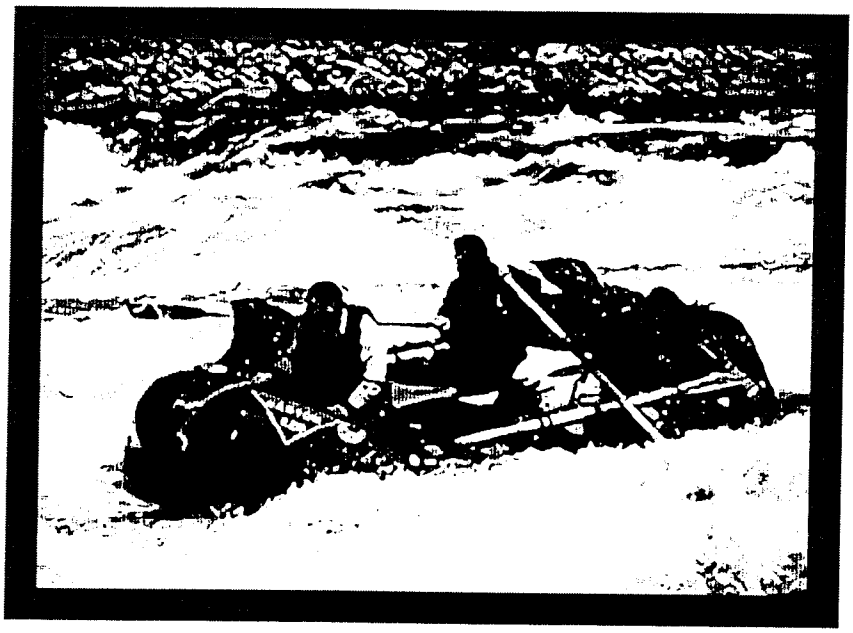
CANYON R.E.O.

RIVER EQUIPMENT OUTFITTERS



Trip Leader's Handbook

1-800-637-4604

www.canyonreo.com

CANYON R.E.O.
RIVER EQUIPMENT OUTFITTERS

Dear Trip Leader,

Thank you for signing up with Canyon REO! We are here to make sure all your group's needs are met and we hope to make your trip fun and easy.

Feel free to call us with any questions or comments. Organizing a Grand Canyon trip is a big project and you will most likely have lots of questions. Please do not hesitate to communicate your needs and desires. We will have suggestions and information to help you make choices suitable to your trip.

This booklet contains a wealth of informaton that will help you plan your trip. You are welcome to copy any parts of this booklet and the accompanying material to share with your trip participants. While we are happy to get to know all of your group and welcome their questions and comments, we request that only the Trip Leader (or her/his designated proxy) communicate with us regarding logistics, finances and issues that affect the entire group.

The first few pages of this handbook contain "housekeeping" information, such as deadlines, suggested personal gear list and more.

The bulk of the handbook explains some of the systems we recommend in the Canyon, including ideas for distribution of chores. We understand that every river runner has spent time developing their own systems; you can use or discard as much of our information as you like. However, if your entire group is grounded in the same systems before you get to Lee's Ferry, it will make your trip go more smoothly and diminish the Trip Leader's role as enforcer. We will present these same systems in our pre-trip orientation the day before your launch.

The final section contains useful material on Grand Canyon National Park, Flagstaff and northern Arizona. You will find information on hotels, campgrounds, transportation, stores, restaurants and more.

Canyon REO also offers Club REO to our clients, which enables you and your group members access to special deals on equipment purchases. See the section titled *Club REO* for details.

We wish you a magical trip in the Grand Canyon.

Donnie Dove

Table of Contents

Important Dates to Remember 3
Group Planning and Payments Chart 4
Personal Gear List 5
Grand Canyon Climate 6
Contents of Major First Aid 7
Club REO Equipment 8

Trip Leader Orientation

Put-In 9
Take-Out 10
Raft Maintenance while in Camp 11
Camp Systems and Etiquette 11
Camp Responsibilities 11
Dishwashing Set-Up 12
Garbage 12
Water Purification 12
The Food Pack 13
Staples and Spices 13
Coolers 13
Cooler Maintenance 14
Lunch Time 14
Additional Food Boxes 15
Food Maintenance Person 15
The Kitchen 15
Chemical Toilets 16

Grand Canyon NPS Information

River Permits, etc. 17
South Rim 17
Marble Canyon Lodge 17
Hualapai River Running Office 17

Flagstaff Information

Lodging 18
River and Camping Equipment 19
Transportation Services 19
Auto Repair Services 20
Ice, Food & Beverage Services 20
Restaurants 21

Where is Canyon REO? 22

Important Dates

90 days prior to Put-In these are due:

- Permit and money due to NPS
- Menu Planner

60 days prior to Put-In these are due:

- 50% payment
- Club REO orders
- Logistics questionnaire

30 days prior to Put-In these are due:

- Final count on group size
- Final menu changes and request for Food Extras

20 days prior to Put-In these are due:

- Vehicle shuttle reservation form
- Vehicle keys tagged with mandatory information
- Confirmation of launch-eve logistics

1 day prior to Put-In these are due:

- Final Payment, including damage and cleaning deposits
- Confirmation of timing and logistics on Take-Out and/or Motor Delivery

1 day prior Schedule of Events:

- 9:00 am: Group meets at Canyon REO
- 10:30 am: Orientation
- Noon: You're on your way to Lee's Ferry!

Group Planning and Payment Chart

On this sheet you can log payments from each person.

One bit of advice we've learned over the years: Everyone wants to go on a Grand Canyon trip, but when it's time to pay up, the weeding out begins. When you want your participants to commit, just ask them to make the first payment. This will help you finalize your group size, especially as you approach the NPS 90-day deadline.

Name	***Address***	***Phone***	***Payments : 1-2-3***			***Notes***

IMPORTANT:
All credit card payments to Canyon REO, excluding the initial deposit, will be subject to a 2% service charge. Please consider this in your 50% and final payments.

Personal Gear List

Summer List

This is just one recommended list. You can add or delete to suit your personal needs

CLOTHING

__ 3 pairs of nylon shorts
__ 3 t-shirts
__ 3 bathing suits
__ 1 pair lightweight pants
__ 1 lightweight long-sleeved shirt
__ 1 pair warm pants
__ 1 medium-weight jacket or sweater
__ 3 pairs of socks
__ 1 pair sturdy river sandals (with ankle strap)
__ 1 pair tennis shoes or hiking shoes
__ Wetsuit
__ Sunhat or visor
__ 1 rain suit (ponchos don't work)
__ 1 emergency warm outfit
__ Shi-Tinge, Lava Lava (wrap-around cloth)

SLEEPING GEAR

__ 1 medium-weight sleeping bag
__ 1 sheet (when it's too warm for sleeping bag)
__ 1 ground cloth
__ 1 foam pad (Paco Pads are great)
__ Tent
__ Flashlight with extra bulbs and batteries

MISCELLANEOUS

__ 1 small towel
__ Toilet articles

MISCELLANEOUS - continued

__ Biodegradable soap
__ Sunglasses
__ Sunscreen lotion
__ Lotion or moisturizer
__ Bag balm for rower's hands
__ Lip balm with paba
__ 2 water bottles (Nalgene work well)
__ Small day pack or fanny pack
__ Books, writing paper, pen
__ Walkman, tapes, extra batteries
__ Camera, film (lots), extra batteries
__ Stamps for postcards (mailed from Phantom Ranch)
__ Carabiners

ADDITIONAL GEAR FOR WINTER TRIPS

__ 3-6 pairs wool socks
__ 2 long-sleeved warm shirts
__ 2 sets of polypropylene long underwear - 1 each medium weight and heavy weight
__ Warm pair of pants
__ Warm hat
__ Wool gloves
__ Warm jacket
__ Wind shell
__ Neoprene booties
__ Dry suit & liner (highly recommended)
__ Winter sleeping bag
__ Tent

What does Canyon REO provide for the Deluxe Outfitting?

Canyon REO will provide each person with one 3.8 dry bag and one 50-cal ammo box. All your clothing and sleep gear, except tents, should fit in the one dry bag. We also provide 1-2 extra dry bags as communal tent bags, so don't worry about fitting tents into your personal bag. The 50-cal boxes are for your sunscreen, books, ipods, etc. that you want to have easy access to during the day. Winter trip members will get three 3.8 dry bags for every two people, plus extra for tents.

Available Books to purchase at our office or we can ship to you:

- RiverMaps™-Guide to the Colorado River in the Grand Canyon - Lees Ferry to South Cove by Duwain Whitis & Tom Martin: mile-by-mile text describes campsites, geological, botanical and historical points of interest. Photographs, topographical maps, water resistant.
- The Colorado River in Grand Canyon: A Guide by Larry Stevens: the most popular mile by mile description of the Grand Canyon, water resistant, and easy to follow.
- Day Hikes from the River by Tom Martin: the most comprehensive hiking guide to trails from the river with topo maps.

Grand Canyon Climates

Weather in the Grand Canyon is unpredictable. At any time of the year visitors should bring rain gear. In winter be prepared for cold, wet weather, and snow.

SOUTH RIM (elevation 7000 ft/2135 meters) is open all year. Summer fahrenheit temperatures range from highs in the 80s to lows in the 50s. Expect afternoon thunderstorms from mid to late summer. Winter fahrenheit temperatures range from highs in the 30s to lows well below zero. Snow may be expected from mid-November to April, with accumulated snow usually less than 2 feet deep. Late spring and fall are characterized by moderate temperatures.

NORTH RIM (elevation 8000-9000 ft/2400-2743 meters) is open from late May through October, weather permitting. Summer temperatures average 3 to 5 degrees cooler than the South Rim, and afternoon rain is common in the late summer. During winter months, Hwy. 67 to the North Rim is closed to vehicles and no services are available; but snowshoeing and cross-country skiing are permitted. For winter access information, contact Grand Canyon Backcountry Office, PO Box 129, Grand Canyon, Arizona 86023.

The **INNER GORGE**, accessible only by foot, river or mule, is open all year from South Rim access points, but summer only from North Rim access points. Elevation at Phantom Ranch, on the Colorado River, is 2400 ft/732 meters. Summer temperatures range from highs in excess of 100 degrees to lows in the 70s. Winter temperatures range from the 30s to 50s. Snow is rare at the bottom, but rain is not uncommon, particularly in late summer. Expect cooler temperatures at the rim as you hike out. Late summer often brings heavy monsoon rains in the afternoon, while spring is known for windy afternoons.

GRAND CANYON
AVERAGE TEMPERATURES AND PRECIPITATION
(FAHRENHEIT AND INCHES)

	South Rim			North Rim			Inner Gorge		
Month	Max	Min	Precip.	Max	Min	Precip.	Max	Min	Precip.
January	41	18	1.32	37	16	3.17	56	36	.68
February	45	21	1.55	39	18	3.22	62	42	.75
March	51	25	1.38	44	21	2.63	71	48	.79
April	60	32	.93	53	29	1.73	82	56	.47
May	70	39	.66	62	34	1.17	92	63	.36
June	81	41	.42	73	40	.86	101	72	.30
July	84	54	1.81	77	46	1.93	106	78	.84
August	82	53	2.25	75	45	2.85	103	75	1.40
September	76	47	1.56	69	39	1.99	97	69	.97
October	65	36	1.10	59	31	1.38	84	58	.65
November	52	27	.94	46	24	1.48	68	46	.43
December	43	20	1.62	40	20	2.83	57	37	.87

Major First Aid Kit

DESCRIPTION	QUANTITY	USE
Bandaging Items		
Band-aids	30 (1-inch)	Lacerations
Elastic bandages	4 (2, 3 & 4-inch)	Sprains & securing splints
Eye patches, oval	2	Eye injuries
First aid tape	2 rolls	Secure bandages
Moleskin	1 pad	Blisters
New skin	1 bottle	Blisters and abrasions
Roll bandages	4 (2, 3 & 4-inch)	Wrap injuries
Steri gauze pads	10 (4 x 4 inches)	Large wounds, absorption
Tampons	10	Puncture wounds
Telfa pads	10 (3 x 4 inches)	Large wounds, non-stick
Trauma pads, heavy	3 (5 x 9 inches)	Control bleeding
Burn dressing	4	Burn dressing
Triangular bandages	2	Secure splints and extremities
Trauma/Tools		
Wilderness Medicine Guide	1	How - to book
CPR microshield	1	Protects cpr giver & recipient
EMT scissors	1 pair	Cut bandages and clothing
Hyperthermia thermometer	1	Monitor high body temperature
Hypothermia thermometer	2	Monitor low body temperature
Instant Ice pack	1	Reduce swelling
SAM splint	1	Rigid splint for in-line fracture
Sawyer Extractor	1	Extract venom
Space blanket	1	Hypothermia recovery
Stainless tweezers	1	Remove splinters, spines, etc.
Surgical gloves	6	Protect hands
Drugstore		
Ammonia inhalants	5	Revive from faint
Antibiotic ointment	20 packs	Prevent infection
Betadine	1 bottle	Clean wounds
Calamine lotion	1 bottle	Relief of itching
Eye wash	1 bottle	Eye irritation relief
Hydrocortisone cream	1 tube	Relief of itching
Hemorrhoid cream	1 tube	Hemorrhoid relief
Immodium	1 bottle	Diarrhea
Pink bismuth	1 bottle	Nausea & vomiting
Clean-Up		
Alcohol cleansing pads	10	Clean wound areas
Benzalkonium chloride towelettes	10	Clean wound areas
Handi-wipes	10	Clean surrounding wound area
Hydrogen peroxide	8 ounces	Clean wound
Povidone iodine pads	10	Disinfect wounds
Q-tips	1 vial	Clean wound
Sponges	10 (4 x 4 inches)	Absorb fluids

First Aid/ Emergency Items

On the preceding page is the list of contents in our major first-aid kit. Each Deluxe Outfitting Package receives 1 major first aid and a minor first aid on each raft. Our major first-aid does not include any pharmaceuticals; these should be provided by your group based on the medical and outdoors skill level of the participants. Following are some recommended items not provided by Canyon REO.

FIRST AID ITEMS NOT PROVIDED BUT RECOMMENDED:

- Pain Reliever
- Antihistamine
- Solarcaine
- Benadryl syrup
- Kaopectate
- Blood Pressure Cuff
- Ibuprofen
- "Gookinaid" (electrolyte replacement)
- Aloe Vera gel
- Mineral oil
- Ear drops
- Stethoscope
- Antacid
- Oil of clove
- Zinc oxide/ sun block
- Syrup of Ipecac
- Insect repellent

A Note About Hypothermia (Exposure)

Should someone fall in the river, even during summer, it is extremely important to get them out of the water as quickly as possible. After 5 minutes of floating in 50-degree water, muscular strength and coordination rapidly diminish. Generally after 10 to 15 minutes in the water, a person is totally unable to help themselves.

EMERGENCY BOX CONTENTS

Provided only with Deluxe Outfitting Package (all items meet NPS requirements):

- Ground-to-Air Radio (Satellite phone is available at additional cost)
- Air Force Signal Mirror
- Orange signal panels
- Pencil/note pad

Club REO: River Equipment at Guide Prices

Below is a partial list of available equipment. Here's the way it works:

1. Orders must be faxed or emailed at least 60 days prior to your put-in.
2, Minimum $250.00 order per shipping address. Individuals can combine orders to meet minimum.
3. The items can be drop-shipped to each individual or shipped to our warehouse.
4. Actual shipping charges will be included on your invoice.
4. Sales tax applies to orders picked up at our warehouse or shipped to Arizona.

SOME ITEMS AVAILABLE:

- Lifejackets
- Wet suits
- Paco pads
- River apparel
- T-shirts
- Hats
- Books
- Dry bags & boxes
- Kayaks
- Inflatable kayaks
- Paddles & oars
- Rescue & safety gear

Many used items are also available, call us at 800-637-4604

In December we order all our new rafts. If you are interested in purchasing a new raft please contact Donnie before December regarding pricing.

Canyon REO offers this program to trip leaders to say thank you for choosing our services. On occasion, we have had clients use Club REO to browbeat their local store into lower prices. We do not want to be a part of this, and will discontinue the service if we sense this practice is happening. If you are friends with your local store, please support them.

Trip Leader Orientation: Put-In & Take-Out

This section has a two-fold purpose: to discuss logistics for the beginning and the end of your trip, and to orient you to our recommended systems on the river. Many boaters have developed their own systems, which can be incorporated into this information, but reading this will give you a good understanding of how Canyon REO rigs your trip. The suggestions are intended to expedite kitchen and camp set-up and have been tested and evolved during our 18+ years of experience with private trips. If your group understands this information before you leave Lees Ferry, your life as a trip leader will be much more enjoyable.

Pre-Trip Procedures

ONE DAY PRIOR TO PUT-IN

9:00 am: The group members arrive at Canyon REO's office. You will pack your dry bags and help load all your gear onto the trailers. Canyon REO is happy to keep any luggage or personal gear not going down the river in a corner of our warehouse - at the owner's risk. We can also put valuables in a tyvek envelope sealed by the client and placed in an office cupboard. All items left at our warehouse need to be clearly labeled with the Trip Leader's name.

Don't forget to keep your picture ID and some money handy. You must have your picture ID to show the ranger at Lee's Ferry and you may need money for Marble Canyon Lodge, Phantom Ranch, and the Take-Out.

Some trip leaders choose to arrive in Flagstaff two days before Put-In. It is best to finish your last minute errands on this day. Please try to pick up any alcohol, soft drinks and final gear in town on this day, so you can get to Lees Ferry the next day with plenty of daylight to rig the rafts.

10:30 am: Orientation - Your group gathers together for a video presentation on the equipment, food, and river etiquette. The presentation helps your group understand how our food and camp systems work on the river. Following the video, Donnie or another of Canyon REO's staff will be available to answer your questions. The video and question-and-answer session present a wealth of valuable information.

12:00 pm: We will begin the three-hour trek to Lees Ferry around noon. As we head out of town we will stop for a quick lunch and deliver any vehicles to secure storage. Anyone storing or shuttling a vehicle needs to confirm all information with Canyon REO's office staff before leaving Flagstaff.

Also, before leaving Flagstaff, make sure everyone has their picture ID's to show the ranger. You will not be allowed on the river without a picture ID or a notarized form verifying who you are.

ARRIVE AT LEES FERRY!

Upon arriving at Lees Ferry, the entire group will need to pitch in with the unloading of gear. As ramp regulations are frequently changing, look to our riggers for a plan on organizing the equipment and rigging the rafts on the beach. Not only will an organized and consolidated beach aid with efficient rigging, but it also greatly improves private boater relations with rangers and commercial boatmen.

Your group, especially your boatmen, will need to be intimately involved with the loading and rigging of the rafts. This is crucial as you will need to know how to efficiently and safely rig boats every morning.

If you are unsure of exactly what gear Canyon REO is providing, let someone at REO know while you are still in Flagstaff and we can arrange for the rigger to go over our Load-Out form with you. As the Trip Leader, you are ultimately responsible for lost or damaged equipment at the trip's end. It is advisable that you are aware of which gear belongs to REO and to decide amongst the group how damages will be covered. These small formalities can ease future stress for you. If you have booked an FSP, our riggers will be departing before dark. If you have booked a Deluxe Outfitting Package, read on.

Around 7:00 pm, the group will head to Marble Canyon Lodge for dinner. Depending on the Ferry shuttle, your group will either pile into the remaining REO vehicle(s) or we will arrange for a Marble Canyon shuttle service. The chances of anyone tampering with or stealing gear from the beach are extremely slim. To further reduce the chances, gear should be consolidated and valuable items (cameras, etc.) should be left in a vehicle. Our rigger will help you with these issues at the Ferry. Your group members should bring your wallets for money for dinner, last-minute purchases, fishing permits, and to protect your picture ID!

Your group will camp at the Boatman's Camp about a quarter mile downstream from the Put-In ramp in the area reserved for private boaters.

THE PUT-IN

On the morning of your launch, the REO rigger will help fix a quick breakfast of granola, yogurt, fruit, and coffee cake. Hot drinks are provided. It is illegal to prepare food (even coffee) on the ramp, so your continental breakfast will be prepared at your camp. After the NPS Ranger does a final check of the equipment and gives the NPS orientation, your group is responsible for the final rigging of the personal gear.

HAVE FUN IN THE CANYON!
WE WILL MEET YOU AT TAKE-OUT

ONE DAY BEFORE TAKE-OUT

The final night's camp is a perfect opportunity to organize and separate your group's gear. This is the time to find all your personal gear and put REO gear and straps back in original containers. Keep in mind that you can save de-rig time and confusion on the hot Diamond Creek beach by organizing the night before.

THE TAKE-OUT

On the morning of your last day, you should arrive at Take-Out and begin to de-rig (don't miss the eddy at Diamond!). We typically arrive at your Take-out around 9:00 to 10:00 am, unless other arrangements have been made. Try to keep your group in as small an area as possible. If you arrive before the REO drivers, stack gear in similar piles (e.g. ammo cans, coolers, soft goods, etc.). If the drivers are there, check with them on de-rigging and loading strategies. Generally, REO gear is placed in the truck or trailer first to avoid burying your gear. Please leave all trash as is in the boxes. All frame straps and drop bags should stay attached to the frames. Consolidate all loose cam straps into a pile or milk crate. These will be counted and re-sorted by the REO cleaning crew. Canyon REO will deal with the cleaning of the boxes and toilets!

Before the rafts are deflated and loaded, they should be washed out and taken to the rocks or tarps to dry. After drying, please roll and load. We strive to be at the Take-Out before your scheduled time of arrival. However, occasionally delays occur, especially when vehicle shuttles are part of the package. If our vehicle shuttle drivers have to wait for your group, we will charge you an hourly fee per driver if they must wait more than one hour for your group, so try to be on time.

Take-Out Lunch: Canyon REO's fresh lunch will be provided somewhere other than Diamond Creek beach to help cut down on the congestion. We can also stop at Degadillo's Snow Cap Inn in Seligman for a delicious taste of some ice cream and the comfort of "real" bathrooms!

It's about a 2.5 hour drive from Peach Springs to Flagstaff. If your final destination is Flagstaff, we will deliver you to your vehicles, or to a motel for the long-awaited hot shower.

On returning to the warehouse, we spend several days or more inspecting your boxes and equipment for loss and damage. Once all the equipment has been checked in and any lost or broken items evaluated, we will call the trip leader to discuss problems (if any). Your damage deposit will be returned within **30 days** of your Take-Out. We are working very hard to provide you with great equipment. Since we aren't the ones rowing the boats and using the equipment, any input you can provide on needed maintenance will be greatly appreciated by our staff and the next trip.

Monsoon Floods

Occasionally in July and August the rains are heavy enough to wipe out the Diamond Creek road. The rains usually come in the afternoon. Just above the river, Diamond Creek and the road run in the same wash. For this reason we highly recommend scheduling Take-Outs in the morning (around 10:00, not noon!) during the monsoon months. The Hualapai work very hard to keep the road maintained. Occasionally we have had to follow the graders down the road, so wait patiently and we will be there.

If Diamond Creek is flooding at your scheduled Take-Out, but you can still land on the beach, here is the plan. We will come as far down the road as possible, getting as close to Take-Out as we can. Your group should try to hike up to us, and we will get you back to Flagstaff. We will need to make other plans for the equipment.

The second option is to float out to Lake Mead. Those waiting at Diamond Creek should proceed downstream if the water in the creek does not recede on the day you arrive. This usually only happens if there has been a steady rain for two or three days straight. If your group has a satellite phone, you can get a message out to us. We will meet you at South Cove at noon the day after your scheduled Take-Out. If the road washes out there may be additional shuttle expenses that we will pass on to your group.

Gratuities

Many people ask us about gratuities. Tips are not an entitlement, but a reward for excellent service. Canyon REO employees work very hard to make your trip a success. If you feel we have done a great job and want to tip our crew, please enclose the tip in an envelope with the Trip Leader's name on it. This way we can distribute the tip to everyone involved with your trip. If you wish to acknowledge a particular person, please leave an envelope with that person's name in the office, and we will make sure that the correct person gets it.

Trip Leader Orientation: On The River

Water flow

Glen Canyon Dam water releases will fluctuate between 5,000 and 26,000 cfs, depending on the time of year. Releases should not ramp up or down more than 500 cfs in a four-hour period, and not more than 5,000 cfs in 24 hours. If you would like more specific water flows for your trip dates, please call 800-752-8525 or check <water.usgs.gov>.

However, take all water flow information with a grain of salt as surprises happen.

Raft Maintenance in Camp

When looking for your camp at night, always assess your landing point. Look for calm eddies — usually after the rapids — for boat safety. Be aware that the water level will rise and fall considerably during the night. Tie your boats up accordingly! Make sure that rocks and/or sharp branches will not damage the boats, and tie your bowlines to shore securely. Some people like tying their boats together side by side for extra security and stability, but be sure that boats are not rubbing against each other or rocks. Oar clips, ropes, and other sharp objects can easily wear a hole in a raft overnight. If all bowlines are tied to only one point or the majority of the ties look weak, attach a long safety line to a couple of boats and find a secure tie point. You can use a throw bag for extra length.

If you get stranded on a beach, the easiest way to get boats back to the water is to use the Egyptian Roll. Find three or four 2" to 4" diameter driftwood logs about 4' to 7' long. Make sure no sharp edges are on the logs: Place the first log under the front of the boat and subsequent logs 2 to 3 feet apart in front of the raft leading to the water. Once you break suction, the fully loaded boat will race to the water.

Always tie down or stow oars and loose articles on boats at night. A howling wind can blow almost anything off the boats, and nobody can predict an unexpected gust. Also secure all coolers and food boxes so that critters can't make off with your food. To prevent ringtail cats and mice getting onto the boats via the bow line, cut a hole in a frisbee and string it on the bow line — this will discourage critters from walking the tightrope to the boat.

Most mornings you will need to pump up the rafts a little. Just remember that the hot sun can have a pressure effect on the tubes. At lunch time, if the tubes are hard, let a little air out, or throw buckets of cold water on them — works like a cold shower! The sun can pop a tube if you give it a chance.

Be extra careful of sharp rocks between miles 116 and 158. The Canyon walls through here are serpentine limestone, and will rip a raft quite easily.

CAMP SYSTEMS AND ETIQUETTE

Camp Responsibilities

To help set up and break camp, the trip leader needs to assign everyone camp responsibilities for the whole trip. This will keep chaos and confusion to a minimum. Unloading and setting up should be done when the group first arrives at camp, and the chores should be done before dealing with personal gear. The kitchen can be assembled in 10 minutes, and the food can be ready in 40 to 60 minutes if you follow this procedure. Each responsibility also includes breaking down and rigging in the morning where appropriate. Some easier chores can be combined. For example, the following list shows one way to unload and load gear:

1 person: 3 tables
1 person: Camp food box
2 people: 4 Chickie pails - 2 filled with hot water, 2 with cold water
1 person: Firepan and charcoal
1 person: Stove and propane
1 person: 2 lanterns and small propane
2 people: Kitchen comm box
2 people: Water purification — katadyne
1 person: Spice and staples boxes
1 person: Food maintenance

Kitchen Crews

On a 16-person trip we recommend splitting in 4 crews of 4 people. Disperse the people who like to cook among the various crews. Each crew will cook and clean 1 camp — dinner, breakfast, lunch, and then you're off for 3 nights.

Porta-potty Crews

Either 2 people handle groover duty for the entire trip and these people do not have to cook; OR, everybody takes a turn at the groover and kitchen duties, e.g. kitchen crew does groover duty next camp, and so on.

DISHWASHING SET-UP

Washing dishes is an important part of sanitation and keeping everybody healthy. We recommend a trash-plus-four-bucket line. The chickie pails for the washes and the rinses are kept in the large aluminum kitchen box.

- Place a trash bag in a plastic bucket at the beginning of the line. Scrape food and trash into trash bag (burn food and paper to reduce bulk).
- First chickie pail, cold-water rinse
- Second pail, warm-water wash with soap (place the soap bottle in front to signal wash pail).
- Third pail, hot-water rinse (water should start out too hot to touch).
- Fourth pail, cold-water Clorox rinse — use a capful of liquid Clorox in this pail only. As long as the dishes dry completely before their next use, the Clorox will dissipate, killing all germs and keeping everyone healthy.
- Next, use the large mesh bag to dry dishes. It is designed to attach to one of the camp tables.

Heating the two dishwater pails should be one of the first jobs for the kitchen crew. Your best bet is to use the blaster, but you can also use the stove burners until you begin to cook. There is plenty of propane for using the blaster, but keep an eye on it and be sure to turn off the tanks at night — not just the stove — or propane will leak and you will run out.

The kitchen crew can wash utensils and cooking items as meals are cooking, but wait until the group has washed their plates and utensils before washing the greasy pots and pans.

Every night after all the dishes have been washed, the kitchen crew needs to drain the dishwater through the sumpscreen. Usually it takes two people for this process. Take your sump screen and dishwater buckets to the river, and try to get into the moving water. While one person holds the screen, the other dumps the water through the screen. All the food particles left in the screen need to be scraped into the trash. Coffee pots also need to be strained through the sump screen — coffee grinds belong in the trash, not in the river!

ANIMAL PROTECTION

Several animals, particularly mice and ringtail cats, are quite pesky in the Canyon. They know you have a free meal for them if they can reach it.

Areas to watch are chickie pails and fresh food. Dump and clean chickie pails each night so mice won't visit them during the night. They can crawl up the pails, fall in and drown. Ravens and ringtail cats will get into your fresh food and produce if you leave any out. Place all fresh food back in coolers and bilges before going to bed and secure the lids. Ringtail cats love to go after the produce. One solution is to moor the produce boat off the back of one of the rafts, creating a sea anchor with a bail bucket and rocks.

Garbage

Everything that goes in with you must come out: charcoal, ash, trash, cans, coffee grinds, all trash. We have tried to eliminate most of your paper and cardboard trash by transferring a lot of food items to ziplocks. You can reuse these ziplocks for storing cooked food and other leftovers. Any paper trash that you do have should be burned in the firepan.

All trash goes back into the daily 20 mil boxes. When you leave camp each day, you are finished with the dry goods, and you have an empty 20 mil box. Put the trash back into this box, the box gets rigged back in the boat, and you shouldn't have to move the box again until Take-Out, and then we dump the trash!

Never put trash in the coolers or dry bags. This renders them useless and we have to charge you. Your last chore before leaving camp should always be to patrol your camp for any overlooked trash.

Aluminum cans should be collected and kept separate from other trash, so we can recycle them. Crush the beer and soda cans using two rocks. Store crushed cans in the same burlap and mesh bags that contained the full cans.

Water Purification

To protect yourselves from giardia and other diseases, we provide an expedition-size Katadyne to purify your water.

Clean water is available at:

- Lees Ferry
- Phantom Ranch (faucets located 1/8 mile up from the boatmen's beach)

Some groups refill their water jugs at:

- Vasey's Paradise mile 32
- Tapeats Creek: mile 134
- Deer Creek: mile 136

These are major flowing streams with clear water. We still recommend that you treat this water with filtration (Katadyne) or Clorox. To purify with Clorox, add 10 drops of Clorox to 5 gallons of water (eye dropper is in the utensils box). Leave the lids off for about an hour to let the smell dissipate.

The Colorado River is often muddy, so it's very time-consuming to filter. One recommended way around this is to fill bail buckets with water, let the sand settle overnight, then filter.

On The River continued . . .

A scrubby is provided with the Katadyne. When the filtering process slows down, remove the porcelain filter, and clean with the brush. Please brush vertically, not horizontally. NOTE: Do not tighten or loosen the bolt in the middle of the lid of the Katadyne; just the two bolts on the side. If you tighten the bolt in the middle you can break the filter element, a very expensive piece of equipment to replace.

Salmonella

Caused when mayonnaise, chicken, and eggs go bad.

1. Mayonnaise: Do not rollover open mayonnaise from one lunch to the next. Throw open jars away each night. New mayonnaise is always provided for each lunch. Throwing the mayo away will save you a bad case of the trots.

2. Chicken: Rinse chicken before cooking. Also rinse cutting boards and utensils used in preparing the chicken in filtered water, even spritzing with a little Clorox may help.

3. Eggs: Throw away rotten eggs, then wash your hands in filtered water. If you keep eggs out of the sun, you will have no problems.

THE FOOD PACK

Following is the synopsis of your food pack. Our menus and food are organized by camp. A camp starts with dinner, then breakfast in the morning, and ends with lunch.

Daily rocket boxes

All dry goods for each camp are packed in one rocket box - either a 20-or 25-mil size. Bring this box up to camp with you each night. Contents include trash bags, the recipes for the camp's meals, coffee, tea, hot chocolate and all the dry goods needed for the next three meals.

Each box is labeled by camp (Camp 1, 14, etc.) so at Camp 1, bring only the box labeled "Camp 1." This system reduces a lot of searching for food. But it also works well if you need to substitute meals. For instance, if an extra long hike puts you in camp late, you might want to have spaghetti or some other quick-and-easy meal if a Dutch oven meal is planned. Check your menu overview for the camp that has spaghetti, and bring up that rocket box.

An occasional camp towards the end of the trip will have dry goods in two rocket boxes, clearly marked as such on their lids. The trash from each camp will be stored in these rocket boxes, so once a camp is finished - you're done with the box.

We purposely pack more food than you can eat. If you choose to take extra unopened, packaged food home after your trip, it will cost your group $200.

Staples and Spices

These are two important boxes that need to come up to camp every night. They have lots of items used almost every night, and allow you to personalize your meals. You don't have to follow our recipes - be creative!

The staples box is a 25-mil rocket box filled with liquid and dry staples - oils, vinegars, soy sauce, Tabasco, Worcestershire, salt, pepper, garlic powder, ketchup, etc. If you get a penchant to bake, or catch a fish and need corn meal, it's in the staples box. A list of contents is on the inside lid.

The spice box is a small 50-cal box filled with all kinds of spices. There are even some non-spice items like birthday candles in case a group member is celebrating. A list of contents is on the inside of this box as well.

Coolers

Most food packs utilize 6 coolers -- 5 large 178 qt coolers and 123 qt lunch cooler. Four of the large coolers are "camp" coolers and one is the produce cooler. If there is room, the produce is packed in a extra-large "coffin" cooler

Camp coolers

These coolers have all items that would normally come out of a refrigerator. We try to pack the camp coolers from left to right as you open the cooler. We also label ziplocks with the corresponding camp number. Depending on your food choices, coolers will be labeled 1-3, 4-7, or similarly. All coolers past the first will be duct taped. Do not open later camp coolers until it's time to use them!

In the later coolers, some contents will be defrosted when you open the cooler. This is okay, but if some food is defrosting too quickly go ahead and cook it before it goes bad. It's easy to switch meals - if chicken is for Camp 10, but it's defrosted by Camp 8, just switch your meals. Pull the daily box for Camp 10, and you'll have all the ingredients for cooking your chicken.

On The River continued . . .

Produce Cooler & Crates

The produce cooler has all your perishable produce: lettuces, cucumbers, zucchini, bell peppers, kiwi fruit, etc. Mushrooms are in here also - use these within the first 2-3 days. In the heat of the Canyon they turn brown very quickly.

Each head of lettuce is wrapped in a paper towel to keep the lettuce from sweating. As soon as you see lettuce and cabbage leaves turn brown, remove those leaves. The brown spots are like a fungus that take over all the produce if you don't do some maintenance. If you take care of this cooler you should have fresh produce for the first half of the trip, and iceberg lettuce even longer. As you notice certain vegetables ripening, use them first even if they are not called for.

Soft produce is in the cooler. Hard vegetables and fruits like tomatoes, avocados, melons, oranges, and apples are in milk crates, packed in the bilges. Oranges, apples, tomatoes, and potatoes should last the entire trip. On self-bailing rafts spoilage of this produce is minimal. On non-self-bailers you need to watch the hard produce. If it gets too damp or wet, you need to bring the produce up to the beach and let it dry in the sun.

Lunch Cooler

This holds each days' lunch. Please see the Lunch Time section.

Cooler Maintenance

Coolers (except for the lunch cooler) remain in the rafts and should not be de-rigged. Find out what items you need for your meal from the recipes, then grab a bailing bucket and shop for all the items at one time. Open the coolers as little as possible. Repeated trips to the coolers will melt the ice quickly and spoil your food.

All coolers should be drained around day 4 and day 8. Water can aid in spoiling food, so drain as necessary to keep food fresh (Do not leave the drain plug open -- lazy man's drain -- this will allow hot air in the cooler and melt the ice).

Do not use the coolers as trash receptacles. This ruins them! When they're empty you can store your personal gear and other items in them, but not trash! THANKS!!

Whenever you leave the rafts during the heat of the day (lunch time, hiking, lazing around) throw a wet life-jacket or two on top of the coolers. (Snap the jackets to the handle so the wind doesn't claim them.) This will create much more insulation and keep your food fresher even longer.

Cooler Consolidation

When each camp cooler is empty of food, use the leftover ice to re-supply the lunch cooler. We recommend washing out the lunch or other coolers at this time. When you open your last camp cooler, consolidate any leftover produce and dairy into this cooler.

Lunch Time

We have packed your first day's lunch for you. The lunch is self-contained in the lunch cooler - food ingredients, trash bag, utensils (Deluxe only), cutting boards (Deluxe only). The only other items you will need are the round Gott cooler for mixing juice, and one table for preparing the lunch.

The kitchen crew is responsible for repacking the lunch cooler every morning from the menu. If you pack the lunch completely - trash bag, utensils, spices, cutting boards, in addition to the food - you won't have to scramble around the rafts at lunch time.

At the end of lunch, repack everything in the lunch cooler. At camp that night it is the next crew's responsibility to clean out the cooler and wash the utensils.

The utensils and cutting board that start out in the lunch cooler should stay with that cooler. There are plenty of camp utensils in a separate box.

Rolling Food Over: Often lettuce, bread, cheese, meat, etc., are not finished at one lunch. If the food still looks good, go ahead and leave it for the next lunch. However, after about one rollover, throw the food away. This may seem like a waste of food, but it prevents a lot of sickness. Some items are lunch extras and can last more than two meals: peanut butter, jelly, honey, mustard, pickles, pepperoncini, salsa. They are restocked in your daily dry goods box every few days.

Mayonnaise: Never keep mayonnaise past one lunch. Throw it away every night! Mayonnaise is the number one carrier of salmonella. We have stocked a new mayo in each daily dry goods box, so you'll have plenty for lunch.

On The River continued . . .

Additional Food Boxes

1. **Eggs** are packed in a separate 20-mil rocket box.
2. All **bread** is packed in an aluminum bread box. Here you'll find lunch bread, French bread, bagels, English muffins, pita bread, and thick challe loaves for French toast. The loaves of bread should be aired every 4 days. Set the bread in the sun and let the condensation evaporate. Do not open the packages.
3. We pack one 20-mil can as an **Emergency Food Box.** This is extra protection against lost food through flips. We include a dinner, usually a spaghetti or chili dinner and canned mixed vegetables, a lunch of peanut butter and jelly or tuna with crackers, and a breakfast of oatmeal. Freeze dried soups are also in here in case someone needs a quick warm-up. If a situation arises that you need to go into this box, you will be charged $150.00. Please take leftovers from this box home if you have opened it.

Food Maintenance Person

A food maintenance person is someone who always knows where things are to avoid creating chaos. The food maintenance person tries to keep the food organized for easy access by rotating excess dry goods in an easy to find storage area and keeping a list of the items. The food maintenance person can also be the person that brings each night's cooler items to the preparation table, thereby limiting access to the coolers and ice melt-down. Each boatman should take responsibility for draining their coolers and rotating produce.

THE KITCHEN - Provided with Deluxe Outfitting

Except for electric appliances, you have virtually a complete kitchen. To make sure the kitchen isn't floating downstream in the morning, place your kitchen area above the recent high-water mark. Just like at home, the kitchen typically becomes the social gathering place each evening, so look for an area large enough for your group to place camp chairs and gather together.

Setting up your kitchen usually depends on your camp environment, but a fairly standard kitchen set-up begins with taking the large tarp from the kitchen box and placing it on the ground where the cooking area will be. Then place your tables in a L-shape or U-shape on top of the tarp, with the dish drying bag hung on one of the tables near the planned dishwashing area. Bring propane tanks, blaster, and stove from the kitchen box and place them near each other for convenience in using the propane -- the stove should be on the table with the blaster and propane tank on the ground. You can also hang a garbage bag from a table in addition to using the daily rocket box lined with a trash bag as the garbage.

Following is the major equipment we send along with you to cook your food, as well as tips on how to keep it all clean and working.

1. **Stoves and Propane:** Canyon REO provides 4- and 6- burner commercial propane stoves. The hose connecting to the propane tank has reverse threads: To tighten, turn to the left. Always turn the propane tank off at night so you don't needlessly lose propane. Repair parts for the stove are in your major repair kit. All fittings should be hand-tightened only. Rubber O-rings seal the fittings. To keep your stove clean, do not set wash buckets in the sand before putting them on the stove. The wet sand, clinging to the bottom of the bucket, will fall into the burners and clog the propane holes. Dishwater should be the first thing on the stove at camp, unless you use the blaster to heat the dishwater.
2. **Dutch Ovens:** Dutch ovens should be cleaned with salt whenever possible, not water. If you have to use water, set the Dutch oven on the stove briefly over low heat to dry the water (to prevent rust). Lightly oil your Dutch oven after each cleaning.
3. **Firepans:** Firepans need to be cleaned the morning after use. First scrub the grill with brush to loosen food. Then take a little river water to mix with the ash, creating a paste that can be transferred to the garbage. Sloppy ashes make a heck of a mess. Any ash spills should be cleaned up by using a sump screen, then putting the ashes back in the trash. Make sure the coals are **out**.
4. **Blaster:** This handy burner heats a large amount of water quickly, but it is somewhat noisy, especially early in the morning. Usually, hot coffee and drinks make up for the jet-engine wake-up call. Be mindful of its high use of propane.

LEFTOVER FOOD OPTION

We purposely pack more food than you will probably eat to ensure that you will not run out. The typical value of the leftover non-perishable, unopened food is $200. Unopened non-perishables should be moved to a location where they can stay clean and dry. An empty ammo can or the bottom of a bread box works well. Your group or part of your group can take the extra food when the trip is over, but you must pay $200. We are able to reuse canned and sealed food and we frequently donate the extra food to the local food bank.

CHEMICAL TOILETS (THE GROOVER)

Our available groover systems include both Jon-ny Partner and modified 25-mil rocket boxes. The Park Service has approved both systems, and they work the same way...simply! Your system will be what is available at the time of your launch unless you reserve a specific system well ahead of time.

Provided Supplies include:

- Toilet boxes with chemicals to control bacteria and odor.
- Supply box with 1 seat, toilet paper, dry bleach, and rubber gloves.
- Hand-wash set-up.

(FSP's recieve seat and toilet only)
(Knockout Deodorizer is no longer available)

Groover Set-Up

One person can do this on the first day, but after Day 1 it will most likely be a two-person job. Find a private spot under some trees or with a gorgeous view. Take the toilet box, toilet supply box, and hand-wash system to the favored place - far away from the kitchen! Remove lid from the toilet box. Shake a *small* handful of dry bleach into the toilet. Place the seat with lid down on the opening. Make sure the toilet paper and hand-wash are close by.

To minimize accidents during trips to the river at night, place a separate pee bucket beside the groover for later emptying into the river. Do not use water-only buckets for this. We send a special pee bucket for this purpose. When finished, WASH YOUR HANDS!

As a matter of etiquette and to ensure privacy, place a paddle or other "flag" a short distance away, so when the person using the toilet takes the item with them, it will signal "occupied". Put it back when you're done.

Use

Everyone should pee into the river or the pee bucket - the groover capacity cannot hold urine too. These toilets are for dumps, not tinkles! Make sure you leave the lid down on the toilet seat when done. And please wash your hands.

No-No's in the Groover

Feminine products belong in the groover, except for plastic applicators. If it will break down in a waste treatment plant, it's okay in the groover. Plastic bags and rocks have been found in the groovers. This is a big no-no, as it breaks the cleaning equipment, and will result in a charge to the group.

Break-down

The toilet should be one of the last things you rig into the rafts. Give everyone a loud last call before you close up the toilet for the day. To break down the toilet, simply shake another small handful of dry bleach in the toilet, remove the seat and replace with the toilet lid. Some disinfectant is provided to wipe down the seat as necessary. Repack the seat, toilet paper, and other supplies in the supply box. When you reach a high-energy pyramid level, you will need to add a half gallon of water and cap off this toilet. Move onto the next box. Each box will take about 70 uses.

Dry Bleach

As indicated, you only need to add a small handful of dry bleach when you set up and break down the toilet, not after every use!

Almost like home!

Grand Canyon Information

GRAND CANYON NATIONAL PARK SERVICE

PO Box 129
Grand Canyon, AZ 86023-0129

General Information
928-638-7888

Emergency
911

River Permits Office
928-638-7843
For questions about your river permit and other river regulations.

Backcountry Permits
928-638-7875

GRAND CANYON -- SOUTH RIM LODGING AND TOURS

Advance reservations are advisable

General Information and Reservations:
888-297-2757 or
303-297-2757

The following lodging and services can be reached through the above numbers:

Bright Angel Lodge	Yavapai Lodge
El Tovar Hotel	Phantom Ranch
Kachina Lodge	Bus Tours
Maswick Lodge	Mule Trips
Thunderbird Lodge	

Camping at South Rim

Mather Campground is an extensive campground within the boundaries of Grand Canyon National Park at South Rim. Advance reservations are highly recommended during the summer months through Mystic Reservations at 800-365-2267.

Phantom Ranch mailing address

Attn: River Runner
Name
c/o PO Box 1266
Grand Canyon, AZ 86023
928-638-2401

OTHER USEFUL INFORMATION FOR THE COLORADO RIVER CORRIDOR

Marble Canyon Lodge (near Lees Ferry)
928-355-2225

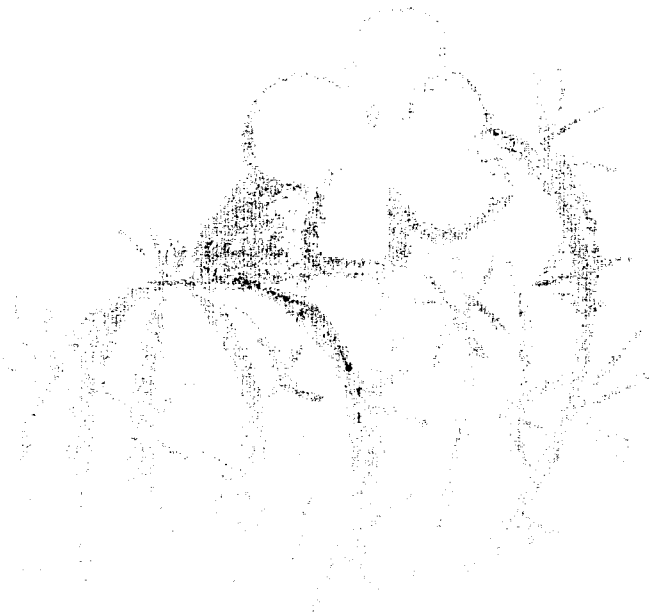
Hualapai Tribal River Running Office
928-769-2219
For Diamond Creek Take-Outs. Put-ins at Diamond Creek require permits from both the NPS River Office and the Hualapai Tribe. Closed on Sundays.

Havasupai Camping Reservations
928-448-2141
To obtain hiking and camping reservations for Havasu Falls.

FLIGHTS FROM GRAND CANYON CAVERNS TO MARBLE CANYON

Lake Mead Air
PO Box 60035
Boulder City, NV 89006
702-293-1848 or 9906

Scenic Airlines
PO Box 1385
Page, AZ 86040



Flagstaff Information

FLAGSTAFF LODGING -- Many hotels offer group discounts and some include breakfast. Prices vary by season, mid-week, week-end, etc., so check around for the best deal. Summer rates are higher than winter rates. This list is not inclusive.

NAME	ADDRESS	PHONE
Econo Lodge	914. S. Milton Rd.	800-228-5150 or 928-774-7326
Fairfield Inn	2005 S. Milton Rd. *	800-228-2800 or 928-773-1300
Travelodge (Five Flags Inn)	2610 E. Route 66	800-535-2466 or 928-526-1399
Flagstaff Days Inn East	3601 E. Lockett Rd.	800-435-6343 or 928-527-1477
Flagstaff Ramada Limited	2350 E. Lucky Lane	800-2RAMADA or 928-779-3614
Holiday Inn (Ask for Canyon REO corporate rate)	2320 E. Lucky Lane	800-533-2754 or 928-714-1000
Hotel Monte Vista **	100 N. San Franciisco St.	928-779-6971
Hotel Weatherford **	23 N. Leroux St.	928-774-2731
Inn Suites	1008 E. Route 66	800-898-9124 or 928-774-7356
La Quinta Inn & Suites	2015 S. Beulah Blvd. *	800-531-5900 or 928-556-8666
Little America	2515 E. Butler Ave. *	800-352-4386 or 928-779-2741
Motel 6 (3 locations)	2010 Butler Ave. 2440 E. Lucky Lane 2745 S. Woodlands Village *	928-774-1801 or 800-4MOTEL6 928-774-8756 or " " 928-774-3757 or " "
Radisson Woodlands Plaza	1175 W. Route 66 *	800-333-3333 or 928-773-8888
Super 8	2285 E. Butler Ave.	800-962-8695 or 928-774-1822

* Well away from train whistles
** In the heart of downtown Flagstaff

Flagstaff Services & Gear

RIVER EQUIPMENT

Canyon REO's Club REO -- for the best prices! See the section titled *Club REO* for details.

CAMPING EQUIPMENT

ASPEN SPORTS
15 N. San Francisco St.
928-779-1935

BABBITT'S BACKCOUNTRY OUTFITTERS
12 E. Aspen
928-774-4775

BIG FIVE SPORTING GOODS
2775 S. Woodlands Village Blvd
928-214-0590

FOUR SEASONS OUTFITTERS
107 W. Phoenix Ave
928-226-8798

MOUNTAIN SPORTS
24 N. San Francisco St.
928-779-5156

PEACE SURPLUS
14 W Route 66
928-779-4521

POPULAR OUTFITTERS
901 S Milton Rd
928-774-0598

CAMPING INFO

Call ahead to reserve a group site. Prices vary, but can be as expensive as staying at a cheap motel.

FLAGSTAFF KOA
(east side of town)
5803 N Hwy 89
928-526-9926
800-KOA-FLAG

WOODY MOUNTAIN CAMPGROUND
(west side of town)
2727 W Route 66
928-774-7727

RENTAL CAR COMPANIES

AVIS
Pulliam Municipal Airport
928-774-8421 or 800-831-2847

BUDGET RENT-A-CAR
Pulliam Municipal Airport
928-779-5525
800-527-0700

ENTERPRISE CAR RENTAL
3470 E Route 66 #105
928-526-1377

HERTZ
Pulliam Municipal Airport
928-774-4452 or 800-654-3131

NATIONAL CAR RENTAL (AT HOLIDAY INN)
2320 E Lucky Ln
928-779-1975 or 800-227-7368

AIRLINES

AMERICA WEST
800-235-9292
Daily flights between Phoenix and Flagstaff. Best booked in conjunction with flights through Phoenix.

AIRPORT SHUTTLE COMPANIES

From Phoenix to Flagstaff or Flagstaff to Phoenix

CANYON REO SHUTTLE SERVICE
1619 N EAST ST
800-637-4604
BEST FOR 8-11 PEOPLE
PRICE: $385 FOR ONE VAN + $50 FOR TRAILER

OPEN ROAD TOURS
800-766-7117
www.openroadtours.com

Flagstaff Services continued . . .

BUS

Greyhound Bus Lines
928-774-4573

TRAIN

Amtrak
1-800-872-7245

Grand Canyon Railway
1-800-THE-TRAIN

TAXI

A Friendly Cab
928-774-4444

Flagstaff Taxi Cab
928-526-4123

AUTOMOBILE SERVICES

Ascot Automotive
1608 N East St
928-774-1582
Contact: Joe
Honest and quality work
(no transmission work or German cars)

P&M Trailers
7899 N Hwy 89
520-526-2466
Contact: Pete
Good job and good value

Anderson General Tire
2400 E 2nd Ave
Contact: Bill
Excellent service and nationwide warranty

Muffler Magic
1508 E Route 66
520-774-9276
Contact: Junior
Good work and affordable prices

FOOD & BEVERAGE SERVICE

BLOCK ICE

Canyon REO
The only true solid block ice: $3 per block and worth it. Please call in advance to make arrangements.

GROCERY STORES

Albertsons
1416 E Route 66
928-773-7955

Farmer's Market
1901 N 4th Street
928-774-4500

Safeway - East Side
4910 N. Hwy 89
928-526-6116

Sam's Club
1851 E. Butler
928-774-9444

New Frontier's Natural Foods
1000 S. Milton
928-774-5747

ALCOHOL

Cork 'n Bottle
824 N Beaver St
Contact: Richard
928-774-8502
With three weeks' advance notice. Wide selection of domestic and international beer in cans. Richard will deliver your order to Canyon REO in the week preceding your launch with direct payment to Cork 'N Bottle by credit card.

Safeway - West Side
1201 S. Plaza Way
928-779-3401

Walgreen's
1500 E Cedar AVe
928-773-1011

RESTAURANTS

Alpine Pizza
7 N Leroux St
928-779-4138

Beaver Street Brewery
11 S Beaver St
928-779-0079
Brew pub with good food

Cafe Express
16 N. San Francisco
928-774-0541

Chili's
1500 S Milton
928-774-4546

Cracker barrel
2560 E. Lucky Lane
928-773-1524

Hiro's Sushi Bar
1312 S. Plaza Way
928-226-8030

Hunan West
1302 S Plaza Way
928-779-2229

Macy's European Coffee House & Bakery
14 S Beaver St
928-774-2243
Great coffee, creative pastries & vegetarian meals

Mountain Oasis
11 E Aspen Ave
928-214-9270
Excellent vegetarian options

Olive Garden
2550 S. Beulah Blvd
928-779-3000

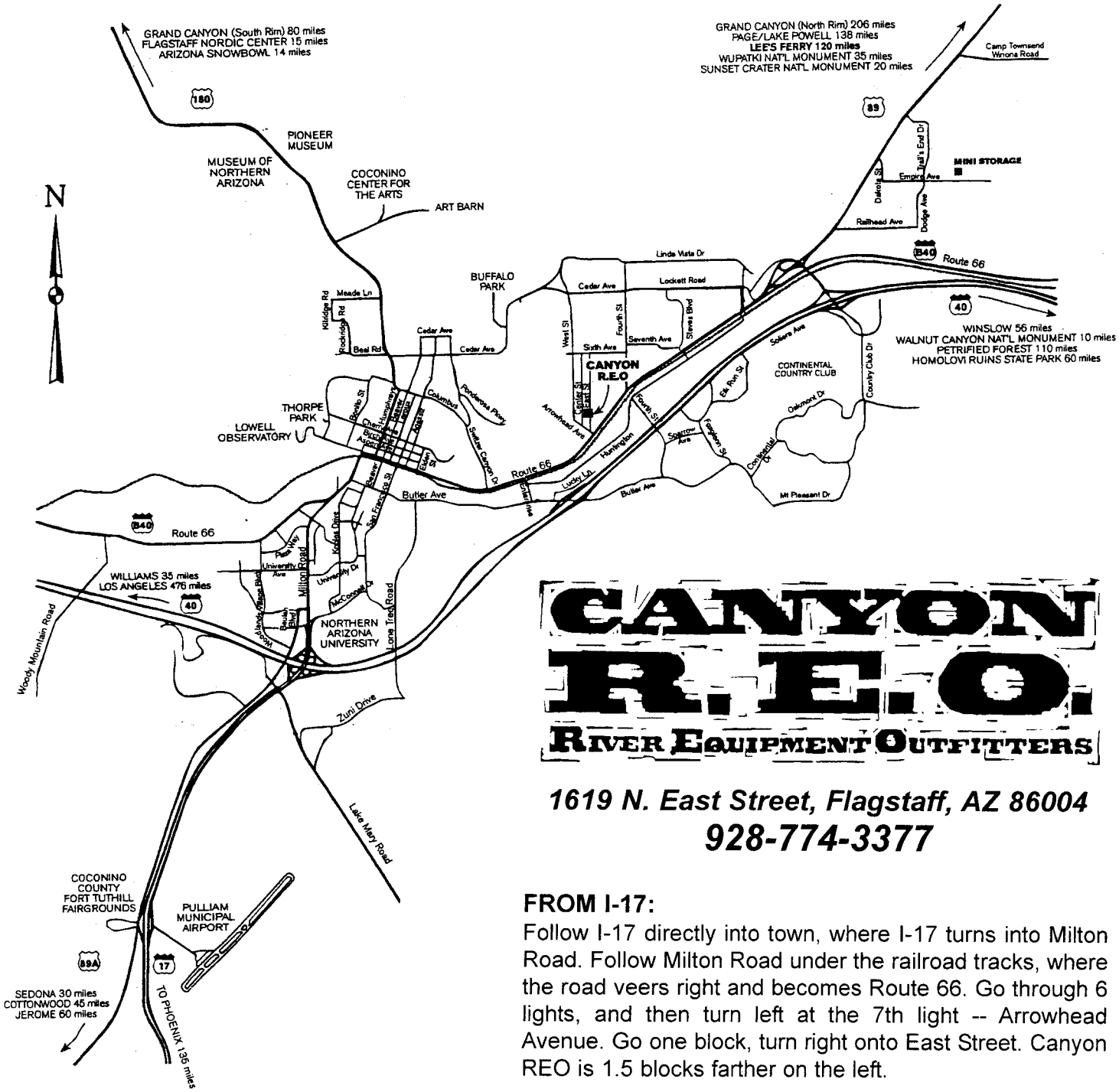
Outback Steakhouse
2600 E. Lucky Lane
928-774-7630

Pasto
19 E. Aspen Ave
928-779-1937

Salsa Brava - East
2220 E. Route 66
928-779-5293

Salsa Brava - West
1800 S Milton Rd
928-774-1083

Flagstaff Area Map



CANYON R.E.O.

RIVER EQUIPMENT OUTFITTERS

1619 N. East Street, Flagstaff, AZ 86004

928-774-3377

FROM I-17:

Follow I-17 directly into town, where I-17 turns into Milton Road. Follow Milton Road under the railroad tracks, where the road veers right and becomes Route 66. Go through 6 lights, and then turn left at the 7th light -- Arrowhead Avenue. Go one block, turn right onto East Street. Canyon REO is 1.5 blocks farther on the left.

FROM I-40:

Exit I-40 at Butler Avenue., exit 198. Turn west on Butler (away from Little America) and at the first light, turn right onto Enterprise Drive. Get in the right lane, cross the railroad tracks and turn right onto Route 66. At the next light, turn right onto Arrowhead Avenue. Go one block and turn right onto East Street. Canyon REO is 1.5 blocks farther on the left.

CANYON RIO RAFTING

Salt | San Juan | Chama Rivers
1-800-2PADDLE

Trip Leaders,

Tell your friends about our sister company, Canyon RIO Rafting. Canyon RIO offers guided trips on the San Juan River, the Salt River, and the Rio Chama. In addition, some of your group may be interested in taking our Whitewater Guide School or our Kayak School to gain useful river skills.

Check out www.canyonrio.com for more information!

See you on the river!

CANYON R.E.O.

RIVER EQUIPMENT OUTFITTERS

For more information, please contact us:

Mail: PO Box 3493
Flagstaff, AZ. 86003

Shipping: 1619 N. East Street
Flagstaff, AZ. 86004

Phone: 800-637-4604
928-774-3377
Fax: 928-774-3343

Website: www.canyonreo.com
e-mail: info@canyonreo.com