



Packing List

Packing for a river trip is similar to packing for an extended backpacking excursion, but weight is less of a concern. Prioritize volume, as space is limited. Assume that everything you bring could end up submerged. But don't worry! It's easy with the detailed instructions and pro tips found below!

Weather: The first night on the Middle Fork is often cold. Nights can get below freezing and snow has been seen in July. However, the river drops almost 3,000 ft.. By the end of the trip the weather is often in the 90's and nights can be in the 70's.

Provided Gear:

Dry Bag - All participants will have one large 65 liter dry bag provided. This is the size of a large backpack that would be used for overnight backpacking. All camping and "dry gear" will be packed in these bags and will not be accessible until arrival at camp each night on the river.

Highly water-resistant but submersion can produce leaks.

We recommend that all items, especially sleeping bags, be packed in heavy-duty garbage bags before being stuffed into the "dry-bag."

Pro Tip:

Squeezing the air out makes more room.

Day Bag - Smaller dry bags will also be provided to be shared with one or two partners on the same boat; these will be accessible during the day. Zip-loc (bring extra) bags will help keep day bag items dry and organized. This will be used for cameras, personal snacks, sunscreen, medications, light jackets and rain gear.

Eating Utensils - All eating utensils, plates, and bowls will be provided.

Food - Day 1 lunch through breakfast on the last day is provided by us.



Camping Chair

Water - We provide water jugs. You are welcome to bring other drinks.

Toilet System - Leave no trace is required in this area. We are required to pack everything out! Liquid waste goes in the river, solid waste is sealed up in a professional backcountry toilet system.

Other:

Safety and First Aid Equipment

Oar boats, paddle boats, and inflatable kayaks.

US Coast Guard approved whitewater PFD.

The following items are the responsibility of participants:

TENTS - Tents sized for 2-4 people fit well in the large dry bags, along with personal items. We recommend sharing as handling 24 tents would be excessive.

Nothing over a 4 man tent. We recommend 2 people per 2 man tent, 3 people per 3 man tent, etc.

SLEEPING BAG - Lightweight, compact, fiberfill preferred. Down-filled is okay but must be dry. 0 to 32 degrees bags are best. This will need to fit in your dry bag with the rest of your gear.

SLEEPING PAD - This will have to fit in your dry bag. Aire Landing Pads (Paco Pads) can be rented from us. Confirm before coming.

SMALL TRAVEL PILLOW

RAIN SUIT - Two-piece, jacket AND pants. We recommend PVC, EVA or PEVA rainwear, which is the rubbery plastic material. It's waterproof and warm. Thin plastic ponchos are good backups, but might not be durable for multiple days.



Pro Tip:

Well used Gore-Tex will lose its waterproofing ability. Check older gear before trusting it.

FOOTWEAR - You will need two pairs of shoes. 1. Sturdy water shoes. Sneakers offer the most protection and work well when used with wool, polypro, or neoprene socks for insulation. Most prefer Chacos or Tevas for being sturdy and quick drying. 2. Comfortable camp shoes that can be used on potentially rocky hikes. 3. Thin, worn out shoes? Pack spares.

Flip flops, crocs, cowboy boots, etc are not allowed on the river.

Pro Tip:

Most guides will wear Chacos or Tevas while on the river and have more comfortable shoes for evenings in camp.

Footwear is mandatory at all times on the river and in camp.

CLOTHING - Small day-bags are provided and may help hold extra layers, although these are small. Remember, all items packed in large dry bags will be inaccessible during the day.

- 2-3 swimsuits.
- 3 pairs of shorts, shirts & underwear for camp.
- 2-3 quick drying shirts. (Long or short sleeve)
- Fleece jacket.
- Puffy jacket - good for chilly mornings.
- Long pants for sun protection and cold mornings.
- 3 pairs of wool socks.
- Beanie - warm hat.
- Cotton hoodies and jeans are bulky and hard to dry. Leave them behind.

Pro Tip:

Warm Days - Quick-dry t-shirt, nylon swimming trunks, and sandals.

Cold Days - Trade t-shirt for polypro top, add fleece top and rain suit for the worst conditions.



WATER BOTTLE - sport water bottle that seals well.

HAT - Bring a hat for sun protection. Add a retainer in case of wind or water fight.

SUNGLASSES AND EYEGLASSES - Retainers like croakies or chums will be your best friend.

SUNSCREEN AND LIP BALM - Expect long hours in the sun. Must be re-applied during the day, bring plenty. We see bad sunburns almost every trip, be prepared!

INSECT REPELLANT - (Small amount) This is a dry desert climate with very little stationary water. Mosquitos are rare but other bugs may occasionally be present.

There will be mosquitos during the first night at Camp Bradley. After that we recommend groups bring only one large can of insect repellant on the river.

FLASHLIGHT OR HEADLAMP - (Extra Batteries)

PERSONAL TOILETRIES - Toothbrush, toothpaste, deodorant, small towel, etc.

SOAP - (Optional) Biodegradable soap does extensive damage to rivers before it degrades. It is not allowed in the Salmon River or any side tributaries. You may use soap away from the river if needed.

MEDICINE - If you need to bring any medicine critical to your health {e.g. insulin, epinephrine}, please divide it into two containers, each with adequate quantity to complete the trip. A guide or leader will carry the extra medicine container on a separate boat. Cool storage is available.

EPIPENS / INSULIN / INHALERS / OTHER - Due to the remote location, we strongly recommend bringing 2 sets if you require life saving medication. Bee stings have occasionally happened on river trips. Bees are attracted to the wet, cool sand as well as sugary drinks and meat. You must bring an EpiPen if you are allergic to bee stings or have any other serious allergy.

****You must keep these items on your person in a small day drybag, not packed away in your camping dry bag. You have may not have access to your dry bag for most of the day****



PHONE - There is no cell service, wifi, or electrical grid along the river, it's great! It's amazing to watch people connect and laugh more than they have in years. Most phones are kept in your big dry bag, but pad it within thick jackets or other layers for protection.

We carry satellite communication for emergencies. Family members can reach out to our office if needed during your trip. We can relay messages that are checked daily by trip leaders.

Pro Tip:

We recommend waterproof phone dry bags for photos if you want your phone accessible.
Your phone might be waterproof but they all sink!

CAMERA - Padded, waterproof camera cases are essential for expensive cameras. Provide your cases, and the guides can accommodate your needs. If you bring a disposable camera, use a waterproof marker to identify it, they tend to look alike.

SNACKS AND CANDY - Bring what you prefer. Meals are provided, but afternoon snacks hit the spot especially with the high level of activity. We have had bear issues in the past, we ask everyone to leave snacks in the dry boxes rather than sleeping bags or dry bags.

DRINKS - Basic coffee is provided. (Can't live without your favorite coffee in the morning? Bring your own and we can provide hot water.)

POCKET KNIFE - (Optional)

GUIDEBOOK - (Optional) Middle Fork of the Salmon by Matt Leidecker. Includes rapids, maps, campsites, history, geology, etc. Full of great info and very worth it!

FISHING - (Optional) You will need an Idaho fishing license if you will be fishing. Fishing gear must be capable of breaking down for transport. Single hook, barbless, all catch and release.

CREDIT CARD - Leaders/parents should have in case of evacuation. Also, \$25 cash per person as you may have the opportunity to stop for ice cream, soda, etc at backcountry ranches. At the end of the trip we will stop in Salmon, Idaho for lunch. The options are Burger King, Subway, or the deli at the grocery store.



GRATUITIES - Gratuities are always a personal matter, however, we are often asked what is common. Here are the industry guidelines - The guides work extremely hard, so if you find they were a highlight of your experience then it is common that they receive 10% – 20% of a party's total fare. If you do not feel that strongly, please follow your heart as they do very much appreciate your generosity. Common practice is to give it to the trip leader at the end to be distributed evenly among the guides.

- Mountain West council hires a third party bus service. Their drivers appreciate your gratuities and past rafting groups have asked that we provide a reminder for this.
- Cash, Venmo, or Apple Pay works great. We prefer that you tip the guides directly.

LEAVE BEHIND:

- Unnecessary electronic devices (game devices for kids, etc).
- Laptops - Dry bags may get tossed and carried over rocks.
- Fireworks - Absolutely not! Highly illegal in this area prone to wildfires.
- Drones - Not allowed in the wilderness areas of the Middle Fork or Main Salmon.
- Carabiners - Great for rock climbing, but create a hazard on the rafts.
- Glass containers.
- Jewelry.
- Metal Rings - Silicon rings are a better, safer option.

Other info:

How to sign your waiver: Go to Trip Preparation www.adventureidahorafting.com/planning and search for your trip by start date.

Food Allergies: This will be a required question on the waiver, as well as other requests.

Adventure Idaho is not responsible for lost or damaged items. Pack responsibly.

Other frequently asked questions can be found on our website.