dark.
(Most people use their phone for an alarm - bringing this is risky, so make sure it is in a good Ziploc bag!)

CAMP CLOTHES

___Plastic grocery bag or stuff sack – it will keep clothes together in your bag - (this is optional and doubles as a pillow)
___Dry Shoes for Camp - boots are not necessary. Running shoes are fine.
___Warm sleeping clothing if your sleeping bag is not a warm one.
___Long underwear (top & bottom) for surprise storms and for sleeping.
___Warm lightweight Jacket - mornings can have frost.
___Rain Jacket or Poncho
___Socks - no more than 2 pair
___Long pants - 1 pair- sturdy for walking in prickly areas
___Shorts - can be worn in camp and on the last 2 river days
___Underwear - 2 pair or more if needed
___Long sleeve shirt - 1
___Short Sleeve shirt - 2 or 3
___Stocking hat - cold mornings!

TOILETRIES

___Bag for toiletries - Ziplocs for possible leaky items.
___Vitamins/medications as needed
___Toothbrush and paste, floss, etc.
___Deodorant - Guides can NOT have body odor!!!
___Lotion/Moisturizer – skin gets VERY dry in Arizona
___Comb or brush - Guides need to be presentable - cut your dreads off if you have them.
___Other hygiene items as needed. We provide TP and hand soap. It is usually too cold to bathe in the river.
___Contacts/lens solution. Contacts are a bit risky, but guides can do it if they are careful. LOTS of dirt and sand here!
___Feminine Hygiene Products and Ziplocs - bring what you need. Wrap used product in TP and put in Ziploc.