



Insider's Guide for Trip Preparation!

What to expect on your Cataract Canyon Trip: What we provide, what to pack, rentals, meals, hiking, technology, weather, CFS, common concerns.

What We Provide

1. Healthy food & meal preparation
2. Professional Guide in each boat
3. Type 5 PFD which must be worn at all times in the raft
4. Helmet
5. Free Parking
6. Shuttle
7. Small waterproof bag for use on the raft
8. Waterproof bag for overnight gear and personal belongings
9. Camp chairs
10. Eating utensils
11. High-quality rafts & equipment

What's Not Included

1. Lodging the night prior & after trip. You will need to make your own arrangements
2. Travel Protection Insurance
3. Tent, sleeping bag, sleeping pad (rentals available)
4. Personal items
5. Alcoholic beverages: pick up on own prior to trip departure.
6. Gratuities

Available Rentals

- 2 Person Tent \$10/night
- Sleeping Bag \$15/night
- Sleeping Pad \$5/night

Available for Purchase

- Sleeping Bag \$52
- Travel Insurance (Purchase Online)

What to Pack

For the River:

- Quick dry clothing, swim wear
- Sturdy water shoes, must have heel strap
- Sun Hat or Visor
- Sunglasses & Chums
- Refillable water bottle
- Sunscreen
- Insect repellent
- SPF lip balm

For Camp: Spring & Fall Months

- Warm base layers: synthetic & merino wool
- Warm socks, merino wool
- Warm beanie hat
- 20 degree sleeping bag, tent, pad (if not rented)
- Small pillow
- Headlamp &/or flashlight
- Sneakers/light hikers
- Gloves

For Camp: Summer Months

- Comfortable, light layers: cotton
- Baseball, or sun hat
- Sleeping bag, tent, pad (if not rented)
- Small pillow
- Headlamp &/or flashlight
- Sandals: Chaco & Teva sandals work best!

Other Items:

- Rain gear
- Insect repellent
- Hiking shoes/clothing
- Personal items & toiletries
- Fanny pack w/ Ziplock bags
- Biodegradable soap for bathing
- Alcoholic beverages if desired, in non-glass container. Please bring in moderation.



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Meals

Dining with Mild to Wild means a scrumptious experience from sunrise to starry night. Camping is no place to skimp on meals, they may be even more important than your days off the river. Mornings begins with continental items such as fresh fruit and hot beverages followed by a cowboy breakfast straight off the skillet. Lunches can be personalized as you build your own deli sandwich and wraps. They'll come with sides of chips, veggies, dip, and cookies. Dinner starts with simple refreshing appetizers ranging from caprese salads to cheesy goodness chips and queso. You can expect a classic and delicious main course like sizzling fajitas, freshly grilled steak, dutch oven lasagna, and mouth watering enchiladas. Desert may be gooey brownies or cakes baked in a dutch oven, to the staple of s'mores galore. Timing for each meal, except breakfast, will vary depending on river flow, side hikes, availability of places to stop, etc. Feel free to bring your favorite snacks along, especially if you have kids, to stay energized along the way. Keep your munchies with you in your "carry on" dry bag or in another waterproof pouch. We are positive that you will feel happy, full, and healthy throughout your entire trip!

Dietary Restrictions

Vegetarians, gluten or dairy free, and any other dietary restricted eaters have no fear! We can accommodate your needs, just be sure to provide in your trip notes. Keep in mind that our meal plans are based on the fact that we are in a wilderness setting. Meals are prepared over a campfire and stove, and we don't have access to fresh ice on the trip.

We will do our best to accommodate any dietary needs within our meal plans. There is an extra fee of \$40/person per day or \$25/person per day for two or more guests with the same needs. Be sure to request this prior to your trip.

For those with any food allergies, please bring your own personal snacks that work with your needs.





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Weather in Cataract Canyon

We wish we could control Mother Nature, it sure would make our lives a lot easier but you can plan for whatever weather she decides to come your way! Don't be fooled by the desert, it can and will get chilly. Bring the extra layers, you'll be glad you did when a thunderstorm or breezy overcast day rolls through.

Average Temperatures:

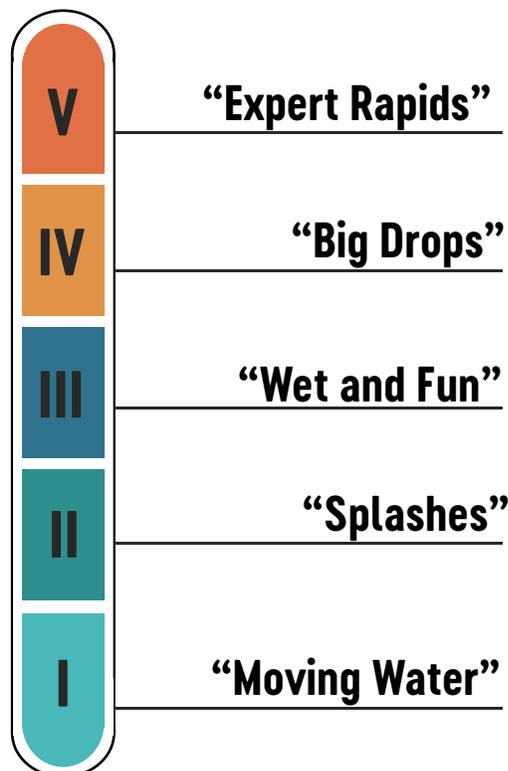
MONTH	AIR (high/low) °F	WATER °F
MARCH	62/39	45
APRIL	71/47	55
MAY	82/57	65
JUNE	94/68	65
JULY	99/75	70
AUGUST	96/72	75
SEPTEMBER	87/63	70



CFS & Water Levels

Have you heard raft guides and river folks throw around the term 'CFS' but aren't sure what that means? CFS stands for cubic feet per second. This is a unit of measurement referring to the volume and speed of water flow. Basically, if a river has a high CFS that means the water is flowing faster resulting in larger rapids. This is very important to be aware of as different levels will give you different experiences on the water. Cataract Canyon is considered having high water when the CFS is 50,000 and above and low water is around 900 CFS. If the river is low, your rafting trip might be more mellow and have less intense waves. Gauges are installed on rivers in order to measure the CFS and can be found on city water data sites. Inflatable kayaks are not used at high water flows as a safety precaution.

Class of Rapids





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Hiking

You will have time to explore the beauty of the canyon on side hikes, some guided and some on your own. Bring sturdy hiking footwear and clothing for these incredible journeys.

Beverages/Alcohol

Consumption of alcohol is not permitted on the rafts, but feel free to crack a cold one at camp! Please purchase your alcohol in moderation and prior to your trip meet time. Keep in mind that we need to be respectful of other guests on the trip who may not consume alcohol, and remember that we don't carry glass containers on the river!

Cannabis

The use of medicinal or recreational marijuana is illegal on federal lands, so we ask that you abstain from bringing any on your trip.

Drinking Water

Hydration is one of the most important things on a backcountry desert adventure. We will provide plenty of drinking water that is always accessible on the boat and at camp. A refillable water bottle, along with your amazing memories, come as a keepsake from us at Mild to Wild.

Portable Toilet (The Groover)

We love our rivers and natural lands, so we don't make a litter box out of them. We pack out all solid human waste with a portable toilet (groover) that is set up each day at camp. The guides will find an easy to access and secluded spot for the toilet at each camp, usually with an amazing view! We make sure you have privacy at the groover with a two toned paddle that is kept a good distance away. One side is yellow to signal that no one is currently doing their business, while red means someone is in the bathroom. On your way in, be sure to flip it to red!

Bathing

In line with protecting and caring for our rivers, please bring biodegradable soap to bathe. If you would like to rinse off your biodegradable soap, it is preferred that you do so at least 200 feet from any of the rivers and streams. If this makes no sense, its because even biodegradable soap disrupts and damages algae and other marine life of the river. Feel free to bring a solar shower.



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Women Specific Concerns

We recommend you come prepared for your period even if you aren't expecting it. There will be tampons and pads provided that are meant for backups, but please bring your own. You can use Ziploc bags to store feminine products while on the river and then dispose of them in the groover once at camp.

Electronics/Technology/Camera/Power Sources

While on the river, we are mindful of the impact we have on the environment and other people around us. Music and drones can be disruptive to the calming experience of the river. Please bring headphones if you want to listen to music, it will ensure you're considerate of those who appreciate nature's symphonies. We encourage you to enjoy this escape phone-free, but understand you may want to have it with you- so use your phone on the river at own risk. You may consider purchasing a waterproof case for your phone or camera. If you would like to take pictures, a traditional camera might be a safer option! If you do plan to bring electronic devices you may want to bring spare power sources such as solar for them. Along with no charging stations, there will be no cell service during the trip.

Communication with the Outside World

On the river we have limited communication with the outside world, it is a great space to enjoy your escape from the hustle and bustle of our constantly connected lives. Our guides will carry a satellite communication device in case of emergency.

Wildfires

Our trips travel through dry, arid climates that often have threats of fire or air quality impacts due to fire. If you have asthma, air conditions during the dry months are something to consider when picking your trip and packing. We may change the logistics of our trip due to fire conditions in the area.

Guns

Our managing agencies prohibit firearms on the trip. Leave any firearms at home.

Physical Preparation

Rafting, kayaking, paddle boarding, hiking, and just being outside, in general can take a lot out of anybody. Let us know of any physical limitations in advance of your trip so we can work with you to make your trip as enjoyable as possible.