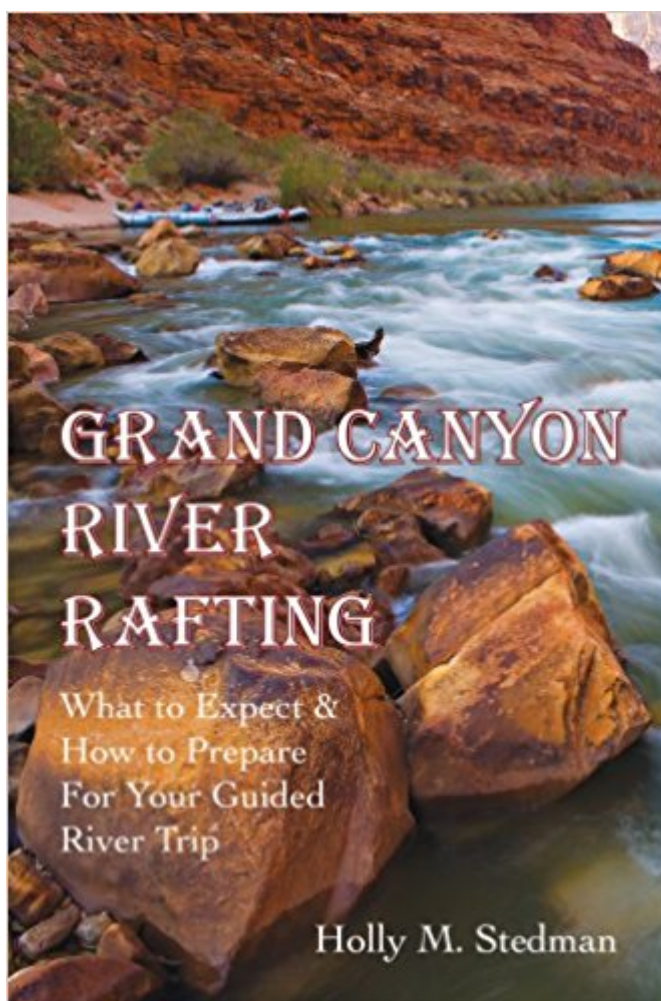


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# Grand Canyon River Rafting; What To Expect & How To Prepare For Your Guided River Trip



## Synopsis

This essential comprehensive book prepares you for your multi-day Grand Canyon Whitewater River Adventure. Right down to the sand in your shoes, Stedman has overlooked nothing. Interviews with River Guides have made Grand Canyon River Rafting a relevant manual, providing helpful checklists and answers to questions River Guides are asked over and over, as well as guidance in choosing appropriate clothing, gear, equipment, and personal necessities. Thorough descriptions of how to pack, how to prepare for camp life, and the types and options of River trips round out what the beginner needs to know. Stedman effectively addresses vital safety and sanitization issues, significant women's concerns, and Leave No Trace ethics. This valuable manual leads the way to appropriate preparedness, assured peace of mind, and the confidence required to fully enjoy your Adventure Of A Lifetime. Also included are helpful resources, recommended reading, a glossary, and an Index. Get informed! Your ultimate goal is to be safe, have fun, and desire to do it all again!

## Book Information

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## Customer Reviews

Holly Stedman has experienced and shared the wilderness as an Outdoor Leader and Instructor, enjoyed many exhilarating backcountry backpacking trips in the Grand Canyon, Eastern Sierra Nevada mountains, the Southwest, and Canada; rafting expeditions in the United States and Canada, many kayaking expeditions among the Orca off Northern Vancouver Island, British Columbia, and several High Arctic canoe expeditions in the Arctic National Wildlife Refuge and Canada's remote Banks Island, Northwest Territories. Holly was also a member of the Sedona Fire District's High Angle Ropes Rescue Team, and an EMT volunteer. Other adventures have included

numerous caving expeditions in the Southwest, and snorkeling in the Caribbean and Tahiti. Holly and her husband own and operate Canyon Outfitters, a specialty outdoor retail store in Sedona, AZ, since 1993.

Exact whatsapp i needed to prepare my trip. Excellent to prepare For guided trip. Good For own organisation. Just buy

This was very helpful guide in preparing for a 10-day rafting trip. She provides a thorough list of gear and what to expect rafting. Not all of it applied or was needed for my trip in August but her book still had good suggestions that you can't find online - buying a camp towel if you weren't familiar with those, or a tent fan was actually nice for hot nights. Most of her suggestions were for cold weather rafting that for summer, I would recommend wearing a long sleeve cotton shirt over top a quick dry shirt. I would recommend checking out the book if you are rafting the Colorado River for the first time. That way you can jots down notes when you return on what worked and what stuff wasn't needed for the next time.

Awesome book - all the information we needed to calm the nerves about what to expect on our commercial rafting trip! Very helpful and practical.

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