



PRE-DEPARTURE FLOAT NOTES

GATES OF LODORE

4 DAY Green River Rafting Trip
Class III Whitewater

READ OVER CAREFULLY IN ADVANCE OF YOUR TRIP. SHARE WITH OTHERS IN YOUR GROUP

44 RIVER MILES OF ADVENTURE

Starting at Gates of Lodore & ending at Split Mountain campground
No previous rafting experience is required.
Minimum age is 7 years or 50 lbs.

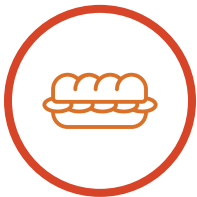
PROVIDED:



Professional guides &
all boating equipment



One waterproof 110 L
dry bag per person



All meals from first
day to last day lunch



**AVERAGE SUMMER TEMPERATURES
ARE AROUND 90 DEGREES**

BRING YOUR OWN:



Tents, pads and/or
sleeping bags



Soda or alcoholic
beverages

DO NOT BRING:



Glass bottles



Electronic games

PRIOR TO TRIP:

- Each participant or family must complete a Passenger Profile Form and return it at least 2 weeks prior to departure.
- Please alert staff 2 weeks prior of special dietary needs.
- Tents, sleeping bags and pads are NOT provided, but can be rented (bag and pad-\$50; and a six person tent-\$50) at the Adrift store. If renting, notification is needed at least two weeks prior to the launch.

LAUNCH DAY:

- Please stop by our office before 6 pm the day prior to launch so you can pick-up your dry bag.
- Meet at Adrift Headquarters at 7:15am on launch date.
- At the Adrift Headquarters (trip meeting place).
- 20% for the guides is a nice tip!

DESCRIPTION OF THE TRIP

The Adrift Dinosaur 4-day Lodore Canyon trip covers 44 river miles, starting at Gates of Lodore and ending at Split Mountain campground. This is a remote, pristine wilderness in the heart of Dinosaur National Monument. Since the canyon is road-less, we bring all food and gear on the rafts to undeveloped camps each night. Adrift provides transportation from the office to the put-in and then from the take-out back to the office at the end of the trip.

Professional guides and all boating related equipment are provided, including one waterproof duffel bag per person to carry personal gear. All meals from first day to last day lunch are included. No previous rafting experience is required. Minimum age is 7 years or 50 lbs.

You start your whitewater rafting adventure in the northwestern part of Colorado in Dinosaur National Monument. Here the Green River has carved three spectacular gorges: Lodore Canyon, Whirlpool Canyon and Split Mountain Canyon. Starting at river level the canyon walls of Lodore soar dramatically to over 2,500 feet high in just two miles. Optional guided hikes to scenic side canyons and historic sites are available at most camps.

Over the journey you'll encounter 20 light to medium sized rapids. The biggest rapids are rated as "intermediate" or Class III. This means they are fun for both novice and experienced rafters, but are by no means tame. There are also numerous Class II rapids, as well as quiet stretches along the way.

Depending on the size of your trip and water levels, there may be three different boating options to choose from, you can stay with one type the entire trip or switch at anytime. Choose between a paddle raft where you grab a paddle, and with the assistance of a guide who sits in the back to steer, you'll assist in maneuvering the boat through the rapids as a team (small trips may not have enough people for a paddle raft); or select an oar powered raft where you just sit back and let the guide do all the work. Another option is to run the river "on your own" in an inflatable kayak with support rafts nearby. These inflatable kayaks are provided on certain trips and they are shared by all interested participants. Kayakers must follow the guidance and rules of the Adrift crew and stay close to the support rafts. It is ultimately the decisions of the Adrift Dinosaur staff whether or not the kayaks can run certain rapids.

Weather in the boating season can be highly variable with afternoon highs in the 90's and lows from 40 to 50. Sunshine dominates but you need to be prepared for afternoon showers. River flow rates are controlled by releases from Flaming Gorge Dam and are variable.

Keep in mind that this is a 4-day wilderness-rafting trip. You will be active during the day and should be in good physical condition. Being in good physical condition will help you enjoy your river trip even more.

MEETING PLACE AND TIME

We meet everyone at the Adrift Dinosaur store/boathouse in Jensen, Utah at the **junction of US Highway 40 and UT Highway 149, about 13 miles east of Vernal.** UT Hwy 149 is the entry road to the Dinosaur Quarry.

**MEETING TIME IS 7:15 AM
ON THE LAUNCH DATE.**

If you are flying into Vernal the day before, and prior arrangements have been made, we can meet you at the Vernal airport, or between 6:45-7:05 a.m. at your Vernal motel, and transport you to our office. You are shuttled back to the office on the last day (or if flying; to the airport or your Vernal motel). If you have last-minute troubles or need to get hold of us, our Jensen Boathouse phone number is (800) 824-0150.

Don't be late! If you miss the departure, you miss the trip.

You will be issued a 110 L waterproof dry bag for packing your gear, sleeping bag and pad. **Please stop by our office before 6 pm the day prior to launch so you can pick-up your dry bag and any rental gear,** pack at your leisure in the hotel that night and be ready early the next day. If you are going to arrive after 6:00 pm, we will drop the dry bag(s) at your motel lobby if prior arrangements are made. The day of the launch you'll meet at our office before we head out to the put-in.



AREA TRANSPORTATION

You are responsible for getting to and from the meeting place, unless you fly into Vernal. We will transport you from your hotel to our location the morning of your trip's launch and back to the hotel after your trip. The closest airport is the Vernal Regional Airport (VEL) with daily flights from Phoenix AZ to Vernal UT offered by Contour Airlines in affiliation with American Airlines. Please see FlyVernal.com for more information. Drive time from Salt Lake City is 3 ½ hour drive and driving from Denver is close to 6 hours. Please arrive in the area the day or evening before your trip's launch date, since we have a 7:15 am meeting time.

AREA ACCOMMODATIONS

Camping can be found at **Green River or Split Mountain campground** in Dinosaur National Monument, or at private campgrounds, such as **KOA (435) 789-8935** in Vernal or **Outlaw Trails RV Park (435) 781-6000** in Jensen. Motel accommodations can be found in Vernal, 13 miles from our store.

A SELECTION OF VERNAL MOTELS

- Dinosaur Inn: 251 E Main, Vernal, UT 435-789-2660
15% discount, you must call and reserve. Mention you are attending a multi-day trip with Adrift Dinosaur.
- Microtel: 1041 S 1500 E, Naples, UT 435-363-0113
\$95.00 a night, you must call and reserve. Mention you are attending a multi-day trip with Adrift Dinosaur.
- Marriott SpringHill Suites: 1205 US-40, Vernal, UT 435-781-9000
15% discount, you must call to reserve and mention code "Holiday Expeditions".

Betty's Cafe: 416 W Main St., Vernal, Utah 84078 | Open Daily: 6am-2pm | <https://sites.google.com/bettys-cafe.com/bettys/home/>
Pre-order by email or phone: mail@bettys-cafe.com | (435) 781-2728 | Pre-orders can be picked up at 5:45am

AREA INFORMATION

There are many things to do in DNM and the Vernal area. We recommend visiting the **Utah Field House of Natural History** (Vernal) and the **DNM Dinosaur Fossil Quarry**, to get to know the area before your river trip.

For information about lodging or things to do contact the following organizations:

DINOSAURLAND TRAVEL BOARD: (800) 477-5558 | www.dinoland.com

DINOSAUR NATIONAL MONUMENT PARK HEADQUARTERS: (970) 374-3000 | www.nps.gov/dino

DINOSAUR NATIONAL MONUMENT FOSSIL QUARRY: (435) 789-2115

TRIP BEVERAGES

We do not provide soda or alcoholic beverages on the trip. However, you can bring your own soda and libations. If you bring wine, beer or other alcoholic beverages, please bring it in cans or put it in a plastic bottle to avoid broken glass. No liquor is sold after 7:00pm or before 11:00 am or on Sundays/holidays in Utah. **PURCHASE ALL BEER, WINE OR SPIRITS PRIOR TO ARRIVAL AT ADRIFT DINOSAUR.** Please drink in moderation.

Adrift has drinking water available at any time, and normally provides the following beverages during the trip. Breakfast; coffee, tea (herbal), and hot cocoa. Lunch; drink mix (lemonade). Dinner; coffee, tea (herbal) and hot cocoa.

MEALS ON TRIP

Tasty meals from first day through last day lunch are provided. We can offer vegetarian options if arranged for in advance. If you have special dietary needs please include them in your Passenger Profile Form which you return to us at least 2 weeks prior, and we will try to accommodate you, within reason.

THE ADRIFT STORE AND WAREHOUSE | 7:30AM-6:00PM

At the Adrift store (trip meeting place) you can purchase sunscreen, t-shirts, hats, water bottles and sun hoodies.

SUGGESTED READINGS

We suggest reading about Dinosaur National Monument before you come to Utah.

- DINOSAUR RIVER GUIDE - Waterproof edition | By Buzz Belknap and Laura Evans.
- EXPLORATION OF THE COLORADO RIVER AND ITS CANYONS | By John W. Powell.
- A CANYON VOYAGE | By Fredrick Dellenbaugh.
- LEGACY ON STONE: ROCK ART OF THE COLORADO PLATEAU | By Sally Cole.
- THIS IS ECHO PARK COUNTRY AND ITS MAGIC RIVERS | By Wallace Stegner.
- DINOSAUR'S RESTLESS RIVER AND CRAGGY CANYON WALLS | By Wallace Hansen

GRATUITIES

Our guides work hard to provide you with the best possible river trip. If you feel their service has been extraordinary, we recommend a standard service industry gratuity of 20% of your bill for the trip. This can be given to the Trip Leader who will then distribute it equally among the crew. As with all tipping this is optional and solely at your discretion.

WHAT TO BRING

Space on rafts is limited so don't bring any unnecessary items. However, your rafting vacation should be a comfortable and enjoyable one, not an ordeal. The items we recommend bringing come from years of suggestions from both clients and guides. Bring comfortable loose fitting clothes that can get wet. Cotton is not the clothing of choice on a wet day; we prefer synthetic materials such as fleece and polypropylene. Please limit your gear to about 30 pounds. Each person is given a quality waterproof duffel bag, called a "personal bag," for your gear. All of your personal items, such as sleeping bags and clothes, must be able to fit in your personal bag, except for large tents, for which we have a separate "tent bag." Adrift Dinosaur is not responsible for articles that get wet or broken.

NO GLASS BOTTLES, please. We advise buying beverages in cans or transfer to plastic bottles if you bring wine or liquor. Eating utensils and plates are provided. Excess travel baggage should be stored in your vehicle or with your motel.

Please do not bring electronic games on the trip, as they greatly distract other children and yours from appreciating the natural beauty of the canyons.

Tents, sleeping bags and pads are NOT provided, but can be rented (bag and pad-\$50; and a six person tent-\$50) at the Adrift store. If renting, notification is needed at least two weeks prior to the launch.

"WHAT DO I WEAR ON THE RAFTS IN THE REGULAR SEASON?"

Daytime temperatures in the regular season (mid-June, July and August) are often in the 90's, but the weather can be much cooler. Additionally, a brief rain shower and rapid splashes can quickly cool you off. So bring some warm clothes, and dress in layers that can be taken off readily. While on rafts most people wear shorts and/or swimsuit, a t-shirt, river sandals or tennis shoes, and sun screen/block, with a light sweater, rain jacket and rain pants readily available in the day bag. We recommend bringing a sturdy waterproof rain jacket. If you wear long pants for sun protection we recommend a fast drying fabric like nylon. We advise against cotton blue jeans because they stay wet and cold all day. Another good option for cool days is a long sleeve polypropylene shirt top.

Visit cascaderivergear.com for excellent tips and shopping for hard to find items.

PACKING FOR YOUR TRIP

To make packing easier for you, we encourage you to stop by the Adrift warehouse before 6 pm the day prior to launch and pick up a waterproof bag and any rental gear. You can also tell us where you are staying locally and you can request we drop off your dry bag in the lobby. This will allow you to leisurely and carefully pack the night before we meet you. Note the unique name on your personal bag so you can identify it later. Each person is given a waterproof duffel bag. All of your personal items, such as sleeping bag and clothes, must fit in your personal bag, except for large tents for which we have a separate "tent bag." Once packed, personal bags are given to guides at the launch site and after each breakfast and are not accessible until camp.

Items which you will need during the day should go into a large waterproof duffel bag, called the "day bag," which is available on each raft. If you want more immediate access to personal gear, consider purchasing a small waterproof bag at the Adrift store or bringing your own. Make sure you can properly close your personal bag or it will leak. Carry beverages, water bottle and special food items to the launch site and a guide will store them for you.

The night before the trip set aside what you'll be wearing on the river the next morning. Take time to pack everything on the Personal Gear Checklist. Pack all items for camp in your "personal bag." Place the items you'll want to go in the "day bag" in a small backpack, a plastic bag, or in a small waterproof bag. Items which we recommend being placed in the "day bag" include; sunscreen, camera (carry at own risk), raincoat, extra shirt (polypro), light sweater, binoculars and river guide or books.

PERSONAL GEAR CHECKLIST

- small backpack type tent
 - fleece or wool sweater layer
 - warm puffy jacket
 - long pants (for camp)
 - hat or visor
 - t-shirts and long sleeve shirt
 - wool or synthetic socks
 - bandanna
 - polypropylene long underwear top
 - camp shoes (DRY shoes other than river shoes for hikes or for comfort)
 - river shoes - laced tennis shoes that can get wet, or river sandals
 - compact sleeping bag, sleeping pad, groundcloth
 - the last night is "costume night" so bring fun or wild clothes
 - toilet articles (toothbrush, comb, biodegradable soap)
 - water bottle with locking carabiners only
 - plastic bags for wet or dirty clothing
 - small backpack or small waterproof bag
 - insect repellent
 - binoculars (carry at own risk)
 - durable, waterproof rain jacket & pants
 - small towel
 - flashlight with extra batteries
 - sunglasses with tie strap
 - swimsuit and/or shorts
 - sunscreen and chapstick
 - camera (carry at own risk)
 - camp pillow
- OPTIONAL ITEMS:**
- sketch book
 - diary or journal
 - paperback book
 - personal beverages
 - sarong or river dress

CANCELLATION POLICY

We have a strict NO CANCELLATION policy. We strongly suggest the purchase of travel insurance to protect your vacation investment, which can be obtained here: <https://www.travelinsurance.com>. Please feel free to contact us with any questions or concerns. We will happily reschedule you to another date of your choosing that year or any date or trip that launches the following season.

We do have minimum reservation requirements on our rafting trips. If we do not have enough reservations for a trip to be economically feasible for us to operate, we will contact you within 14 days of your departure for multi-day trips and 48 hours for single-day trips. At that time you will have the option of moving to another trip, waiting to see if others join the trip at a later date or cancelling your reservation with a full refund. We understand that your vacation is important, and we strive to make your vacation as easy and memorable as possible. If we cannot operate the trip that you have signed up for, we will work to find an alternate option that you are happy with you.

RESPONSIBILITY

Although Adrift makes every effort to ensure a safe trip and we have an excellent safety record, whitewater boating, hiking and wilderness travel involve some risks. Physical challenges and risks are inherent in rafting and are the reason why people seek this kind of adventure. You elect to participate in these activities at your own risk. Adrift Dinosaur, LLC and its agents are not responsible for injuries to participants, personal gear that gets wet or broken, cars parked on our property, or for travel delays. Trip and/or medical insurance is recommended, check with your travel agent. You must be in good health. All participants are required to sign an acknowledgment of risk prior to departure. Each participant or family must complete a Passenger Profile Form and return it to Adrift at least 2 weeks prior to departure. This form will be mailed upon receipt of your trip balance.

Although it has very rarely happened, Adrift Dinosaur reserves the right to cancel a trip due to extremely high or low river levels or an insufficient number of reservations. In this case your payments will be refunded in full.

MEDICAL INFORMATION

River trips can be strenuous for some persons and they are located in remote areas a long distance from medical facilities. It may be necessary for some persons to check with their doctor about going on the trip. Our guides are trained in First Aid and CPR. **IT IS VERY IMPORTANT THAT YOU NOTIFY THE ADRIFT TRIP LEADER BEFORE PUTTING ON THE RIVER ABOUT ANY PERSONAL HEALTH CONCERNS**, such as diabetes, special medication, allergic reactions to insects or food or anything else, that may affect your ability to participate in the river trip. If you have special dietary or other requirements we will be happy to try and accommodate you, but please notify us at least 2 weeks in advance of trip launch.

GENERAL INFO

AT THE PUT-IN

The "put-in" is river language for the launch site. Here you'll meet the other guides. This is a very busy place with other groups launching. Once you've accounted for your personal bag and placed it near the boats, sit back and relax. Next, the trip leader will give an orientation on safety and trip policies.

LIFE PRESERVERS

Life preservers (or PFD's) are the most important safety factor on your trip, and **MUST BE WORN AND BUCKLED AT ALL TIMES WHILE ON THE RIVER**. They are provided to you by Adrift. This is a strictly enforced company policy and park regulation. For your safety, PFD's should fit tightly so it will support you in the water. A loose jacket may even come off in the river. Be sure an Adrift guide checks the fit of your PFD. Keep track of your PFD at all times and note the unique number on it. It's your "friend." Since river currents are often swift, children must wear a PFD while playing in or near the river, and PFD's must be worn by everyone while swimming.

PERSONAL SAFETY AND HYGIENE

You should be extra safety-minded on this trip because you are a long ways from hospitals, doctors and pain medicine. In the interest of your safety and others on the trip we ask that you consider the following:

WASH YOUR HANDS- ALWAYS

Wash your hands before every meal, before entering the kitchen, and after using the toilet. Bacteria can spread rapidly through a group if you do not wash your hands. A hand wash station with soap is provided at each meal and camp.

USE THE TOILETS

At camp and during the day a portable human waste toilet is provided. When at camp the toilet or “groover” is setup in a private spot to allow depositing only feces and toilet paper (Hygiene products get disposed in trash near groover). Please do not urinate into the toilet, or drop foreign objects, such as applicators, food or packaging into it. Since there is only one toilet, please use the facility quickly. For your safety and others on the trip, and to protect park resources, please use our toilets. If you must go “Number 2” during the day outside camp, we have a “day groover” with all the necessary items. Ask a guide for directions.

PLEASE URINATE INTO THE RIVER, or into a separate pee or “sunshine bucket” near the toilet, but NOT INTO THE TOILET. It is very important not to urinate in the toilet, around camp or behind rocks for three reasons. One, research has shown that urinating into the river is the safest method of disposal because urine is usually sterile and decomposes rapidly in moving water. Two, urinating in the toilet creates so much volume that the toilet becomes too heavy to carry out. Three, low rainfall does not “wash away” urine and camping areas can begin to smell.

HELP IN THE KITCHEN

New state health regulations do not allow guests to assist the guides in preparing meals. So just enjoy your free time. But please wash your own dishes and utensils, and if you wish, you can help guides with washing pots, etc.

SUNBURN

Sunburn is a BIG health concern, because it can make your trip miserable. It is very easy to quickly get a burn at this altitude and dry climate. Keep covered with sunblock, hat and/or clothes. **WEAR SHOES-** Walking around at camp without shoes can be hazardous because there are sharp rocks, cactus and sticks. The most common injury on a river trip, and one subject to infection, is a foot injury.

DEHYDRATION

Drink a lot of water, much more than you would at home. Dehydration is a subtle but very common problem on desert river trips. This is because of the low humidity and your elevated activity levels. Signs of dehydration are few urinations, afternoon headaches and lethargy. You'll be moody and unhappy if you get dehydrated. Drinking alcohol can promote dehydration.

NEVER DIVE INTO THE RIVER

You can often not tell the depth of the river, so never dive head first. Avoid a serious neck injury.

ALCOHOL

If you wish to drink, do so in moderation.

WATER FIGHTS

Water fights can be fun, but they can also result in injuries. They can quickly become violent and dangerous. Therefore, we discourage wild water fights, and jumping from boat to boat is not allowed at any time. Please respect others who desire to stay dry and peaceful.

Keep in mind that this is a wilderness river trip. You will be active during the day and should be in good physical condition. Good conditioning helps you enjoy your river trip even more.

HELP US PROTECT THE RESOURCES ENCOUNTERED ON YOUR ADVENTURE

You will be traveling in a spectacular, but fragile national park. This is a protected area, and as such we try very hard to minimize adverse impacts to park resources. Help us make our programs responsible and sustainable travel. Prior to the launch Adrift guides will give you more detailed information and techniques for keeping impacts to a minimum. But here are a few things to consider before you arrive.

1. Off-trail hiking can cause erosion, and it can take up to 50 years for fragile desert soil coverings to fully recuperate. So please stay on existing trails.
2. The Indian rock art can be easily damaged. Touching the rock leaves a film of oil on them, which speeds up the deterioration process. So, please do not touch or chalk rock art.
3. A substantial number of other people may use your campsite after you leave. With this level of use the proper disposal of human wastes is very important. So please use our sanitary toilet system for carrying out human waste. Urinate into the river (see Hygiene section).
4. Adrift is proud of our efforts to recycle and conserve materials we use on the trip. Please help us in these activities.
5. Make sure your children and other members of your group do not remove anything from the park. Removal of things like fossils or Indian artifacts not only is against the law and subject to a large fine, but a loss to everyone.
6. You may be visiting historic structures, such as cabins and Indian granaries. These are very fragile, so do not touch, walk inside or lean against them.
7. Resist the temptation to get close to bighorn sheep and other wildlife, as this places additional stress on the animals and they may be injured.

**THINK FUN, SAFETY, HYGIENE, COURTESY,
AND MINIMAL IMPACT TO THE MONUMENT!**

THANKS!