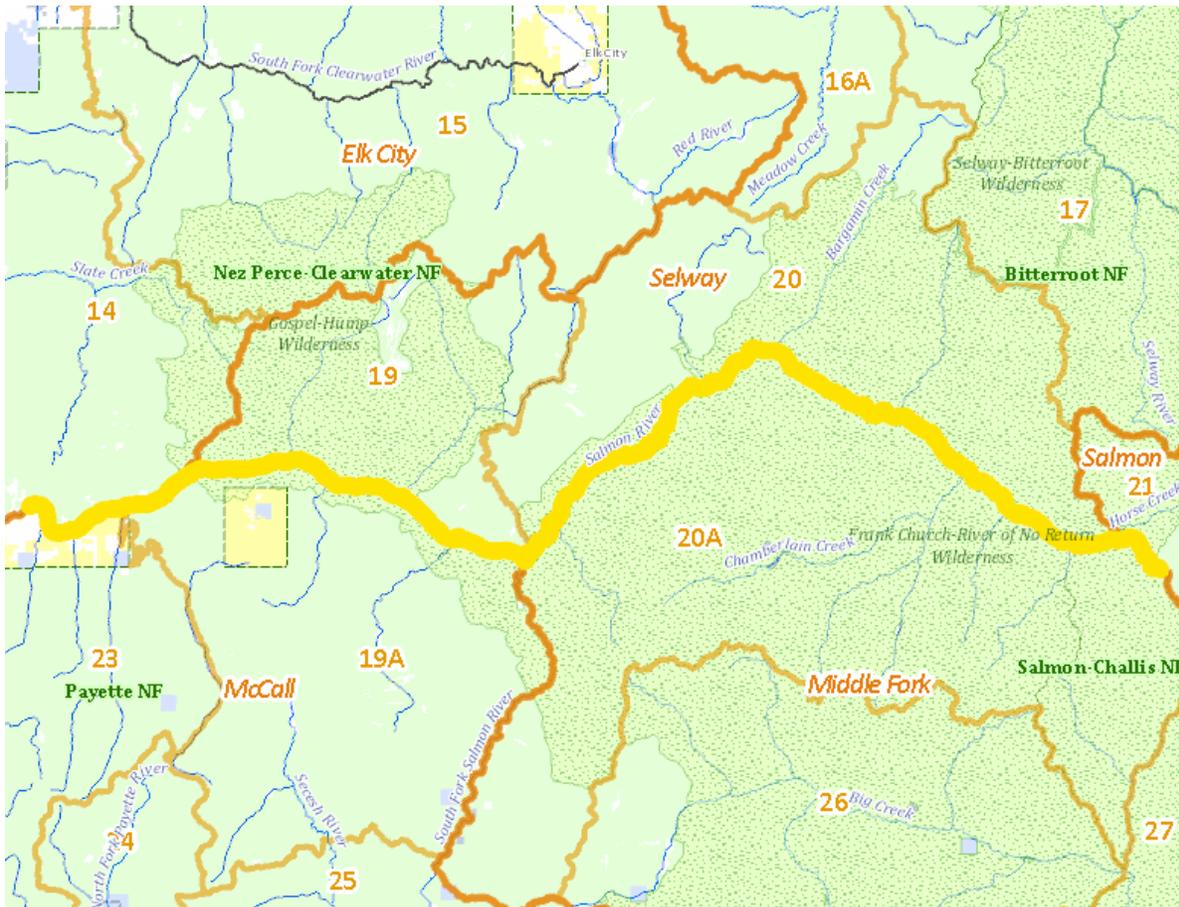




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### Main Salmon Itinerary:

Arrive in Salmon, ID at the Stage Coach Inn on \_\_\_\_\_, the day prior to the trip or **before 8 am** the day of the trip. An orientation meeting will be held around 6:30 pm. On the 6<sup>th</sup>. Dry bags will be handed out to participants to pack. We will meet at the bus at 8:00 Am and start floating around 10:00 am. We float around 80 miles for five days of class II, III, and IV rapids. Camping for four nights as we proceed down the river. On the 5th day, we will arrive at the take out around 1:00 pm and arrive in Riggins around 3:00 pm where guests will be reunited with your cars (guest cars will be shuttled from, Salmon, ID. to our office in Riggins.





## **PERSONAL GEAR LIST**

Packing for a multi-day river trip is similar to packing for an extended backpacking excursion. It's simple, be warm and dry. The boats can carry more weight than a backpacker but have limited space, so be more concerned with volume than weight. All participants will have one large dry bag provided. 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. The term "dry bag" can lead to disaster; these things are only water-resistant to splashes and waves but not submersion. We recommend that all items, especially sleeping bags, be packed in good quality, heavy-duty garbage bags before being stuffed into the "dry-bag." (Pro Tip: Squeezing the air out makes room for more luxuries.) A small "day bag" 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 bags will help keep day bag items dry and organized. Bring an extra bag or two of each in case the bags tear.

**The following items are the responsibility of participants:**

### **TENTS**

A tent is provided. If you would like, but needs to be organized before the trip. (please see special considerations list)

### **SLEEPING BAGS**

Lightweight, compact, fiberfill preferred, down-filled okay but must be kept dry.

### **SLEEPING PAD**

A Deluxe sleeping pad will be provided

### **RAIN SUIT**

Two-piece, that is pants and jacket, works best with this type of activity, ponchos are okay, but must be worn under the lifejacket which limits protection. (visit <https://www.highadventureid.com> for such protective gear or purchase at your local convenient store.)

### **RIVER CLOTHING**

Light clothing designed for quick drying is best. The amount of protection from the sun, cold, etc. is up to the individual. (Pro tip: Try quick-dry t-shirt, nylon shorts swimming trunks, and sandals on warm days and trade t-shirt for polypro top and add rain suit for the worst conditions.) 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. Wet suits are good on early, cold water trips, and may be too warm later in the summer. Shoes are always a question. Sneakers offer the most protection, with wool, polypro, or neoprene socks for insulation. There are some excellent neoprene-hard sole shoes available at a premium price. Chaco, Teva and, Nike have excellent sandals-downside-no insulation from cold water, and stubbed toes are not uncommon. Remember, a foot injury will not have a good environment to heal on a whitewater wilderness trip. Sandals will be allowed. A soft-soled thin neoprene Aqua-sock will rarely finish a trip; they tend to slip off during a swim. Be sure to have quick-drying shoes/sandals and/or extra pair of footwear for at night, so your feet are dry in camp. (Pro tip: Most your guide will wear a Chaco or Teva while on the river and have some more comfortable shoes for evenings in camp.)

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

## **RIVER CAMP CLOTHING**

One {1} set of dry clothing-gear toward a possibly rainy summer night will suffice. “Warm when wet” polypro is best, depends on your budget. Sweatsuits work, blue jeans and cotton shirts work, just don’t get them wet! A dry pair of shoes will be a good idea as footwear is required at all times during this trip. A warm lightweight jacket should be included in case it chills down.

(Pro tip: Most your guide will wear a Chaco or Teva while on the river and have some more comfortable shoes for evenings in camp.)

## **POCKET KNIFE**

Always a good idea. Not to be played with on rafts.

## **EATING UTENSILS**

Bring a closed water bottle with a fastener so you can have it during the day. All eating utensils, plates, and bowls will be provided.

## **HAT**

Bring a hat for sun protection. Add a short string to tie it to your life jacket in case of wind or water fight.

## **SUNGLASSES AND EYEGLASSES**

Add a Croakie, Chums, or any type of retainer that they will stay on your head in case of an unplanned swim.

## **SUNSCREEN**

Water-resistant types are best. Expect long hours in the sun. Must be re-applied during the day, bring plenty.

## **INSECT REPELLANT**

There are some but not many mosquitoes or no-see-ums on the river.

## **FLASHLIGHT OR HEADLAMP**

It gets dark at night.

## **CAMERA**

Waterproof, disposables types work well, quality of prints is okay. Better cameras need more protection but may be worth it if getting high-quality prints and slides is your goal. Padded, waterproof camera cases are essential for expensive cameras. Provide your cases, and the guides will accommodate your individual needs. If you bring a disposable camera, use a waterproof marker to identify it as yours, they tend to look alike.

## **FISHING TACKLE**

If you are into fishing, you came to the right place. Fly fishing is the preferred method on the salmon, but if you just have a spinning rod, bring it. You won’t be disappointed. Check your equipment before the trip for smooth operation. All fishing is catch and release with single, barbless hooks. Hard cases for rods are recommended. Fishing is not possible on busy whitewater days. Licenses are, of

course, required and are frequently checked by Fish and Game officers on the river. (Pro tip: Dry fly favorites are Royal Wulff, Royal Trude, Elk Hair Caddis, Stimulators, Grasshoppers, Sofa Pillows, Adams, and Adams Irresistible). Streamers, nymphs, and rubber leg flies work well under the surface. Fly sizes are best in the #10 to #16 range. Small spoons and Panther Martins are the best lures. No live bait, power bait, or salmon eggs are allowed. Pinch or file barbs on hooks before the trip.

### **PERSONAL TOILETRIES**

Toothbrush, toothpaste, etc. Soap is always of concern because of stream contamination. Biodegradable soap is helpful to the environment, but must not find its way to the river via side streams, hot springs, or any other way. It is not considered safe for direct rinsing into the sections of the salmon.

### **MEDICINES**

If you need to bring any medicine critical to your health {e.g. insulin, epinephrine}, please divide it into two containers with adequate quantity for each to complete the trip in the event of a loss. A guide or leader will carry the extra medicine container on a separate boat.

### **SNACKS AND CANDY**

Floaters should bring between-meal snacks packaged in zip-lock bags. Type and quantity would be up to the person.

### **Spending Money**

Some spending money would be advisable for Buckskin Bill's on the trip and also for lunch at the end of the journey.

Assume that everything that you bring on this trip could end up completely submerged. Keep this in mind when packing.

**You need to fill out a acknowledgement of risk form at the following link.**