



WORLD WIDE RIVER EXPEDITIONS

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Fisher Towers 3 Day/ 3 Night Girl's Camp

Q. WHERE AND WHEN DO WE MEET WORLD WIDE RIVER EXPEDITIONS?

A. This trip meets at your campsite along Highway 128 about 22 miles Northeast of Moab, Utah. The meeting time is generally 11:00 a.m. on the day your trip is scheduled, but please refer to your confirmation for the exact time and location. **A link will be sent to you with the directions to the location as we get closer to the launch date.** If there are any problems call the local phone number in Moab, **435-259-7515**. **Please do not arrive at the campsite early.** If the guides are not there to give you instructions on where to set up camp or park, please wait for their arrival. This is where your group will be camping all 3 nights.

Q. ARE OUR CARS SAFE AND GEAR SAFE IN THE PARKING AREA?

A. Anything of value should be left locked in the cars out of the sun. We give each group a key box or plastic bag to leave your keys in our trailer at the campsite for safe keeping while you are on the trip.

Q. WHAT IS THE TRIP ITENERARY?

A. River time is what we call our flexible itinerary but below is a basic idea of what each day might look like.

Day 1: After arriving at the campsite there are restrooms to use and it is a good idea to have a tent handy to set up to make changing clothes faster. Lunch is served while everyone is changing and setting up a few items for camp. A bus will be to the camp to take the group to the launch site about 15 minutes away. Today is a nice float with beautiful scenery, swimming, and water fights. You will arrive at camp sometime between 4 pm and 7pm depending on the water level. Dinner is served sometime between 5 pm and 8 pm. The guides will work with you to plan activities for the evenings.

Day 2: The night before the guides will let you know what time breakfast will be served. This can be as early as 6:15 am or as late as 8:30 am. It is up to each group to get their members up and moving to breakfast on time. It gets light around 6 am so it is hard to sleep in. Depending on the water level, you will be on the river sometime between 8:30 am and 10:00 am. Lunch will be served around noon at the river's edge. This is a good day to have a small snack on the boats. The group and the rafts will be picked up taken back up to camp. You will arrive in camp at about 5:30 pm with dinner being served sometime between 6:30 pm and 7:30 pm.

Day 3: Today will only be an afternoon half day on the river with the morning spent either on a nearby self-guided hike to Fisher Towers or in camp doing an activity that you provide. The time that breakfast is served will depend on the activities the groups plan to do in the morning. Lunch will be back at camp at 12:00 pm with the group launching on the river when everyone is finished. The group and the rafts will be picked up taken back up to camp. You will arrive in camp at about 5:30 pm with dinner being served sometime between 6:30 pm and 7:30 pm.

Day 4: Breakfast is served and the group packs up and parts ways, leaving the campsite by 11 at the latest.

Q. DO YOU GIVE US ANY KIND OF ORIENTATION BEFORE WE GET ON THE RIVER?

A. There will be an orientation at the launch area before **ANYONE** gets into the rafts. It is a vital part of your trip and we stress that **EVERYONE**, including leaders, pay strict attention.

Q. WHAT LEVEL OF WHITEWATER ARE WE GOING ON?

A. The Fisher Towers section of the Colorado River is fun and splashy Class I-II whitewater (on the Class I-VI scale). The first day is a calm water float that brings you into view of the beautiful Fisher Towers before camping. The second day is a float down the Moab Daily section that has 5-7 sets of fun whitewater. The third day your group will do part of the Moab Daily class I-II whitewater section again. The water levels are generally higher early in the summer and provide a more intense whitewater experience, and the water is colder. Later in the summer the water levels mellow and the water is warmer in the river which might be a better experience for those who like to swim in the river.

Q. HOW WARM IS THE WATER AND CAN WE SWIM?

A. The water temperature in June is around 50-60 degrees. In July and August, the water can be 65-80 degrees. Swimming can be done on most of this section of the river. Due to the unpredictable depth of the Colorado River, there are sections where your guide will tell you that swimming is not allowed. Please ask your guide if it is safe to swim. **When exiting the raft into the water always go feet first.**

Q. HOW MANY MILES WILL WE BE COVERING ON THE RIVER?

A. Maximum length is 31 miles from Dewey Bridge to close to Moab on the Fisher Towers section of the Colorado River along Highway 128. Water conditions may alter the points of entry and take out each day.

Q. WHAT DO WE DO IF ONE OF OUR GROUP NEEDS FIRST AID?

A. Our guides are all trained in Advanced Wilderness First Aid, CPR and will have a first aid kit with them on the rafts. If someone needs medical attention we can arrange to have them taken into Moab, less than 30 miles away. We encourage all groups to have their own basic first aid supplies in camp including Band-Aids, pain relief tablets, and after sun care for sun burns and a supply of feminine hygiene products.

Q. WHAT IS THE BEST SUNSCREEN TO BRING?

A. The best sun protection is a long sleeve shirt and long pants. From our experience the best sunscreen is the lotion type that is SPF 30-50. Anything more than 50 tends to have too many chemicals. We highly discourage the use of spray sunscreens as they tend to not be applied correctly and give a false sense of security in sun protection. The fumes are also obnoxious when sprayed in the close quarters on the rafts. In the past, some groups have complained about getting a rash thinking that it might be something in the water, but when dermatologists are consulted it is the use of sunscreen that is contaminated, outdated, or too high SPF that is generally the cause. **Please avoid bringing spray sunscreen and sunscreen over 50 SPF.**

Q. ARE THERE TOILET FACILITIES AVAILABLE?

A. There are vault toilets at the launch site and in the public campgrounds we use. During the day while on the river, there are limited toilet facilities for solid human waste. Each rowboat will have a solid waste disposal bag for emergencies if the need arises and the raft is not able to get to the bathroom quick enough. The rule in the desert is to pee in the river during swimming. The longest time without access to a restroom facility is about 3 hours each day. Our guides (both male and female) are sensitive to the unique challenges that may be encountered by women while traveling in a wilderness area. Please don't hesitate to ask them if there are questions concerning these issues. They are willing to help and are willing to make an emergency stop if needed. It is helpful for women to wear 2 piece swimsuits and/or have a skirt or wrap around sarong to wear while on the trip for more privacy. If needed, you do not have to swim on this trip. You still may get splashed from either water fights or the rapids. Ziploc bags are handy for storage and disposal of feminine hygiene products to use while on the river. Guide first aid kits on each raft contain a limited supply for emergencies. Please bring any other items as you deem necessary for the comfort of your group. Hand washing stations are set up in camp near the kitchen areas to wash hands after using the restrooms in camp. Hand sanitizer is available at lunch.

Q. WHAT KIND OF WEATHER CAN WE EXPECT?

A. The Moab area has warm weather from May to September. July and August are warmer than June. The temperatures in the summer generally range from 80-110 degrees during the day with 70-85 degrees at night. Rain is not common during the summer months. The weather forecast can give you an idea of what to expect. If the forecast indicates rain come prepared because when it rains, it usually rains hard.

Q. WHAT KIND OF GEAR SHOULD WE BRING?

A. A packing list has been provided with a list of appropriate clothing and camping gear. There are changing rooms at our warehouse available to change clothes before and after your trip. **Showers are not available for guest use.** Clothes are best packed into one bag and sleeping gear into another. It is difficult to load and unload the trailer when the bags are bulky or tied together. Don't bring anything that can't get dirty. The river leaves nothing white. A clothesline is handy to have to string between trees for drying when off the river, but most of the time clothes dry quickly while wearing them. Quick drying shorts are the best to have as jeans don't dry very quickly. Cotton t-shirts in the summer months are fine. **We strongly recommend that all girls wear shorts over their swimsuit to avoid chafing and other discomfort from the rough surface of the boats.** Closed toe shoes or sandals with an ankle strap work better while on the boats during the day as they stay on your feet and offer more protection for your toes.

Q. CAN WE TAKE ANYTHING WITH US ON THE RAFTS?

A. Anything taken with you on the rafts will get wet. This includes extra clothes, towels, cameras, food, etc. There will be a rowboat along, which carries the lunch, first aid kits, etc. A dry set of clothes and towels are not necessary during the day on the boats. Some groups find it helpful to have one dry bag on each boat to collect the items needed for the day (t-shirts, sunscreen, cameras). There will be a bag on each boat to keep the water bottles that we give you secured.

Q. WHAT KIND OF RAFTS WILL WE BE ON?

A. You will be paddling 16-18' paddle rafts. They hold 10-14 people. If there is a rowing frame on the raft, this raft will hold 6-10 people along with the guide. Smaller two-person inflatable kayaks are also available. We typically send 1 or 2 kayaks for every 15 people in your group (depending on availability). Each group is assigned their own set of rafts and inflatable kayaks prior to the departure. The paddle rafts require participants in the boat to paddle.

Q. DO WE HAVE TO WEAR LIFEJACKETS ALL THE TIME, AND CAN WE BRING OUR OWN?

A. Lifejackets are an absolute necessity any time you are near the water, including time in camp when you want to play in the river. We are required to use Coast Guard approved, Type V, whitewater jackets, **so please don't bring your own.** The lifejackets we provide fit up to a 55-inch chest size.

Q. IS DRINKING WATER PROVIDED?

A. We bring ample amounts of water for your group to drink and you do not need to bring your own. If the group starts running low, we bring out more. Drinking water is provided on the boats during the day and in camp at night in water coolers. Every participant will be given a 20 oz water bottle before the trip start to keep with them for drinking on the boats and in camp. This water bottle is yours to keep as a souvenir. There is water on the main support raft that can be accessed at any time to refill water bottles. During warmer months, we try to get water coolers on each raft. We ask that the water out of the water jugs only be used for drinking and not for bathing, hand washing, or squirting each other out of the water bottles. Lemonade is also available in camp. Water enhancers are a nice way to give your water bottles a little extra flavor when you are on the river during the day. The best way to prevent dehydration is to start your group drinking at least ½ gallon of water per person per day a week before you come on the river. Most dehydration occurs because someone in the group shows up already dehydrated and can't catch up drinking on the river.

Q. WHAT MEALS ARE PROVIDED AND WHAT KIND OF FOOD WILL WE HAVE?

A. Meals start with lunch the first day and end with lunch the last day at our warehouse. Lunch each day is a make it yourself sandwich buffet, with lunch meats, cheese, tomatoes, lettuce, onions, pickles, breads, etc. We also serve fruits, chips, cookies. Breakfast might be pancakes, sausage, melon, or French toast. Dinner may include spaghetti, green salad, or hamburgers, vegetables and dessert, which is served about an hour after dinner. You will not go hungry on this trip. A more detailed menu is available in the trip documents. Eating utensils and plates are provided. Drinking cups are not provided in camp, but participants are given a water bottle at the beginning of the trip to use for drinking in camp as well as on the river.

Q. CAN WE BRING OUR OWN SNACKS?

A. Snacks generally are not an absolute necessity on this trip as we supply ample amounts of food. If you would like to bring a few for your group they are not necessary at all the first day, but a nice thing to have on day two and in camp. Plan on bringing 1-2 items per person in a good quality water tight bag. Make sure to not bring anything that can melt and a garbage bag to put wrappers in. Please ask guides before giving snacks out on the river.

Q. WHAT IF WE HAVE FOOD ALLERGIES?

A. Please let us know about any food allergies in advance by email and be sure to remind the guides at the start of each meal prep. If we know about food allergies in advance, we can make minor accommodations in food preparation for the safety of those with allergies. If your food allergy is severe, we suggest you bring a few of your favorite food items and we can help you transport them on the river for you to use when necessary. The only peanut products we use are peanut butter for sandwiches at lunch. Those with a peanut allergy go through the lunch line first. For those with severe gluten allergies we suggest bringing your own favorite brand of gluten free bread, noodles for pasta night, and supplemental breakfast items. You are welcome to bring your own food cooler with items in it or we can transfer them to our coolers. A basic menu is included with the trip documents.

Q. DO THE KIDS OR LEADERS PREPARE THE MEALS OR CLEAN UP?

A. The guides set up the kitchen and do all the cooking and clean up. You can all relax and enjoy the scenery and time with your group. Each group will be responsible for helping to unload and load your gear from the trailer and set up their own personal camping areas. Most groups set up camp before dinner and take it down right before breakfast. When your group leaves the camping area, we ask that a thorough clean-up of the camp be done for all trash.

Q. ARE THERE CREEPY CRAWLIES AND CRITTERS ON THE RIVER?

A. At some campsites and water levels the mosquitos and gnats can be kind of pesky and insect repellent is a necessity. Other years are not so bad. There are mice and other rodents that will get into tents or bags if left with food in them.

Q. CAN WE TAKE A SHOWER?

A. The only clean water we bring is for drinking and cooking. Bathing in the river is acceptable, but it is best to use biodegradable soap. Baby wipes work well for getting the major dust and river water off.

Q. WHERE WILL OUR GROUP BE CAMPING?

A. Generally, on this trip we camp in BLM administered campsite along Highway 128. Some we reserve in advance; others are first come first serve for the general public and we do our best to get our groups the best campsites we can. A link with directions will be sent to you a few weeks prior to your launch date. These are public campgrounds and we are asked to abide by the campground rules of 10 pm quiet hours and respect the privacy of the other campers in the area. **Leaders are responsible for keeping their groups quiet after 10 pm.** The campgrounds have picnic tables, pit toilets, and some have shade shelters. You are welcome to bring additional canopies if you would like to supplement the shade that is in the camp.

There is no electricity or running water at the campsites. We do not recommend bringing motor homes to the campsites in the summer months as generators cannot be run during the night. Please do not bring decorations for the campsites. The beauty of the surrounding red rock cliffs is all that your eyes need to see.

Q. CAN WE BRING HAMMOCKS TO SLEEP IN?

A. **Hammocks are not allowed.** The campsites lack adequate trees to support hammocks and the pavilions are reserved for activities and meals. It would be disappointing to count on using a hammock and not be able to. Please leave them at home.

Q. CAN WE HAVE A FIRE IN CAMP?

A. We are often placed on a fire ban during June and July. Please check with our office before planning on a campfire. Most nights are too warm for a fire to be comfortable and it does not get dark until almost 10 pm, with the sun setting about 9:15 pm. **If your group would like a fire type atmosphere, we suggest using yellow or red glow sticks as any kind of white light (lanterns) attracts insects at night.**

Q. DO WORLD WIDE GUIDES PREPARE ANY EVENING ENTERTAINMENT OR A FIRESIDE PRESENTATION FOR THE TRIP?

A. The guides are prepared with an activity one of the evenings of the trip. This could be playing games, a guide Q & A, a talent show, or they can help you with any activity of your choice. There are places in each campground for your group to have limited privacy for a fireside or more spiritual activity that you direct. There is time late in the evening to gather your group for a quiet activity or closing devotional. The guides can assist you in any of your group activities if you ask them, but only plan to participate in one evening activity.

Q. IS THERE LOTS OF DOWNTIME IN CAMP?

A. There is always some downtime in camp. How much downtime all depends on the water level. Typically, early in the season, end of May to end of June, the water level is up which may mean you arrive in camp earlier than usual where there will be more downtime before dinner. It is a good idea for leaders to have ideas for activities for their group so that no matter how much downtime you may have you can have something to do, but you don't need to over plan. The guides also have a few games available for use by the group.

Q. IS THERE CELL PHONE SERVICE ON THE RIVER TRIP?

A. The simple answer is no there is not. Cell phone service is spotty at best. There are some places along the river that texts can be sent out using Verizon, but service for phone calls cannot be counted on. This is a great opportunity to unplug from the technology that often distracts from enjoying each other and the beautiful scenery around.

Q. WILL OUR GROUP BE TRAVELING WITH ANY OTHER GROUP?

A. There is a good possibility that your group will launch with another group and be on the river with them during the day. We do our best to get each group their own set of rafts. The campgrounds are very large and we separate the groups as best we can. You might share the same kitchen area and lunch raft.

Q. CAN WE ADD MEMBERS TO OUR GROUP?

A. You can add members to your group before the trip goes out, providing they are paid in full before the trip departs. Please let us know as far in advance as possible so we can properly plan for them. We try to be flexible but emailing or texting us at least 4 hours before your meeting time is very helpful in our scheduling.

Q. IF WE HAVE MEMBERS OF OUR GROUP WHO CANNOT GO ON THE TRIP AT THE LAST-MINUTE WILL THEIR MONEY BE REFUNDED?

A. We suggest that you find a replacement for the person who has had to drop out. We know that individual numbers are hard to pin down until the last minute. **While we try to be as flexible as we can with individual cancellations and additions, there will be no refunds issued the day of departure without notice (email or text) of cancellation 24hrs before day of departure. If your numbers are off by just 1 or 2 you can email or text 4 hours before the meeting time and we can still offer a partial refund.**

Q. WE HAVE MEMBERS OF OUR GROUP WHO NEED TO LEAVE EARLY OR JOIN AFTER THE LAUNCH TIME?

A. The campsites we use are road accessible so meeting up with the group is not a problem. Please contact our office for specific information. There are no discounts given for late arrivals or early departures.

Q. WILL WE NEED MONEY ONCE WE GET TO MOAB?

A. You will not be coming into Moab for this trip unless you drive into town on your way to camp so there will not be need for any money unless you would like to leave a gratuity for your guides. The guides will have a few t-shirts available for purchase in camp for \$15.

Q. WHAT ABOUT TIPPING?

A. You should never feel that a gratuity is automatically expected from you, but it is a great way to acknowledge excellent service. Our guides work hard to make each expedition a memorable and rewarding experience. Gratuities can be put on your invoice if needed for reimbursement. While gratuities can be paid in our office using a check, credit card, or refund money that is due back to you, it can also be given directly to the trip leader or your guide in cash or Venmo. May we suggest \$5-\$10 per person in your group.

Q. ARE THE GUIDES CERTIFIED?

A. All guides have the experience and other qualifications as required by World Wide River Expeditions and have participate in an extensive pre-season training that includes Advanced first aid and CPR, whitewater rescue techniques, general boat maneuvering, Youth Protection training, safety afloat, and safe swim defense. The highest level of standards is expected of all guides in language, in attitude and in dress and appearance.