



"The Grand Dame" of Women's
Adventure Travel Since 1982

2014 ~ Celebrating 32 Years!

DATES

October 5 - 11, 2014

COST

\$2,995 (\$600 deposit)

RATING

Moderate

ACTIVITIES

Hiking, Natural History, Horseback Riding,
Wildlife Viewing, Birding, Photography

MAIN ATTRACTIONS

- Stay at a cozy and rustic guest ranch in Boulder, UT, and in historic western cabin accommodations at the Lodge at Bryce Canyon.
- Daily guided hiking in 2 of SW Utah's world-class wilderness parks: Capitol Reef National Park, and Bryce Canyon National Park – all part of the exquisite Colorado River Plateau in Red Rocks country.
- Explore and hike in one of the nation's newest National Monuments, Grand Staircase-Escalante, where some 200 million years of the earth's history is laid open for exploring, and where 6 of America's most magnificent national parks surround it.
- Experience some of the southwest's most colorful and vivid landscapes – great multi-colored land masses, water-carved canyons, hoodoos, peaks, waterfalls, and pinnacles.
- Take an optional horseback ride, or maybe take an afternoon off to sit and contemplate the silence in this surreal, stunning environment.

AdventureWomen is the oldest
adventure travel company for active
women over 30.

THE BEST HIKING IN SOUTHWEST UTAH: Grand Staircase-Escalante, Capitol Reef, and Bryce Canyon

Hiking in colorful and awe-inspiring Southwest Utah is an experience that has to be seen and savored to be believed. This is unforgettable Utah hiking! A land of enchantment with spires, hoodoos, red rock canyons, high plateaus, and exhilarating views, it has some of the most phenomenal natural scenery on earth.

Exploring Bryce National Park, Capitol Reef National Park, and Grand Staircase-Escalante National Monument, our hikes take us through a huge and exciting land of extremes, from high sandstone ridges to water-carved canyons. And just when you think the scenery can't get any better, it does! We'll learn about spectacular geology and the vast assortment of plant and animal life, all the while staying in charming accommodations in Boulder and in Bryce Canyon.

From our meeting point in Salt Lake City, we travel south to Boulder, Utah, a small ranching and farming community that nestles amidst rugged terrain. Situated at the base of Boulder Mountain and within Grand Staircase-Escalante National Monument, Boulder is isolated, remote, and spectacular. The town marks the western terminus of the famous Burr Trail, a road that runs eastward through spectacular red rock country to the Waterpocket Fold in Grand Staircase-Escalante National Monument, and on into Capitol Reef National Park. President Bill Clinton designated the area as a national monument in 1996 using his authority under the Antiquities Act. Grand Staircase-Escalante encompasses the largest land area of all U.S. National Monuments - 1.7 million acres of vast and rugged, yet easily accessible land.

Our accommodations for the next 4 nights are at a warm and rustic guest ranch, located between the Grand Staircase-Escalante National Monument and the Boulder Mountain Range. Rooms are eclectic and fun, and wonderful cuisine from the ranch kitchen compliments the vibrant colors of fall in this world of wonderful and wild natural treasures. Our daily guided hikes are nothing less than spectacular, in Capitol Reef National Park and the Grand Staircase-Escalante National Monument, with an option for horseback riding one day.

Next stop is one of the West's most vivid landscapes, Bryce Canyon. Brimming with pinnacles, fins, and mazes, Bryce is a place of intricate beauty. Early in the morning or late in the evening, the sun's rays bring the hoodoos to life, transforming them into color-changing stone chameleons. The first sight of the canyon is breathtaking. As Ebenezer Bryce, a Mormon carpenter with a gift for understatement put it, "the canyon is one hell of a place to lose a cow." We stay for 2 nights in the "in-park" Lodge at Bryce Canyon, a National Historic Landmark, which offers rustic 1920s elegance - down to replicas of the lodge's original hickory furniture. Opened in 1925, The Lodge is one of our national parks' architectural treasures. The celebrated and historic western cabins combine cozy beds (2 queens in each cabin), a gas

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715
EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com
406-587-3883 | 800-804-8686 | 406-587-9449 FAX

INCLUDED IN YOUR SOUTHWEST UTAH HIKING TRIP

- Round-trip van transportation from Salt Lake City, and throughout the week.
- Additional luggage vehicle.
- 6 nights twin-bedded double occupancy accommodations at a guest ranch and in historic national park cabins at Bryce Canyon.
- All meals where specified in the itinerary (6 breakfasts, 5 lunches, 5 dinners).
- Fully guided hikes and activities each day with Leslie Stoltz, your AdventureWomen naturalist-guide.
- All national park and national monument fees.

NOT INCLUDED IN YOUR VACATION TO SOUTHWEST UTAH

- Round trip airfare to Salt Lake City.
- Drinks and alcoholic beverages with meals.
- Meals not listed in the itinerary.
- Optional horseback riding.
- Items of a personal nature.
- Gratuities to your guide—approximately \$90 per person.

log fireplace, open beams, lodge-pole-pine walls, and modern amenities. Located in-between the main lodge and the rim, we are ideally located close to Bryce's trailheads.

This vacation in Southwest Utah combines hiking and adventure at its best in some of the country's most spectacular Red Rocks scenery. Join AdventureWomen in 2014 for some of the BEST hiking in Southwest Utah's national parks and monuments.

HOW TO REGISTER

First, call (800-804-8686/406-587-3883) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International OR Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH FORMS**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultants assigned to your trip, Ciretta Green at Montana Travel (1-800-247-3538), to make your airline reservations.

AIR FLIGHTS AND TRAVELING TO SALT LAKE CITY, UTAH

You will need to make arrangements to fly into Salt Lake City, Utah, on October 4 so we can **meet at the Shilo Inn, Shilo Inn, 206 S West Temple, Salt**

Lake City, UT 84101, at 9:00 a.m. on Sunday morning, October 5, 2014, for our group transfer to Boulder, Utah (approximately 4-5 hours by van).

We will return to Salt Lake City on **October 11 by 3 p.m.** and drop everyone off at the Shilo Inn.

Listed below are 3 Salt Lake City hotel suggestions, all downtown and within easy walking distance of restaurants, shops, and tourist attractions, and all located within an easy walk of the Shilo Inn and Temple Square. There's something for everyone here. If you would like to share a hotel room, pre-or post trip, let us know and we will put you in touch with others.

Shilo Inn

206 S West Temple, Salt Lake City, UT 84101 †

www.shiloinns.com

Located across from the Salt Palace Convention Center and in the perfect downtown location, this Salt Lake City hotel provides free Wi-Fi and a daily breakfast.

Radisson Hotel Downtown Salt Lake City

215 West South Temple, Salt Lake City, UT 84101

www.radisson.com

In the heart of downtown Salt Lake City, Utah and surrounded by the stunning Wasatch Mountains, this hotel offers exceptional service and a comfortable atmosphere, in the center of the city.

Peery Hotel

110 W Broadway (300 South), Salt Lake City, UT 84101

www.peeryhotel.com

The main draw of this quaint, historic hotel is its downtown location, within walking distance of restaurants, shops, and tourist attractions. Has a bit more charm than some competing properties in the area.

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:**

JULY 7, 2014.

CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations and trip cancellation. Information is sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

*Please check with each hotel about transportation to and from the airport.

HEALTH REQUIREMENTS AND HEALTH INSURANCE

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by hiking in rocky terrain and at altitudes of 6-8,000 feet.

HIKING EXPERIENCE AND PHYSICAL CONDITION REQUIRED

This AdventureWomen vacation requires that you be in very good physical condition, and be able to hike approximately 5-8 miles per day in rolling terrain (NOT flat!). The most you will carry on your back is a daypack, with your lunch, camera, rain gear, and drinking water. We will be hiking at elevations which average about 7,000 feet.

Being in very good physical condition for this trip will be essential to your enjoyment, as well as to your personal safety, and the safety of the group. Although it is not necessary that you have extensive hiking experience, it is necessary that you are in very good hiking condition prior to your departure. We recommend, with your Doctor's okay, of course, that you begin a walking program as your "training" for this adventure. Begin by walking a few miles at least 4 times per week, and work up to walking about 8 miles.

ACCOMMODATIONS AT BOULDER MOUNTAIN GUEST RANCH

Since we have rented the entire guest ranch for our exclusive use during our stay, we have use of cabins, rooms in the lodge, and even a luxurious wall tent that comes fully furnished with two beds, a sitting area, pot belly stove, raised floors and hand crafted furniture! Rooms are twin-bedded, double occupancy.

DINING AT BOULDER MOUNTAIN GUEST RANCH

From the owners and staff of the guest ranch: "SweetWater Kitchen" came out of a love of family and friends, in celebration of this sacred region. We do this by growing, cooking and sharing sustainable food in this spectacular southern Utah setting with people we care about...and you're invited! Here, our chefs are more of an integral part of what ends up on your plate. We literally oversee your food from farm to table... from seedling to harvest... fresh eggs every morning, to cattle, poultry, and pork that has been raised for us exclusively by our neighbors."

ABOUT OUR GUIDE

Leslie Stoltz moved to Montana more than 25 years ago to conduct research in Glacier and Yellowstone National Parks. This served as the foundation for a career of teaching and guiding visitors in national parks and wild areas throughout the Rocky Mountain West. She settled in Big Sky to guide hiking and cross country ski tours, where she shares her expertise in birding, edible and medicinal plants, and wildlife observation. Leslie has led many AdventureWomen and other company's trips over the years and we are fortunate to have her as our guide for this one!

OUR EXCITING ITINERARY FOR HIKING THE BEST OF SOUTHWEST UTAH

Day 1, Sunday, October 5, 2014: Meet in Salt Lake City and Transfer to Boulder, Utah

This morning at 9 a.m., we meet in the lobby of the Shilo Inn for our group pick up and transfer to Boulder, Utah, and our guest ranch accommodations for the next 4 nights.

While enjoying appetizers on the deck, we'll have group orientation and introductions, followed by dinner in the dining room. After dinner, we may do some guided stargazing, as the night skies here are clear beyond belief!

**IMPORTANT INFORMATION
ABOUT TRAVEL
ARRANGEMENTS**

We suggest you book your air reservations with our travel consultant soon after registering for this trip!

In order to facilitate group arrivals and departures, we ask that you work directly with our travel consultant at Montana Travel to make your travel arrangements. Either before or after booking your trip, please call Ciretta at Montana Travel, in Bozeman, Montana, at the following telephone numbers:

1-800-247-3538

Email: ciretta@mttravel.com

FAX 1-406-586-1959

**CANADIAN RESIDENTS,
please call 406-587-1188**

When calling, please identify yourself as an AdventureWomen Traveler. If you leave a message on Ciretta's voicemail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket through Montana Travel, you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

We have exclusively reserved the ranch for AdventureWomen **ONLY** during our stay.

(Dinner)

For the next 4 nights we will be staying at:

**Boulder Mountain Guest Ranch
3621 Hells Backbone Road
Boulder Utah 84716
435-335-7480
www.bouldermountainguestranch.com**

Nestled one mile from the illuminated Painted Desert of the Grand Staircase-Escalante National Monument, and two miles below the abundant aspen and pine tree forested peaks of Boulder Mountain, is the Boulder Mountain Guest Ranch (BMGR). The Ranch sits on 170 acres surrounded by the Dixie National Forest, presenting obstructed and breathtaking panoramic views. Five out of the seven life zones that exist on the planet are within ten miles of BMGR, allowing access to a large range of exceptional terrain. The Ranch is located between Capitol Reef National Park and Bryce Canyon National Park, and just a few miles from the famous Burr Trail.

Day 2, Monday, October 6: Drive the Burr Trail and Hike to Phipps Arch in Escalante

After a sumptuous breakfast this morning, we'll set off on a shuttle down the Burr Trail for today's hike to Phipps Arch.

The Burr Trail is a paved backcountry route that extends from the mountain town of Boulder down through Grand Staircase-Escalante National Monument, into Capital Reef National Park, and then to Bullfrog in Glen Canyon National Recreation Area. The route covers about 68 miles and affords extraordinary views of the Henry Mountains and lower Capital Reef country. It provides access to hikes in contorted landscape like The Gulch, The Circle Cliffs and the Waterpocket Fold.

Our first hike of the week is to Phipps Arch, located off the Burr Trail, in the Escalante wilderness. A hike to this stunning arch, with its 85 foot span, takes us through beautiful scenery, as we get to experience the full spectrum of the Escalante ecosystem, from dry mesa to riparian canyon, and finally to the Escalante river. This moderate hike (4-6 hours, about 6 miles) offers a good introduction to the Escalante area, and is not a hike to be missed.

(Breakfast, Lunch and Dinner)

Overnight Boulder Mountain Guest Ranch

Day 3, Tuesday, October 7: Capitol Reef National Park, "Land of the Sleeping Rainbow"

65 million years ago, while forces inside the earth were pushing up the Colorado Plateau, a 100-mile-long wrinkle in the earth's mantle was formed in southern Utah. Thousands of feet of subterranean sedimentary rock were forced upward as the fold developed, twisting and buckling to form a convoluted range of mountains we now call the Waterpocket Fold. Today, after a great deal of erosion, the mountains rise less than 2,000 feet above the desert floor, but what remains is a fairyland of geologic sculpture. The ancient mountains, most of which are now part of Capitol Reef National Park, have been carved into a tangle of hidden canyons, monolithic spires, and towering cliffs.

Today's hike takes us through narrow canyons, expanses of slickrock, and to view dramatic vistas from the top of the Waterpocket Fold. Upper Muley Twist Canyon cuts lengthwise along the spine of the Waterpocket Fold and creates a colorful, meandering canyon. The Navajo and Wingate sandstone layers are beautifully exposed here; tilted by the uplift and folding of the earth's crust and sculpted by millions of years of erosion. The Wingate,

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not “tours.” We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

stripped of its protective Kayenta cap rock, has eroded into unusual forms, including many large impressive arches. The half-mile round trip hike to Strike Valley Overlook provides outstanding views of the Waterpocket Fold and the surrounding area. The rim route in Upper Muley Twist Canyon provides similar views.

(Breakfast, Box Lunch and Dinner)

Overnight Boulder Mountain Guest Ranch

Day 4, Wednesday, October 8: Horseback Ride / Hike to Upper Calf Creek Falls

This morning you can decide what you would like to do today, choosing from the following options:

Take an optional half-day horseback ride to Death Hollow / have a massage at the ranch / or sit on the deck and read a book!

Or, you might choose to do a guided hike to Upper Calf Creek Falls. It's a moderate hike, 1.5 miles each way, 3 miles round trip, steep in some places. This is one of the premiere hikes in the Escalante area, with fewer people on the trail and great views.

This evening you are free for dinner, and will have to make more decisions about where to eat! Here are more options! What fun!

Hell's Backbone Grill - In the small town of Boulder, with a population of about 100 (most of which are employed by the restaurant) this small dining place rests on a large plot of land where they grow and raise all of what is served to their guests. Every ingredient is fresh and seasonal. The accolades for the grill are impressive – Sunset Magazine, New York Times Bon Appetit, Conde Nast Traveler and National Geographic reviewed it. Oprah loves it. 1,000 Places To See Before You Die put it on the list. Regardless of the awards and recognition, the restaurant remains humble and friendly as you would expect from a small town restaurant.

Burr Trail Grill - This restaurant also gets very good reviews. It is more Southwestern food, and burgers, but many think it is outstanding! We'll have to quiz the locals while there, so you can make a decision.

SweetWater Kitchen - You can also stay at the ranch and dine again on amazing food, if you prefer not to go out. However, since this dinner is not included, you will have to pay for it as an extra.

(Breakfast and Lunch)

Overnight Boulder Mountain Guest Ranch

Day 5, Thursday, October 9: Kodachrome Basin Hike and on to Bryce Canyon

This morning we say goodbye to the Boulder Mountain Guest Ranch and drive to Bryce Canyon. On our way, however, we stop for a beautiful, easy hike in spectacular Kodachrome Basin State Park.

In 1949, members of a National Geographic expedition named Kodachrome Basin for its spectacular colors. Geologists believe the landscape was once similar to Yellowstone National Park with hot springs and geysers, which eventually filled with sediment and solidified. Over time, sandstone surrounding the solidified geysers eroded, leaving 67 large sand pipes. As soon as you see it, you will know that the name fits perfectly. Kodachrome Basin State Park, with its red tinged rock formations and incredible blue skies, just begs to be photographed. The National Geographic Society came up with the name, and everyone agreed with it.

Towering monolithic spires or chimneys jut up from the valley floor or protrude from the sandstone rocks that surround

the campground and inspire an infinite array of subjects limited only by one's imagination. It's well worth the stop!

We continue our drive to Bryce Canyon, where we spend the next two nights in the quiet and relaxed Western Cabins on the rim at beautiful Bryce Canyon Lodge, overlooking the famous hoodoos and spires of Bryce Canyon National Park. Completely renovated to its original rustic 1920s elegance - down to replicas of the lodge's original hickory furniture - this beautiful "in-the-park" lodge is on the National Historic Register. Western cabins feature gas fireplaces, two queen beds and full baths. They are within a short walk to both the rim and the lodge. Dinner tonight is in the Lodge Dining Room.

(Breakfast, Box Lunch and Dinner)

Overnight in the Western Cabins at The Lodge at Bryce Canyon

**The Lodge at Bryce Canyon
Bryce Canyon National Park, Box 640041
Bryce, Utah 84764
(435) 834-8700
<http://brycecanyonforever.com>**

Day 6, Friday, October 10: Bryce Canyon, "One Hell of a Place to Lose a Cow"

In 1875, when Ebenezer Bryce discovered the geological gem now known as Bryce Canyon National Park, his most memorable description of the region was simply, a "helluva place to lose a cow!" And that, as we will discover, is an understatement.

Draped over the east edge of the Paunsaguant Plateau, running away from the thick pine forests like a roaring waterfall, Bryce Canyon spills its brown, red, orange, yellow, pink, and white pinnacles of limestone, sandstone, and mudstone into a radiant sunrise.

Not really a canyon at all, Bryce is a spectacular amphitheater carved by erosion in the 50- to 60-million-year-old rocks of the pink cliffs. These cliffs are the upper-most step in the "Grand Staircase" that rises to the north between Grand Canyon and Bryce Canyon National Parks. The Staircase is a series of cliffs, all retreating to the north as the superimposed rock layers of southern Utah are eroded. Some layers formed at the bottom of ancient seas, others on the coastal plains adjacent to the shifting margins of the sea. The layers were uplifted and are now being eroded by the action of water.

Today we hike at an easy walking pace on the Queens Garden/Navajo Loop Trail, 4-miles round trip. Walking into the canyon on the gentle descent of the Queens

Garden Trail, we'll pass the large fins of sedimentary rock that are slowly eroding into lines of "hoodoos." These formations give us a sense of geology happening before our very eyes. Brilliant red, pink, and white colors in the rocks show us iron oxides mineralizing in pure form. The action of weathering on the hoodoo sidewalls is reduced by a coating of carbonates and clays that are deposited as water runs down the surfaces. It appears to be natural stucco.

Viewed in the early part of the day, when the sun is in the east, these hoodoos burn brightly and radiate the iron oxide that gives the stone its color. Natural windows in the walk give us a look at processes that created this famous region. Many formations have appropriately gained whimsical names such as *Queen's Garden*, *Peekaboo Loop*, *Fairyland*, and *Trail to the Hat Shop*.

Winding on sandy trails, our hike takes us to some of the highlights in the amphitheater. We pass a towering hoodoo (*Thor's Hammer*) and natural bridges before we climb out of the canyon through Wall Street, a passageway with walls so sheer and tall that in places only a small sliver of the sky can be seen above. Walking this trail, you will sense the true scale of Bryce Canyon.

(Breakfast, Lunch and Dinner)

Overnight in the Western Cabins at The Lodge at Bryce Canyon

Day 7, Saturday, October 11: Departure from Bryce and Return to Salt Lake City

This morning we depart Bryce Canyon and drive back to Salt Lake City, where we will arrive no later than 3 p.m. at the Shilo Inn. You are free to make your travel arrangements accordingly.

(Breakfast)

WHAT TO PACK FOR YOUR SW UTAH HIKING TRIP

When packing and planning for this Utah hiking week, you should keep in mind that you need to be prepared for a wide range of weather conditions. Temperatures vary with changes in elevation and seasons, and because this area is high desert, the day and night temperatures may differ by more than 30 or 40 degrees Fahrenheit. Although fall weather is wonderful, it is often very unpredictable. The day can start out in the 80's, and cool off rapidly by late afternoon, and especially by the evening.

- ❑ **Medium-weight hiking boots.** It is best not to wear shoes, even if they are walking shoes, because ankle support is absolutely essential in mountain terrain. Please do not buy heavy leather boots as there are numerous medium-weight quality hiking boots on the

market. Asolo, Garmont, Merrill, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. Make sure your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. Please do not come on this trip with a pair of boots you have never worn before!

- ❑ **Rain gear.** You should be well prepared for whatever conditions occur. Therefore, it is very important that you bring a good WATERPROOF rain suit (jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that your entire body remains dry in a downpour (be it rain or snow). Your rain parka can also act as a lightweight wind jacket. See attached "Resources" sheet for a suggested rain suit, or the TravelSmith catalog that will be sent to you in your confirmation packet.
 - ❑ Fleece jacket, one wool cap, and gloves. The fleece jacket can be layered under your rain parka to act as a warmer jacket.
 - ❑ Hat with a brim, a necessity for this sunny environment.
 - ❑ An extra pair of comfortable shoes, such as tennis shoes or Tevas to wear in the evenings...ahhh!
 - ❑ A day pack that is large and comfortable enough to carry your lunch, cameras, rain gear, drinks and two water bottles on all hikes. Please note that fanny packs are not suitable.
 - ❑ 2, one-quart water bottles. We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages. Note: Drinking large quantities of water ensures that your body acclimatizes to high altitudes more easily.
 - ❑ Several pairs of long pants and hiking shorts (or zip off pants). Excellent hiking clothing is available through the TravelSmith catalog (sent in your confirmation packet).
 - ❑ Long-sleeved shirts and T-shirts, underwear, sleepwear.
 - ❑ Bathing suit.
 - ❑ Socks: It is best to wear 2 pair of socks inside your hiking boots, a pair of wool socks, and a thin pair of liner socks underneath the wool socks. We like Thorlo hiking socks and polypropylene liner socks which wick moisture and reduce blistering. Bring plenty of socks!
 - ❑ Sunglasses.
 - ❑ 2 or 3 (100% cotton) Bandanas for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed!
- Besides, it's a tradition around here!
- ❑ Sunscreen, lip balm with SPF, insect repellent, lotion (Utah's humidity is quite low) all with no fragrance.
 - ❑ Toiletries, including toilet paper. However, remember that absolutely all used paper must be carried out of the wilderness in small Ziploc bags. To cover all your bases, you can also include an ace bandage, Pepto Bismol, Immodium, and Correctol!
 - ❑ 6 quart-size Ziploc bags for waste paper and left over food.
 - ❑ Lightweight flashlight.
 - ❑ Small travel alarm clock.
 - ❑ Swiss Army knife or equivalent with scissors (very handy for cutting duct tape). Remember to pack this in your checked luggage, not your carry-on!
 - ❑ Earplugs. for snoring roommates or howling coyotes! We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
 - ❑ Camera, more memory cards than you think you will need, extra camera batteries and battery charger. Photography on this trip is amazing! Even if you rarely take photographs you will find that you will want to have a camera with you because the scenery in this area of Southwest Utah is simply incredible. Bring plenty of Ziploc bags to protect your camera(s) from sand, dust, and water.
 - ❑ Extra clothes for evenings. You do NOT need to get dressed up. All is very casual!
 - ❑ Regarding Foot Care: To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied when you feel a "hot spot" before a blister actually forms, duct tape reduces friction better than moleskin. If you do develop a blister, Spenco "2nd Skin" is a very comforting necessity. Your personal "foot first-aid kit" should also include: cloth Band-aids (not plastic), foot powder, about 10 individually wrapped alcohol pads, and a small tube of Neosporin or other antibiotic cream.
 - ❑ Optional: lightweight long underwear or tights, lightweight binoculars, journal, a relaxing book, and field guides to SW Utah flowers, mammals and birds.

*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

AdventureWomen, Inc.
300 Running Horse Trail
Bozeman, MT 59715
800-804-8686 or 406-587-3883 (outside the U.S.)
Email: trips@adventurewomen.com.