

NAVTEC Expeditions

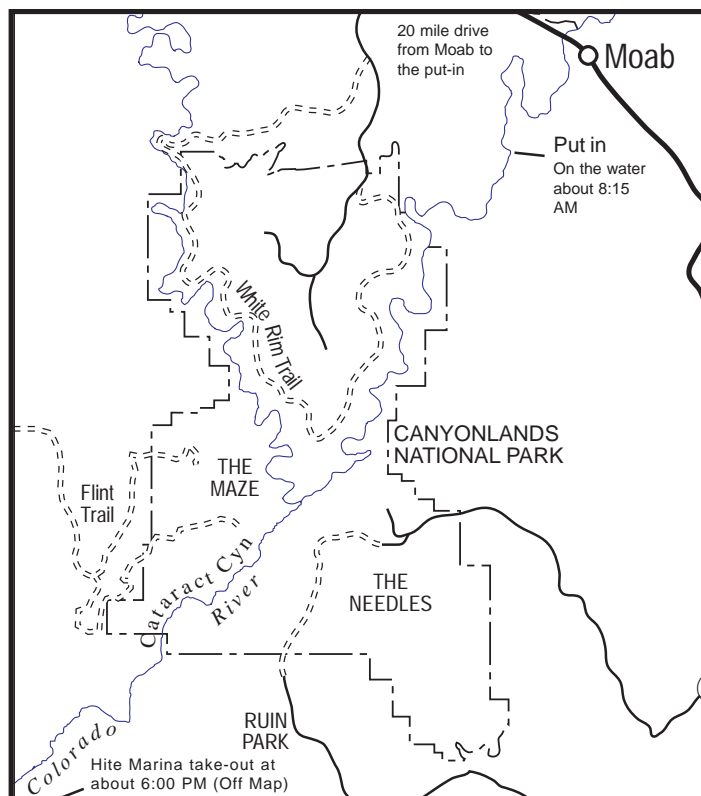
321 North Main Street • 800-833-1278 • 435-259-7983 • fax 435-259-5823 • www.navtec.com • e-mail: info@navtec.com

One Day Cataract Canyon Information & Packing List

On the one-day cataract canyon trip we meet at NAVTEC at 6:45 am (Mountain Daylight Time — check your watch!), and are on the river and underway by 8:00 in the morning. There are no rapids in the morning to get you wet. We will be traveling at 20 m.p.h. during the morning and that creates a healthy wind chill during spring and fall trips. Dress for temperatures that will be approximately 20 degrees below the outside temperature.

Dress during the hot summer months consists of light, quick-drying clothing. Bathing suits, shorts and t-shirts are fine. Even during the summer we would recommend that you bring a wind breaker, light jacket or sweater. Rain gear is highly recommended. Wet suits may be required on some trips depending on water level and weather. These can be rented here in Moab.

During the spring and fall months when daytime temperatures are below 85 degrees Fahrenheit, it is important to dress warm — especially for the morning part of the trip. A two piece rain suit is very nice this time of year. It breaks the wind chill on the dry flat water river sections and works well in the rapids. Layer up underneath the rain gear for warmth. At lunch you can take off your warm clothing and put on something to get wet in. You can put your warm clothing in one of our river bags, which we'll give you when you arrive at our office on the morning of your trip. If it's cool outside, you will probably want to wear your rain gear through the rapids. If you don't have rain gear, wear shorts and a t-shirt through the rapids. We stop after the rapids to give everyone a chance to dry off and get out of their wet clothing and into something warm and dry.



YOUR TRIP INCLUDES:

- snacks and a hearty lunch
- plenty of ice water and lemonade
- waterproof river bag and camera box
- ground transportation from our office, to the Potash launch ramp (meet us at our office or call us and we'll arrange to pick you up at your motel or campground)



YOUR TRIP DOES NOT INCLUDE:

- Return transportation from Hite Marina

SUMMER DRESS (according to current weather and temp.)

1. light-colored clothing (tends to be cooler during the heat of summer than dark colored clothes)
2. swim suit and/or fast drying shorts
3. t-shirt and long sleeve shirt (relief from the sun)
4. tennis shoes, tevas, reef walkers or other foot wear that is durable and comfortable when wet
5. hat with a visor (sun protection.)
6. sunglasses with securing strap (chums, lassos)
7. sun screen (high UV protection & waterproof) and lip balm, required
8. your own supply of soft drinks or other beverages if you like (we'll keep them iced and ready!)

SPRING AND FALL DRESS (Includes March, April, early May, late September, October) You may not wear all of the items on this list but you can't run back to the car and get them once you're on the river. Better to have extra warm clothing with you even though you may not use it.

1. good quality two piece rain suit (Your rain gear is good protection on the river. A must on spring and fall trips). Some trips may require wet suits. Check with the NAVTEC office before departure to find out. Wet suits can be rented in Moab.
2. something warm to wear under your rain suit (long johns, sweater, polartec...synthetic fibers or wool work best)
3. a good quality coat (something that's warm when wet.)
4. A change of clothing, one to be wet in and one to be warm and dry in. You'll have a chance to change on the river.
5. gloves and a warm hat when it's really cold.

optional items:

1. camera and film supplies
2. a handful of ziplocks and garbage bags for your wet clothing. (very handy on the river)

If you have any questions, please feel free to give us a ring on the 800 line. We look forward to having you with us, and thanks for booking with NAVTEC.

