

Canyoning

What to bring: Bring a lunch and lots of water or sports drinks, at least 2 quarts, per person, per day. Sunscreen, insect repellent, camera, and a hat is also a good idea. Bring along a small to medium sized backpack to carry it all in.

Bottoms: Long hiking pants made of synthetic material or shorts made of synthetic material.

Feet: Polyester, polypropylene, or wool hiking socks.

Shoes: Sturdy hiking boots or trail running shoes with a Vibram sole. Your footwear must fit your foot well and have an aggressive sole. Nothing will ruin your day like the wrong footwear.

Pack: You must have a good backpack that securely holds your lunch, water and extra clothes or layers. You must have your hands free for this trip. Pack light. Bring a ziplock bag for your phone/PDA if you plan to have it in your bag. Bring fingerless gloves to prevent abrasion on your palm as you rappel.

A change of dry clothes for the ride home: anything comfy that you wish to bring, including dry shoes.

Cancellation policy

Weather forecasts are rarely 100% accurate. Cancellations due to inclement weather will be determined by Mountain Skills the day prior to a scheduled trip. If we must cancel, we will work to re-schedule you at your convenience.

Cancellations are accepted up to 8 days in advance for a full credit or refund. Cancellations 7 to 4 days before your trip will be charged with a reschedule date arranged as per your availability. No-shows and cancellations 3 days or less prior to the trip are charged the full 100% fee.

Groups of 5 or more require a 50% deposit which will NOT be refunded in the event of a cancellation eight days or less prior to the scheduled trip. The deposit and final payment is contingent on the INITIAL head count of the group regardless of whether persons in your party ultimately decide not to participate.

This policy provides our guides with a measure of job security; last minute cancellations impede our ability to schedule others in your place. We appreciate your understanding.

