



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: Summer on the Salmon River is usually sunny and hot! Perfect for a river adventure, but the occasional rain storm can bring chilly mornings. Days are often in the 90's, nights in the 50's with the rare chance of lower temps.

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.

Pro Tip:

Squeezing the air out makes room for more goodies.

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.

Deluxe Camping Pad - Great nights sleep on us!

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

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

Optional lunch at our Riggins office the last day.

(Overnight Trips - Day 1 dinner through day 2 lunch.)

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 up to 24 tents would be excessive or even impossible to fit into some of the smaller camps.

Company tents can be provided, but must be coordinated before the trip. This is done on the waiver, but reach out if needed.

SLEEPING BAGS - Lightweight, compact, fiberfill preferred. Down-filled is okay but must be dry. 40 degree sleeping bags work great for mid June through August. 0 to 32 degrees bags are best during other months. This will need to fit in your dry bag with the rest of your gear.

We recommend that all items, especially sleeping bags, be packed in heavy-duty garbage bags before being stuffed into the "dry-bag." Extra garbage bags are helpful for storing wet or dirty clothes if needed. Compression sacks for sleeping bags free up significant space.

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 wear Chacos or Tevas 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.

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.

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 will accommodate your individual needs.

SNACKS AND CANDY - bring what you prefer. Meals are provided, but afternoon snacks hit the spot especially with the high level of activity.

DRINKS - Beverages not provided, but we can provide ice and potentially an extra cooler upon request. Basic coffee and hot water is provided in the morning. Due to insurance and safety reasons, we do not allow alcohol on the river, but you may drink responsibly at camp.

POCKET KNIFE - (Optional)

FISHING - You will need an Idaho fishing license if you will be fishing. Fishing gear must be capable of breaking down for transport.

CREDIT CARD - In case of evacuation. Also, you may have the opportunity to stop for ice cream, soda, etc at backcountry ranches.

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.

- 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 and safer option

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



Frequently Asked Questions (FAQ)

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

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 beverages. You can also bring a small soft cooler if you'd like. Due to insurance and safety reasons, we do not allow alcohol on the river, but you may drink responsibly at camp.

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.

During high water in May/early June: The minimum age is 16, and we discourage older participants from joining due to powerful, cold water. View Essential Eligibility Requirements on our website.

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!

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!