

Lee's Ferry to Diamond Creek – Non-commercial Colorado River Trip Orientation Video

Chapter Six: Food and Hydration

Grand Canyon National Park and Round House Productions- <http://www.rhpmedia.com/>

The Grand Canyon offers a variety of temperature extremes from the very cold river to extremely hot and dry days. Since you'll be traveling through a desert, the summer temperatures will be very hot. They're equal to Phoenix or Las Vegas. It can and often does get up around 120 degrees.

When you're hot you really don't feel like eating much, but food is just as important as water to keep you going. Simply munching on food throughout the day is one of the best things you can do.

Hydration on this trip is a primary goal every day. Good liquids like water, Gatorade and fruit juices will keep you hydrated. Everyone needs to drink at least a gallon of these every day. More if its really hot.

Other drinks like coffee, soda, and alcohol are diuretics and actually lead to dehydration. If you're going to consume diuretics, please do so in moderation.

Eating frequently and drinking good liquids every 15 to 30 minutes will keep you in good shape to enjoy the trip.