



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. Enter your travel arrangements on our [Google doc](#).

- **WHERE TO MEET**

Phoenix International Airport - Sky Harbor. We will arrive at the cell phone lot no later than 2pm. Call us at 719.398.3885 when you arrive.

- **DELAYED OR CANCELLED FLIGHTS**

Immediately call 719.398.3885. 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://inaraftaz.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. It is possible we might pick you up early if everyone has arrived.

- **WHERE TO MEET**

Safeway parking lot located at 240 S Hill St, Globe, AZ 85501
Click this link or type into Google: [Safeway Globe](#)

AT THE CONCLUSION OF THE TRIP on THURSDAY:

We will bring you back to Phoenix Sky Harbor Airport via Globe and Safeway. 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 accommodation on 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

RENTALS

- 2-Person 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

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. Call 800.462.7238 to reserve rentals by the last week in February.

- **Do not bring drugs, alcohol or cigarettes with you.**

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.
- ___ 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.