

**Wedding of David Andersen and Erica Fuchs
Mill Creek Canyon Hike on Friday, July 22, 2011: 10am Departure**

Day-of schedule:

9:15am. Meet in Marriott Lobby. Organize. Prepare your lunch.

- * By the time you reach the lobby, you should have already eaten a hardy breakfast and be ready to go!
- * Please come with nalgene-sized water bottles or camel packs already filled with ~2-3 liters of water and ready to go! It's the desert. The hike will be dry and hot without water.
- * We will have food for everyone for the hike, specifically, bread, peanut butter and jelly, fruit, gorp, gummy bears, wheat thins, and chocolate.
- * We will also have a thing of Gatorade powder for those looking to supplement their waters.
- * Put together your make-it-yourself sandwich and snack pack while hanging out and meeting our friends and family!
- * Handing-out of maps, and formal chat about the route.

10am sharp. Shuttles depart for Mill Creek Canyon.

- * *(10 people each shuttle x 2) + Sawaya-vehicle (1 person in addition to Amber and Steve, room for two more in Amber and Steve's car)*
- * Remember, we're climbing altitude... drink water on your way up!

10:30am Shuttles plus Sawaya-vehicle arrive at Bowman Picnic Site, Terraces Area, Mill Creek Canyon

- * Regroup and Fill any partially emptied water bottles at the picnic site before heading out.
- * Hikers can leave any bags they want for when they come back in the Sawaya vehicle

10:45am

- * Dave and Erica point out the route, remind everyone of the 1:30pm turn-around time
- * Route starts from Bowman Fork Picnic Site, Terraces Area, goes up Bowman Trail and can extend as far as Mount Raymond
- * Off we go!!! :)

1:30pm turn-around

- * It's an out-and-back route. See if you can catch more leisurely site-seeing hikers on your way back down!

4pm BBQ starts back at Bowman Campground

- * Drinks, chips, and salsa will be available starting at 3:30pm for any hikers who arrive back early!

Some help on pre-hike preparations:

For hiking:

* Please be sure to bring a...

- Sunhat
- Sunscreen (we recommend 30+)
- Sunglasses
- Chapstick
- ****Non-cotton**** pants and shirt (we recommend both long-sleeve)

We will be hiking at high (5000 ft +) altitude in the mid-day sun. The sun hurts!

* Please bring water containers to carry with you on your hike.

* Plan to wear sneakers or hiking boots. (no sandals... it is a gravelly path -- you will regret it!)

For post-hike:

* Feel free to bring along a small bag of items you may want post-hike. We will have one car staying up at the Canyon in which you can leave behind items you may want for the BBQ (change of clothes, sweater for when it cools off in the evening, etc.) (Note: There will be no ride back down into SLC between the hike and the BBQ!)