Sample Trip Notes
From the McPatts' Maiden
Grand Canyon Run of September 2018

Trip Leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Alternate Trip Leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Qualified Boater: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you all for making this trip possible!

Many thanks to Norm Gaume, Jim Brainard and Eric Plikerd for the foundation of this document, evolved over many years of boating the Grand.

This is an edited version, always in draft, comprised of the aforementioned's notes, decisions made at meetings (two) our crew attended on behalf of this trip, communications and actual events. Most names have been removed because they were specific to our trip, while specific credit is given where due.

This document provides a good foundation for a Grand Canyon river trip. The character of your crew and their desired activities will dictate your details. Trip regulations and various fees need to be updated.

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**DRAFT**

# Crew List from GC Permit

We're filled out to 16; two folk per raft:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_

See attached list from our Permit data. Please let me know of any changes at your earliest convenience.

# Trip Dates

Permit Dates: 9/3/2018-9/23/2018

Rim World Schedule: 9/1 – Leave town

 9/2 – rig

 9/3 – NPS orientation meeting and launch

 9/20 – pass Diamond Creek

 9/23 – arrive Pearce Ferry

We're not camping on river left below National Canyon – Hualapai permits are $50 per person.

# Trip Regulations and Permits

Attached, see copies of Trip Regulations and our permits. Please read them.

# Group Expenses

Expenses for group supplies, food and other will be divided among all 16 participants.

1. Shuttle/vehicle storage
	1. Shuttle service

4 x $335 = $1340 / 16 = $83.75 per person (tax?)

5 x $335 = $1675 / 16 = $104.69 per person (tax?)

* 1. Fuel allowance of 15 miles per gallon times the per-gallon fuel costs times the miles traveled from Lees Ferry to Pearce Ferry. Roughly 300 mi x $.15 = $45
	2. Tips – what's typical?
1. Food
2. Group expenses: kitchen supplies, major first aid kit and groover supplies
3. The additional $90 for filling 16 crew after the primary permit date
4. Replacement or repair of anyone's damaged equipment

Please save your annotated receipts. Bring copies or the actual receipts in an envelope to the put-in or send them to \_\_\_\_\_\_\_\_ the week after the trip. \_\_\_\_\_\_\_\_ will summarize and divvy up who owes what to whom.

Leftovers: Individuals deduct the cost of the non-perishable foods that are left over at the end of the trip from their food expenses.

# Vehicle Information

Vehicles currently are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Shuttle

Our Lees Ferry to Pearce Ferry shuttle is reserved with River Runner’s Shuttle Service, Meadview, AZ, (928) 564-2194, <http://www.rrshuttleservice.com>    The cost is $335 per vehicle.    The shuttle service will store our vehicles at their yard at Meadview and will deliver them to the take-out on September 22.

Owners of vehicles that will be shuttled need to do the following.

1. Confirm that your vehicle is being shuttled by reply to this email.
2. Fill out the on-line Vehicle Transport Form.
	1. Permit holder is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	2. Take-out location and date are Pearce Ferry on September 23, 2018.
	3. At the bottom of the form, include my email address in the blank entitled “Email a copy of my form submittal to”
3. Pay River Runner’s Shuttle Service by mailing a check or calling them with your credit card number.
4. Take two envelopes to the put-in.
	1. Put your spare key and fuel money in one envelope labeled with your name and vehicle info and any information the driver needs to know.  Give this envelope to me at the put-in.
	2. Mark the other “driver tip” and include your tip (optional).  Leave it in your vehicle

I will mail River Runner’s Shuttle Service my spare key.  They will use my key to retrieve all the envelopes from my truck.

Questions?  Please send the form and make your payment by the end of July.  Greg Montgomery, the owner of RRSS, will let me know when he has all the forms and money for our group.

Shuttles of boat-hauling vehicles will be a group expense.  Costs to get to the put-in and home from the take-out should be shared by the people who are riding together but are not a group expense.

# Boat Information

## Raft List

See attached raft list submitted to the NPS. Please let me know if there are any changes. Note: No kayaks this trip

## Equipment for Every Raft as Required by the NPS

1. For each person on the raft: Coast Guard approved PFD Type I, III, or V (whitewater approved). These must be in good condition and not have rips, torn seams, broken zippers or buckles, or significant UV damage.
2. We need two spare PFDs for the entire trip. Please bring a spare for your boat and we will decide at the put-in which ones we will take. Having spares at the put-in will give us a buffer against potential rejection by the NPS. Feel free to take a spare down the river even if we do already have the required two.
3. Minor first aid kit
4. Two extra oars
5. Air Pump – One air pump per trip is required. It is up to you if you want to bring your own. I encourage this because of the convenience. If you do have a penchant to bring your own pump, bring it, if not, don’t.
6. Boat repair kit (check your glue!!)
7. One River guide, but please feel free to bring as many as you like
8. US Coast Guard approved, Type IV throw cushion for boats 16 feet and over as per manufacturers specifications

## Equipment for Every Raft as per Eric Plikerd

1. 12 gallons minimum drinking water (fill containers at put-in)
2. Throw ropes – two so you don't have to reload
3. Required lengths
4. Bow and stern lines
5. Flip lines
6. Spare straps
7. River Guide
8. Firewood: *No firewood on McPatt trip.* For future reference (unedited):

"Bring what ever amount you think you can carry comfortably. Do not get too carried away with large quantities. If we burn 8 pieces of firewood per night, than each boat would have to bring thirty pieces. On the last February/March trip, JoAnne and I came out the bottom end with firewood left over."

1. Recommended Equipment
	1. Boat umbrella
	2. Chair with headrest

## On the River

1. Stay in sight of the boat in front of you and the boat behind you. If you can’t see the boat behind you, stop.
2. Hikes?
3. Typical river schedule?

# Cook Groups

The crew decided to have two groups working each evening: one cooking and one dishwashing. The cook groups are:

    Group 1:  \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_

    Group 2:  \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_

    Group 3:  \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_
    Group 4:  \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_

## Cook Group Schedules

1. The cook group rotation - set in the on-line shared spreadsheet.
2. Cook group responsibilities begin with dinner, then breakfast and lunch the next day.
3. Cook group of one night becomes dishwashing group for the next night.
4. The spreadsheet has pages for menus, food allergies and preferences, coffee desires (needs!), and kitchen box contents.

## Cook Group Responsibilities

1. Each group is responsible for five dinners, breakfasts and lunches.
2. Each cook crew is responsible for planning their menus, purchasing and storing food on their rafts.
3. Please mention any special storage needs you may have for consolidation purposes.
4. Share your menu ahead of time to consolidate condiments and specialized items.
5. On the river, cook group responsibilities start with dinner of the assigned night and continue through the following day’s breakfast and lunch.
6. The cook crew is responsible for cooking, cleaning and shutting down the kitchen and preparing for the next meal.

## Supplies and Equipment

Review Kitchen box contents on-line.

No spice box this trip.

1. Each food group bring your own:
	1. Charcoal and lighter fluid, as needed for menus
	2. Trash containers; each cook group is responsible for bringing their own trash bags and carrying their own garbage.
	3. One roll of paper towels, bring more if you feel like your cook group will need more (the kitchen will likely not have any)
	4. Spices you might need
	5. Cooking oil
	6. Aluminum foil if you need it for your cooking.

# Camp Chores

## Evening

1. Cook crew finds and sets up their personal camps.
2. Everyone else assists in:
	1. Set up the kitchen
	2. Set up the groover
	3. Setup water for dishwashing (four buckets full). Please note that in order to not contaminate the dish wash and rinse water, specific buckets are used for dishwashing versus hand washing. The buckets will be marked.
	4. Set up kitchen and groover hand wash systems (two buckets each, one with water and one without).
	5. Set up and inventory potable water.
	6. Set up the fire pan and blanket, trash (burn burnables), can smashing, as needed.
	7. Set up tarp, if needed.
	8. Lantern/lights for evening dishwashing
3. Cook group cooks while others set up their camps
4. Cook group puts up and stores food
5. Dishwashing group cleans. See “Dishwashing” below.

## Morning

Everyone assists in taking down the kitchen except for the cook crew. Try to have breakdown of your personal camp well underway before breakfast so that you can help take down the kitchen after breakfast while the cook crew breaks down their camps.

1. Coffee Meister is up early to prepare coffee. Coffee call at 6am.
2. Cook group cooks while others are packing up.
3. A couple of people take a thermos of hot water for use by anyone. If you have a thermos and think that a hot drink for lunch might be beneficial, please bring it if your boat has the extra space.
4. After breakfast,
	1. Cook group packs up personal stuff.
	2. Everyone else will:
		1. Pack up the kitchen.
		2. Smash cans and put into storage.
		3. Pack up trash, wash the kitchen floor.
		4. Pack up the fire pan and ashes.
		5. Pack up tarp, if needed.
		6. Pack up their own rafts and help with loading cook group rafts.
		7. Pack up kitchen and groover hand wash systems.
		8. Pack up the groover last.
5. Before launch, group meeting to review sites to be visited, obstacles to be handled, lunch plans, potential destinations. Review pluses and deltas from the day before: the good things that occurred and suggestions for changing whatever wasn’t so good.
6. Off we go. Let's plan to get on the river by 9am so that we can have better choices of hikes, campsites, and more time to enjoy camp in the evening.

## Dishwashing

1. Each night a separate cook group is responsible for cleaning and shutting down the kitchen:
	1. Heat large container of settled/Alum-ed water.
	2. Setup color-coded tubs for dishwashing (four).
	3. Wash dishes.
		1. We will use the standard four-tub dish washing system, warm to hot water in the grunge tub with a little bit of dish soap. Hot water in the grunge (red) and soap wash (orange) tubs. Warm water in the first rinse tub (yellow), and cold water in the Clorox rinse tub (green). We generally put a cap full of Clorox in the Clorox rinse tub.
		2. Note, the dish rinse water bucket and the final Clorox rinse buckets are never used as grunge or soapy wash buckets. This helps to eliminate transfer of an oily film to the dishes from the rinse water.
	4. Wipe down tables and stoves.
	5. Put away the washed dishes.
	6. Turn off propane.
	7. Dispose of dishwater and clean the buckets.
		1. Throw all dishwater and handwash water into the river. Dump dishwater as follows.
		2. Strain the grunge water into the river.
		3. Rinse the grunge tub with the wash water. Strain the grunge water.
		4. Rinse the wash tub with the rinse water. Rinse the grunge tub next. Strain the grunge water.
		5. Rinse the rinse tub with the bleach water, then rinse the wash tub, then the grunge tub. Strain the grunge water.
		6. Wash sides of tubs as you go.
		7. Dispose of solids in the trash.
	8. Please be aware of the cook crew during cleanup and offer to help if it appears like they could use some.

## Groover Setup and Takedown

1. The cook crew is never on groover duty.
2. If you are not on kitchen duty, please take the initiative to do groover duty. If by the fifth day or so in the trip you have not participated in setting-up and taking down the groover, it is your turn.

### Note on Groovers from a Previous Rendition (unedited):

We are asking that those of you who have Eco-safe groovers bear with us and not bring them. The following are the reasons why we find these groovers not suitable for Grand Canyon trips:

the Eco groovers incorporate inserts into rocket boxes and as such they cut down on the carrying capacity of the groover when compared to rocket boxes without the liners.

the toilet seat has an extension like funnel that gets fecal matter on it and it requires cleaning at each takedown, a dirty and disgusting job.  Whereas using rocket boxes without the inserts requires the use of a toilet seat that you place over the rocket box. Used as such, the toilet seats do not become contaminated with feces unless something very unusual occurs.

the Eco groover seat must be placed in an additional rocket box while the groover is not in use to keep flies from landing in the seat and then heading for the kitchen. This requires a three rocket box groover system, one for the groover, one for supplies, and one for the seat.

Norm and I think that the there is a good chance that many of the Norovirus illness on Grand trips have resulted from direct fecal contamination of food by flies.  We suspect this because we have had to implore people on other trips (sometimes more than once per trip) to 1) remove the seat from the active groover box and 2) place the groover lid back on the groover such that there is no gap between the lid and the box.  We have had these lapses in groover use protocol after explaining to people at the put-in the importance of keeping the groover closed. So I imagine that other trips with less strict or careless oversight have had even less success at keeping the groover closed to flies.

A second note on groovers: We typically do not add odor reducing compounds to groovers because we are used to smelling rank odors and it keeps the individual use time at the groover to a minimum, I guess. But if you feel like you need to add a odor reducing compound to your groover (the groover you are assigned to bring) please feel free bring it and to use it. I will entertain using odor reducing substance in my groover(s), if the group wants this, only if the substance is deemed safe for septic systems and enhances the breakdown process. I dump my groover(s) into my septic tank and I don’t want to impact the breakdown process in the septic tank.

### Toilet Paper (unedited)

On TP I (Mike Smith) recommend a brand like Scott, it is more compact and has more sheets per roll, than a soft cushiony brand like Charmin.

Here is a 6th grade math problem for us to solve.

Given that the Scotts come in 1000 “squares” per roll and with an allotted use of 6 “squares’ per use, how many rolls of toilet paper do we need assuming 30 days of use by 18 people and two uses per day. You have thirty seconds to set the problem up.

Hmm: 1roll/1000squares\*6squares/use\*2use/person/day\*18persons\*30day= 6.48 rolls.

But given the exact uncertainty of usage, let's bring one roll per day = 30 rolls. This is definitely over kill, but if one of the three supplies becomes damaged and/or if we have a serious gastrointestinal event we would have plenty to spare.

# Medical Info

## Our Medical Folk and Med Kit

We are fortunate to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as our medical crew. They are collaborating on the contents of the major medical kit.

## Required Personal Medical Supplies (unedited)

The major first aid kit will have antibiotics, pain meds and so on, but we prefer to use these supplies for unexpected illness. If you bring your own medications to increase the likelihood that medications will be available if an unexpected illness occurs.

Please bring any medications (prescriptions, antibiotics, digestive aids) you have had to use in the past and that you might need on this river trip. Recommended to bring double and split them onto two boats.

## Medical Form

\_\_\_\_\_\_\_\_\_\_\_ will be sending around a medical form asking your medical history, current medications, insurance, and emergency contact numbers. Consider how useful the information on these forms will be if you are unconscious or otherwise unable to respond to questions and how much easier it will be on your fellow river companions if something does happen to you.

Give the filled out form to \_\_\_\_\_\_\_\_\_\_\_ at the put-in, noting the location of any personal medications you've brought on the trip.

The form will be placed in the major first aid kit in an envelope and will be opened in case of a medical problem. These forms will be destroyed at the end of the trip.

# Personal Gear

1. Required Gear

Every person needs a Government issued ID

1. Recommended Gear (unedited)
	1. Dry suit (check your gaskets)
	2. Spare neck wrist, and, if needed ankle gaskets and aqua seal for adhering the gasket to the suit.
	3. Warm headgear and gloves
	4. Waterproof gloves for the river. Neoprene gloves will not keep your hands warm because they are designed for under water use, not in the atmosphere where evaporation will cool your hands.
	5. Appropriate river shoes. beware that the high-top neoprene boots sold by NRS fill with water during a swim and thus it can be very difficult to get you back in the boat. Boots filled with water will reduce your buoyancy also! This opinion is based on an experience we had on a grand trip where one of our more physically strong friends swam and had a difficult time staying above water and getting into the boat. This guy is very strong.
	6. Warm and dry clothes for the river
	7. Warm and dry clothes for camp
	8. Rain gear
	9. Canteens (stay hydrated)
	10. Day pack (go hiking)
	11. Dishwashing gloves for rigging and washing dishes
	12. Chair
	13. Headlamp(s)
	14. Spare batteries
	15. Four season tent (without mesh to keep sand out during a sand storm)
	16. Sand stakes
	17. Winter sleeping bag and pad
	18. Personal snacks
	19. Medications
	20. Toiletries
	21. One roll of toilet paper (get the Scotts double ply or something similar)
	22. Spare glasses
	23. Sunglasses and spares
	24. Thermos
	25. Additional notes:
	26. Dishwashing gloves (the Clorox can be hard on hands and we need to use hot water to wash the dishes)

## Liquid Refreshments, Personal TP and Dish Washing Gloves

1. \_\_\_\_\_\_\_\_\_\_ will be supplying all of the coffee for the trip, so the coffee drinkers need to tell \_\_\_\_\_\_\_\_\_\_ about coffee preferences; quality, quantity, additives and whatever else you may wish. It is up to \_\_\_\_\_\_\_\_\_\_ to decide what additives he/she will supply and what additives you must bring for yourself. It has been decided that those who want Half & Half must bring their own. [This was changed to the Coffee Meister bringing the Half & Half must bring their own.]
2. Hot chocolate? Chai? [Individuals brought their own.]
3. No one is bringing group tea, soft drinks, beer, liquor or other drinks, so if you desire such things, bring them yourself.
4. Bring your own dishwashing gloves for dishwashing. They can also protect the hands while rigging and even while rowing or riding in the boat in cool weather.
5. Bring personal toilet paper if desired, though groover supplies will include TP and wipes.

# Entertainment

Layover sites, hikes, favorite camp sites?

Frisbie

Guitar

Bocce

# Initial Itinerary

Launch date: September 3, 2018, Lee’s Ferry

[The itinerary changed almost daily, but it was good to review overall every few days.]

Take-out: September 23 take-out fits with our normal below-Diamond routine.  We will pass Diamond on the 20th and spend the night of the 20th somewhere upstream of Surprise Canyon (Bridge Canyon Mile 235 preferred) and the 21st at Surprise (Mile 248) or Spencer.  The 22nd would be our 25 mile flat water day, spending the night at mile 273.  Take out the morning of the 23rd at mile 280, Pearce’s Ferry.