



# 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 lifejacket, 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.**

#### RENTALS

- 2-Man Tent - \$20
- Sleeping Bag w/ Ground Pad - \$15
- Self-Inflating Ground Pad Only - \$5
- Wetsuit to buy or rent- \$30
- Wetsuit Booties - \$10
- Splash Jacket \$15

# 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 as 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.