



AZRA
GRAND CANYON

DIETARY RESTRICTIONS IN GRAND CANYON

We hope you are getting excited for your rafting adventure! We wanted to take some time to explain the nature of dietary restrictions on a Grand Canyon rafting adventure.

Your adventure is in a remote backcountry setting, and as space is limited on the rafts, we **cannot guarantee our ability to meet all dietary restrictions**. Our rafting expeditions carry all the food for the entire length of your expedition, and there is very limited space for refrigerated foods.

In addition, trying to accommodate all participants with special dietary needs or requests can affect the trip as a whole, as these requests take away time that could be spent doing other activities—specifically exploring Grand Canyon—that truly make our rafting trips an adventure of a lifetime!

Meals on our expeditions are varied, fresh, healthy and hearty. **Most** have a combination of protein(s), carbohydrate(s) and fat(s), as well as vegetable(s) and/or fruit(s). **We can accommodate diets such as: gluten free, vegetarian, dairy free or allergies to one food type.** However, when individuals on our trips have several food restrictions, specialty diets or allergies to multiple foods, we may not be able to accommodate those requests or needs in this backcountry environment. Accommodating numerous restrictions greatly compounds the ability to create meals. Any accommodations other than the four listed above will be evaluated on a case-by-case basis.

We will be asking you to contact us as soon as you reserve your adventure, as to any dietary restrictions you or others in your party may have to see if you can adjust your diet for the duration of your adventure, or to determine *if* we can accommodate you. Except for the 4 above mentioned diet restrictions, we cannot promise that you can maintain your preferred or requisite diet on your expedition. You may have to be willing to suspend a special diet and/or be responsible to work around what we provide for your meals.

Please get in touch with **our office before making your deposit** if you have any questions as to how this may work for you, and as to whether our rafting adventures are the right fit for you or others in your party. Thank you for your time and understanding.



Arizona Raft Adventures
Grand Canyon