



ESSENTIAL ITEMS:

- Quick Drying Swimsuit
- Sunscreen with a high SPF.
- Water Bottle
- Hat for sun protection.
- Shoes that can get wet and provide good traction (e.g. water shoes, sandals, or sneakers).
Note: flip flops and cowboy boots are not allowed. Crocs work but can fall off easily.
- Sunglasses/glasses with a strap to keep them secure (Croakies/Chums available at our store in Riggins, Idaho).
- Personal medication as needed: epipen (bee stings or other allergy), insulin, inhalers, etc.

RAINY/COLDER DAYS:

- Rain Jacket & Pants.
- Bring warm layers of fleece, wool, polypro, etc along with waterproof layers so you can be ready for anything! Leave behind cotton hoodies, jeans, etc. They get heavy and cold when wet.

PRE-SEASON (MARCH - MAY):

- We provide wetsuits and splash jackets to keep you comfortable on the water. However, if you own a full-length or farmer john wetsuit, we recommend bringing it—it will likely fit better than our generic sizes.
- Neoprene Socks: These are a game-changer for cold water! **We highly recommend bringing a pair** as cold feet are no fun. Neoprene socks are affordable and easy to find, typically around \$10 on Amazon or at local outdoor stores. They can be used with any shoes or sandals.

OTHER INFO:

- Leave dry clothes and a towel in your vehicle for after the trip.
- Car Keys - You can lock personal belongings in your vehicle (it's a safe area!). Car keys can be placed behind our front desk in Riggins. Work with the guides at other locations.
- Adventure Idaho is not responsible for lost or damaged items. Pack responsibly.

OPTIONAL ITEMS:

- Dry bags - we have small ones, but you are welcome to bring your own.
- Rash guard or long-sleeved shirt to protect against sunburn.
- Lip balm.
- Snacks or energy bars.
- Waterproof camera or phone case. Waterproof phone dry bags available at our store.
- Cash - gratuities, etc. Gratuities are always a personal matter, however, we are often asked what is common. Here are the industry guidelines - The guides and drivers 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. Venmo works great!

Frequently Asked Questions (FAQ)

1. How early should we arrive? What timezone are we in?

Please arrive right at the designated meeting time or a few minutes early. All our trips operate on Mountain Time, so plan accordingly! The Salmon River is the Pacific/Mountain timezone boundary.

2. What do we do with our car keys?

You can leave your car keys securely with us at the front desk during check-in. We'll keep them safe while you're out on the water. If you're meeting at a different location, work with your guide to store your keys safely.

3. Should we bring our own water bottles?

Yes! Bringing a reusable water bottle is a great idea to stay hydrated. Please avoid using carabiners unless they are able to lock. Water bottles can be placed at the bottom of the boat or stored in a dry bag.

4. Can we bring our own drinks?

Absolutely! You're welcome to bring your own non-alcoholic beverages. You can also bring a small soft cooler if you'd like. Due to insurance and safety reasons, we do not allow alcohol to be consumed before or during rafting on the river.

5. How many people will be in each boat?

Our rafts typically hold 4 to 10 people, plus one of our expert guides. Group sizes may vary based on the day's conditions and group composition.

6. What are the age requirements?

We welcome adventurers of all ages! However, for safety reasons, all participants must be at least 6 years old or 50lbs.

During high water in May/early June: The minimum age is 16, and we discourage older participants from joining due to powerful, cold water.

7. Can I add or remove people from my booking?

Yes, you can adjust the number of people in your booking up to 48 hours before your trip. Just message us on our website or send us an email, and we'll take care of the details! It's also easy for us to add more seats, even at the last minute!

8. Do we need to sign waivers?

Yes, all participants must sign a waiver before embarking on the trip. You can e-sign your waiver online before arrival to save time.

9. Do you provide Personal Flotation Devices (PFDs), or can we bring our own?

We provide high-quality PFDs for all guests, which are mandatory while on the river. If you have your own Type V whitewater PFD, feel free to bring it along and check with us.

10. Do I have to wear a helmet?

Helmets are required during high water and at all times while kayaking. We provide helmets upon request.

11. How do I inform you about food allergies or special dietary requests?

You can enter any food allergies or special requests when you e-sign your waiver. We'll make sure to accommodate your needs!

For more details, including maps and additional FAQs, please visit our [website](#).