



Cataract Canyon Overnight Trip Info



SAMPLE ITINERARY:

Day 1:

10:30AM: Meet your shuttle drivers just outside of Moab, UT along the Colorado River. Pack your gear into our large drybags and meet your guides.

11:30PM: Pack your lunch while listening to the safety talk. Afterwards, jump on the raft barge to motor downstream.

5PM: Arrive at Camp. Help fire line and set up gear.

7PM: Enjoy a delicious hot dinner cooked riverside by your guides followed by a desert and watching the sun set.

10PM: Quiet time. Crawl into your tent and sleeping bag or sleep out on a cot under the stars.

Days 2-5:

7AM: Coffee call!

8AM: Breakfast served by your guides. Start packing up after you get your fill.

10AM: Jump back on the barge to finish motoring.

12PM: Stop riverside for a delicious lunch. Optional hike on day 2.

4PM: Arrive at camp, assist guides with fire lining gear and set up tents. Take a swim or soak amongst beautiful views of one of the most Desolate sections of the lower 48.

7PM: Enjoy a delicious hot dinner cooked riverside by your guides followed by a desert and watching the sun set.

10PM: Quiet time. Crawl into your tent and sleeping bag or sleep out on a cot under the stars.

Day 5:

2PM: Arrive at take-out and your vehicles. Help put boats on trailer. Unpack your dry bags, enjoy a closing circle and say goodbye to your guides. Drive 4 hours back to Park City.

****Logistics can change depending on water level. We email exact meeting times and locations 1 month prior to your trip.**



WHAT TO BRING:

- Bathing suit/swim trunks
- A t-shirt and shorts to wear over your bathing suit
- Sunglasses
- Sun hat
- Shoes that attach around the ankle and can get wet (no flip flops) Old sneakers work well.
- Water bottle
- Sunscreen (very important, the sun is extremely harsh in the desert)
- Mosquito repellent
- Snacks (we bring lots of snacks along but if you have a personal favorite we have room to store them for you)
- Relevant medications you may need while on the water (inhalers, etc.) and personal medical supplies (catheter, breathing equipment, etc.)
- Comfortable clothing to change into at camp (some people prefer long sleeves and long pants in case of mosquitoes)
- Camp/hiking shoes
- Clothing to sleep in
- Rain jacket
- Flashlight/Headlamp with batteries
- Personal items (book, journal, camera etc.)
- A pillow (if you want one)
- Personal toiletries (chap-stick, lotion, toothbrush and toothpaste etc.)
- Sleeping bag (let us know prior to the trip if you would like to borrow ours)
- Sleeping pad (let us know prior to the trip if you would like to borrow ours)
- Tent (let us know prior to the trip if you would like to borrow ours)

PLEASE DO NOT BRING:

- Weapons
- Alcohol
- Glass bottles of any sort
- Expensive or important jewelry
- Pets (if you have a service animal please contact us at Rafting@DiscoverNAC.org)
- Your own personal floatation device
- Fishing equipment (unless you have a UT license)
- Suitcases (they are hard to fit into our dry bags)

WE PROVIDE:

- All rafting equipment
- Well balanced meals from lunch on day one to lunch on the last day
- Plenty of water and coffee
- Snacks
- One small dry bag per boat for inexpensive items (approx. 15L)
- One large dry bag per person for overnight gear (approx 110L)
- A hand wash system at lunch and camp
- Camp Chairs





FREQUENTLY ASKED QUESTIONS:

Q: How can people who use wheelchair sit in the raft?

A: You will be surprised by what a little bit of creativity can accomplish! We strap modified plastic chairs to the frame of an oar boat. These chairs provide back and lateral support for the participant. Foam padding is added to the chairs as needed.

Q: How old do I have to be to go rafting?

A: The N.A.C. has different requirements for the different river sections that we go rafting on. For Fisher Towers, Ruby-Horsethief and Labyrinth Canyon, we require participants to be at least 5 years old and must have a chest circumference of 22" or larger (to fit into our PFDs). For Desolation Canyon the minimum age is 9. For Westwater Canyon, Gates of Lodore or Cataract Canyon the minimum age is 12. Our PFD's have a maximum chest size of 58". Participants must be able to fit into a NAC PFD. Participants are NOT allowed to use their own personal floatation device.

Q: I have a disability that limits my ability to take care of my own personal needs. Will the guides be able to assist me?

A: Our guides are trained in transfers and assisting participants getting around camp; however, they are not trained personal care attendants. If you need assistance with any of the following: eating, toileting, taking medications, dressing and getting in/out of bed, we ask that you bring someone to assist you.



Q: When we are camping on the river, where do we go to the bathroom?

A: Our river toilet is a large metal receptacle with an airtight lid that can be removed to fit a toilet seat. This is where all of our solid waste will go during the trip. Often our guides will find a remote spot with a beautiful view of the river to set up the groover, so your grooving experience will be most pleasurable. For liquid waste, we ask that you use the river, or for overnight trips we will set up a bucket with a toilet seat next to the groover, so you don't have to get your feet wet.

Q: I have dietary restrictions. Do I need to bring my own food?

A: Our guides are pretty darn good at making amazing menus that suit the needs of everyone on the trip. Our menus are based off of the dietary restrictions on your participant profile. If you have severe restrictions please contact our Moab office at Rafting@DiscoverNAC.org. We welcome all participants to bring along snacks or non-alcoholic drinks that they personally enjoy.

Q: Do different sections have different eligibility criteria?

A: For rafting on any river section participants must be able to maintain a closed airway. For rafting on our large sections; Westwater, Cataract Canyon, Desolation and Gates of Lodore participants must be able to independently turn from face down to face up while in the water.

Q: What happens if I am late?

A: If you are part of a group and the rest of your group arrives on time we will wait up to one hour for you. If your entire group is late we will wait up to one and a half hours at the meeting location for you. If you have questions pertaining to cancellation policies, please refer to the N.A.C. participant handbook.

Q: What do we do if the weather is going to be bad?

A: We raft in most weather conditions; including sun, rain, wind and more! We bring along splash jackets in case you get cold but please check the weather and plan accordingly.

Q: Do you supply personal items?

A: We do not supply personal items such as pillows, clothes, hats, sunglasses etc. We do lend out sleeping bags, tents, cots and sleeping pads upon request. All requests must be submitted to the Moab office prior to your trip.

Q: What happens if I need to get off the river during a trip?

A: Most of our river sections do not have access to roads. Our river sections are desolate and do not allow for a partial attendance to our trips. In the cases of medical emergencies we contact Search and Rescue or a helicopter to evacuate you.

Q: Can I bring a C-PAP machine?

A: We can bring along a Goal Zero portable battery to power a C-PAP machines if we have a machine available. Requests for a battery must be submitted to the Moab office prior to your trip. Due to the range of power draw from C-PAP machines we cannot guarantee that the battery will last for the duration of your trip.

Q: Can I bring an electric wheelchair?

A: We cannot bring electric wheelchairs on the river due to weight and chance of getting wet. Please bring a manual chair for your river trip. If you only have or need to use an electric chair please contact the Moab office at Rafting@DiscoverNAC.org.

Q: Can we have a campfire?

A: We can have a campfire on overnight trips UNLESS there is a ban on fires from the BLM or Park Service. Fire bans typically happen from June to September.



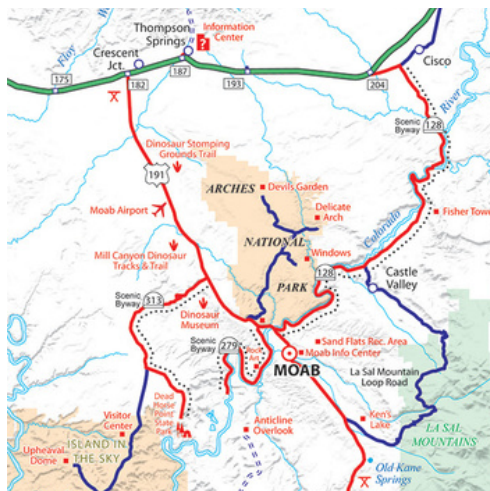
Q: What if I have more questions?

A: For any other questions please email our Moab Office at Rafting@DiscoverNAC.org.

Q: What are my options for lodging, eating and other activities in Moab?

A: Moab is an outdoor mecca for people from all over the world. You can mountain bike, hike, rent off road vehicles, canyoneer, and go climbing. If you are looking for more information on activities and/or lodging options please see the list of resources below.

- [Discover Moab](#)
- [Moab Accessibility](#)
- [Dead Horse State Park](#)
- [Arches National Park](#)
- [Canyonlands National Park](#)
- [Moab Museum](#)
- [Big Iron Tours](#)



OTHER SECTIONS WE RAFT

- Fisher Towers 1-2 days (class II)
- Ruby/Horsethief 3 days (class I)
- Labyrinth Canyon 5 days (class I)
- Westwater Canyon 2 days (class III-IV)
- Desolation Canyon 5-6 days (class II-III)
- Cataract Canyon 5 days (class IV)



SHOW YOUR APPRECIATION



There are many ways that you can show your appreciation and spread the stoke to the NAC and our instructors!

- Send us a picture of you on our programs with a quote of how awesome your trip was!
- Follow us on social media: [@NationalAbilityCetner](#)
 - Bonus points if you like and comment on our posts!
- Complete the surveys that are sent to you after your programming.
- Tip your guide/instructor! Your guide/instructor will do everything possible to make sure your trip is safe, enjoyable, and successful. Gratuities are greatly appreciated and at your discretion.