



MIDDLE FORK SALMON RIVER

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TRIP PLANNER

Please use this Trip Planner as a resource for general information on your Middle Fork Salmon River adventure. The information enclosed covers most everything you'll need to know before your trip. Of course, if you have questions that are not answered in this packet, we are happy to help! Just call 1-800-346-6277 in the USA or Canada or 1-209-736-4677 if outside the USA or Canada to speak with an adventure consultant, or e-mail us at info@oars.com.

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TRIP PREPARATION CHECK LIST

- Purchase Travel Insurance:** We strongly recommend you protect yourself, your belongings, and your vacation with the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments, in most cases, should you have to cancel your trip at the last minute due to illness or injury. As with most major travel arrangements, there are cancellation fees that will apply regardless of why or when you might need to cancel.
- Trip Forms:** Each participant will need to complete the required trip forms. Refer to your confirmation e-mail for details. Forms must be filled out no later than 90 days prior to your trip. If you are reserving your trip within 90 days, please complete the forms immediately.
- Reserve flights and/or shuttles:** Confirm travel arrangements to and from your departure and return cities. Verify with your adventure consultant that your trip has met minimum numbers prior to booking flights.
- Hotel Reservations:** Reserve overnight lodging for the night prior to your trip, if applicable. You may also wish to reserve a room for the night that you return from the river. It is important to make reservations early as rooms may be limited during peak travel periods.
- Physical Conditioning:** Your outdoor adventure will be an active participatory trip. Regular exercise prior to your departure will certainly add to your enjoyment. Take the time to get into shape with a consistent fitness routine.
- Payments:** Final payment is due in our office 60 days prior to your trip (refer to your invoice for final payment date). Please let us know if you would like us to automatically charge your credit card on file when final payment is due.

TRAVEL ARRANGEMENTS

Meeting Place & Time

The day before your trip we will meet at 8:00 PM in the conference room of the Mountain Village Lodge in Stanley, Idaho for a pre-trip meeting. Your trip leader will provide a thorough trip orientation and pass out your waterproof bags so that you can pack your belongings that evening. The trip leader will also reconfirm the meeting time for the following morning and give you an opportunity to ask any last-minute questions.



Getting to Stanley, Idaho

By Air

McCall Aviation offers a round-trip air shuttle package to and from the Middle Fork Salmon. The cost of the round-trip flight package, from Boise to Stanley and from Salmon back to Boise, is approximately \$395. Boise (BOI) is served by several commercial airlines including United, Delta, Alaska, American, Southwest, and US Airways.

Please note: When booking your flights, be sure you arrive in Stanley the day before your trip starts. You will need to arrive in Boise no later than 3:00 PM as the last flight from Boise to Stanley generally departs at 5:00 PM. When your trip ends, O.A.R.S. will provide land transportation back to the town of Salmon, with arrival between 4:00 and 6:00 PM. Plan to spend that night in Salmon. McCall Aviation will begin return flights to Boise the next morning. For your connecting flight home, we recommend booking your departure from Boise at 11:00 AM or later. To arrange your flights, please contact McCall Aviation (1-800-992-6559). Please mention you are an O.A.R.S. guest when making your reservation.

If you experience a delay on the way to Boise, please call McCall Aviation directly at 1-800-992-6559. You may also call this number if there is no one at the desk in Boise when you arrive.

By Car

From Boise, take Idaho 21, a scenic 3 ¼-hour drive over Lowman Pass.

Please note: If you drive, you will need your car transferred from the meeting point in Stanley to the end point in Salmon. To arrange a car shuttle please contact River Shuttles (1-800-831-8942, www.rivershuttles.com) which will deliver your car to the Stagecoach Inn in Salmon for your return. The cost of the car shuttle is approximately \$105 per vehicle plus a full tank of fuel.

If you are planning on renting a car, we recommend you contact Avis (1-208-383-3350), Budget (1-208-383-3090), or Hertz (1-208-383-3100). River Shuttles has an arrangement with these companies and will fax a form to them, which will allow your vehicle to be shuttled. The other rental companies do not have an agreement with River Shuttles.

Mileage and Driving Times

- Boise to Stanley 3 ¼ hours 132 miles
- Salmon to Boise 5 ½ hours 248 miles

By Bus

A coach service is available between Boise and Stanley departing the Boise airport at 4:00 PM with an arrival in Stanley at approximately 7:00 PM. Reservations are required. Please call the Caldwell Transportation Company (www.ctcbus.com) at 1-800-727-9925 for additional information and reservations. The cost for this service is approximately \$80 per person.

Please note: There is no coach service between Salmon and Boise, therefore if you utilize the coach service from Boise to Stanley to start your trip, you will need to fly from Salmon to Boise at the end of the trip. The flight cost from Salmon to Boise is approximately \$205 per person.

After Your Trip

On the final day of your river adventure, you will be dropped off in Salmon, Idaho at the Stagecoach Inn. You should arrive between 4:00 and 6:00 PM. We highly recommend you overnight in Salmon and depart the following day.

Pre- and Post-Trip Accommodations

We recommend that you make reservations well in advance in order to guarantee lodging. (Pre- and post-trip lodging is not included in the trip cost).

In Stanley (before the trip)

- Mountain Village Lodge* (208) 774-3661 or (800) 843-5475 www.mountainvillage.com

In Salmon (after the trip)

- Stagecoach Inn* (208) 756-2919 www.stagecoachinnmotel.com

*Many of the lodges we work with offer special rates for O.A.R.S. travelers, so be sure to mention you are an O.A.R.S. guest when making your reservation.

TRIP DESCRIPTION

Camp Life

After each active day on the river, we pull ashore to camp for the night. Upon arrival, our first task is to unload the boats using a fire line of crew and passengers to expedite the process. Individuals then collect their waterproof bags and locate an area on the beach to camp for the night. On the first night in camp, a crew member will give a demonstration on setting up a tent, which you'll see is quick and easy. The guides will set up the kitchen and central dining/seating area with camp chairs. They will also locate a secluded area away from camp to set up the portable toilet, where privacy is assured. As dinner is being cooked by the guides, hors d'oeuvres will be served and you will have an opportunity to relax, enjoy a drink if you wish, and reflect on the day with your fellow traveling companions.

In the morning, the first wake-up call will let you know that coffee, hot water for tea or cocoa, juice, fresh fruit and cold cereal are ready on the hors d'oeuvres table. You can fill your mug and grab a bite, then begin to pack up your personal belongings and sleep gear as the guides prepare breakfast. After breakfast is served, the entire camp will be broken down and packing will be completed. The gear will then be loaded onto the boats and we'll head downstream to see what new adventures await us.

Meals

The meals we serve are hearty and delicious, complete with fresh ingredients and a variety of foods. A typical morning on a multi-day trip might start with French toast, bacon, fruit, orange juice, and coffee or tea. Lunch might be a delicious spread of cold cuts and cheeses with several types of bread, or pitas stuffed with veggies and hummus. There are always cookies and a cooling drink to top it off. At dinner, our guides' cooking skills truly shine—sizzling steaks or salmon, chicken enchiladas, and delicious pasta dishes are all part of their repertoire. Dinner generally includes a salad, and desserts are frequent. Hors d'oeuvres are a pleasant surprise before many meals.

Dietary Restrictions

We need to know as soon as possible about any dietary requirements we should consider in planning your trip. If you have food allergies or restrictions, we will do our best to accommodate your needs. **However, some specific needs can only be met if we charge you a supplemental menu fee to cover our increased costs.** If you are a vegetarian or vegan and you let us know well in advance, we can provide meals for you without additional cost. We cannot always provide for the same diversity or sophistication as our regular menu for special dietary requests.

Beverages / Alcohol

We provide two sodas per person per day, water, lemonade and a limited supply of beer and wine with dinner. You are welcome to bring your own favorite beverages, alcoholic or non-alcoholic, in non-glass containers. If you choose to bring additional drinks or alcoholic beverages, please let us know in advance. For those planning to buy hard liquor in Idaho, state law limits sales to 10:00 AM - 7:00 PM seven days a week. ***Selection is likely to be limited.*** For your safety and the safety of others, the consumption of alcoholic beverages is limited to camp.

Specialty Trips

- **Hiker Special:** Specially created for those more active travelers who want to go that extra mile on the trail, O.A.R.S. offers hiking-focused departures. On our Hiker Special itinerary, intrepid travelers have the unique opportunity to experience a river canyon as most people could only dream, with the expert support of our experienced guide staff.
- **Wine on the River:** Our wine trips offer an elegant alternative to our regular departures, and combine mouth-watering menus and award-winning wines with the appeal of the wilds. After each day of vigorous river rafting, enjoy gourmet meals and premium wines introduced by regional experts. The wines are carefully chosen to complement the bill of fare each night and each winery brings its own personality to the river, where tastings can turn into blending seminars or informative discussions of Old World versus New World wine making. Rest assured that whatever direction we take, these trips inevitably result in an outrageously good time.
- **Craft Beer Tasting on the River:** Our Craft Beer Tasting trips combine mouthwatering menus prepared by an executive chef and hand-selected micro brews. After each day of vigorous river rafting, enjoy gourmet meals and premium beer introduced by regional experts (wine is also available). The beer and wine are carefully chosen to complement the bill of fare each night.

Boat Options (see photos at www.oars.com/our_adventures/river_ratings.html)

One highlight of the Middle Fork Salmon is that the river's currents and water levels often allow us to bring a wide variety of boats. Depending on water conditions and levels, you might be able experience every vessel we have to offer. Please indicate your preference on your guest registration form.

We do our best to accommodate the requests of all of our guests. Please be aware that in doing so we will ask you to share boat time with your fellow travelers should they have the same interests. We don't assign boats, nor can we guarantee exactly what we bring, but trust us to provide you with the best possible mix for you and others on your trip. The following boats may be a part of your Middle Fork Salmon experience:

- **Oar Raft**—The O.A.R.S. flagship, oar rafts carry the bulk of the gear on most of our multi-day adventures. They are the most stable of whitewater craft, are inflatable rafts that your guide pilots with long oars from a center-mounted aluminum frame. Ample deck space allows for lounging in calm stretches, sturdy weight and width give your guide confidence to hit the big waves head-on. (Three to five passengers)
- **Dory**—Dories are the kings of big volume rivers like the Colorado and the Salmon. These rigid boats were first used commercially in the Grand Canyon by writer/conservationist/river guide Martin Litton. Hard-hulled and ultra-buoyant, dories shoot through rapids and make wave trains feel like roller coasters. Your guide navigates from the center with two long oars. (Four passengers)
- **Paddle Raft**—The sportiest of crafts we put on the water, everybody handles a paddle while the guide steers and gives directions from the rear. Paddling together is essential to finding the right run, and team work begets success. A thrilling way to brave the rapids! Helmets required. (Four to eight passengers)
- **Oar Raft with Paddle Assist**—The most agile of any boat in the O.A.R.S. fleet, your guide powers the raft with two hefty oars on a rear-mounted frame, while the crew wields single blade paddles up front for added horse-power. Helmets required. (Four to eight passengers)
- **Inflatable Kayak**—Also known as Duckies, inflatable kayaks float low to the water, putting you in touch with the pull of the current and splash of every wave. On most trips, double and single inflatable kayaks are available, depending on group size. 12 years is the minimum age in Class III rapids, 7 years for Class II rapids. Helmets required. Ask an Adventure Consultant about this option, as it is not available on every trip. (One or two paddlers)
- **Please note:** dories are only available during high-water, early-season trips, depending on water flows. During the high-water season, use of inflatable kayaks will be at the guides' discretion based on safety concerns.

Hiking / Side Creek Exploration

The Middle Fork of the Salmon has many great hiking trails. While we generally plan at least two guided hikes on each trip, there is ample opportunity for the curious to explore the area at length. Please let your trip leader know if you are an avid hiker and remember to bring extra water bottles and good shoes. Remember, however, that all hikes are optional and you can choose to lie on the beach and take in a few tanning rays or read a book instead.

Fishing

The Middle Fork is renowned for its trout fishery. To protect the resource, all fishing is limited to catch and release, with single barbless hooks. No bait is allowed. Our guides will be happy to explain proper handling

techniques for catch-and-release fishing, if you are not already familiar with them. You can also fish for smallmouth bass and, in the fall, steelhead. You'll need to bring your own gear. We recommend collapsible poles for ease in packing, light spinning tackle with 4- to 6-pound test, and an assortment of spinning lures such as Mepps, Rooster tails, and Super-dupers. Please bring your rod protected in a hard case. Fly fishers do quite well, especially in major tributaries.

Non-residents of Idaho can buy a short-term fishing license by calling 1-800-635-7820. You can also purchase one online at www.fishandgame.idaho.gov and <https://id.outdoorcentral.us>. Additionally, licenses are available in Stanley at the Mountain Village Mercantile or McCoy's Tackle Shop until 9:00 PM. **Remember to purchase licenses by the night before your trip puts in, because there is no time to do so in the morning.**

Anyone 14 years and over needs to have a fishing license. Children under 14 years do not need to buy a license, but they must be accompanied by someone with a valid license. For more information, ask us to send you our flyer on fishing in Idaho.

The Portable Toilet

While the idea of a river trip is appealing to most people, many are inhibited or reluctant because of modesty or uncertainty. To minimize our impacts, we carry out all solid human waste and use a portable toilet system that is set up each day at camp in a secluded location where privacy is assured. It is essentially a toilet without plumbing and is available from the time you pull into camp each afternoon until you leave camp the next day.

We also carry a small container called the "day tripper" that can be easily accessed during the day should the need arise. It is a personal disposable toilet, which includes an odor-proof transport bag, chemical solidifier and odor eliminator, toilet paper and oversized hand wipe.

On popular stretches of wilderness rivers, the common refrain is "dilution is the solution to pollution." We practice this approach by urinating in the river during the day. For use in camp at night we provide pee buckets so that urination can occur in a secluded location and then be dumped into the current where it will be carried downstream.

Bathing

Bathing is not allowed in the river or in any of the side streams that feed into the rivers. You may want to bring a solar shower or you can borrow a bailing bucket from one of the rafts to rinse off after soaping up. Both are to be used at least 200 feet away from the water source in an area that will absorb the runoff. We recommend using a liquid biodegradable soap such as Campsuds or Dr. Bronner's www.drbronner.com which can be purchased in most stores that have a camping section and can also be used to wash clothes. You may also find a good selection at your local health food store. Disposable anti-bacterial towelettes (Coleman Swash Cloths, baby wipes, etc.) can also be purchased and are especially convenient for spring and fall trips.

For Women Only

Even if you aren't anticipating your menstrual period, come prepared for it. We recommend you bring some sandwich size zip-lock bags. They can be used during the day while you are on the river or hiking and can be disposed of when you reach camp. (For tampon users: o.b.® tampons are ½ the size of regular tampons, tuck discreetly into pockets and have less paper wrapping). Many women suggest bringing a small supply of baby wipes. We provide some feminine products on most trips for emergencies.

A number of our female guests have found a feminine urinary device (F.U.D.) very helpful on rafting trips and for camping in general. A F.U.D. allows women to urinate while standing and requires minimal undressing for discreet bathroom use. You can use the device in conjunction with a pee bucket (supplied on our trips) to avoid midnight visits to the privy. Previous guests recommend practicing with the device at home to maximize the

benefits on your outdoor adventure. For additional information, see Accessories and Unique Items for the Pee Pod Feminine Funnel in the OARStore at www.oars.com/OARStore. For interesting and informative reviews, search for FUD at www.rei.com.

Cameras

We provide a small waterproof bag (17” tall x 9” diameter—approximate sealed size) to hold your camera and other items you might need during the day. While these bags are designed to be waterproof, you may wish to place your camera in a zip-lock plastic bag or waterproof casing for additional protection. We also strongly recommend you take out a rider on your homeowner's policy to cover your camera—especially if it's fine equipment. If you are planning on bringing a digital camera make sure to bring additional memory cards, batteries, and any other extras you will need. Disposable waterproof and panorama cameras are also a fun option.

We are not able to provide a power source for recharging camera batteries. A small solar charger is a good option if you think you'll need to recharge your camera battery during your trip.

Electronics & Technology

The use of electronic devices, especially music players, on your trip may represent an intrusion into the wilderness experience of your fellow guests. We ask that you please be mindful of the impacts to others and respect the wilderness nature of the trip.

Many of our guests travel with their smartphone even though there is no cell service. On a trip like this, there is always the risk of water damage to smartphones and other electronic devices, even when they are stowed in a dry bag. If you intend to take your phone with you on the river, consider investing in a small, waterproof container just for your phone.

Communication

Once you are on the river there is limited communication with the “outside world.” Cell phone service is not available. Our guides carry satellite phones which are strictly used to call out in case of an emergency situation on the river. They can call out, but we cannot call them. Periodically the trip leader will check in with our office. If you have someone that needs to contact you about an emergency at home, they should call our office (800-346-6277). If possible, we will relay the message to you. Keep in mind it could be several days or longer before the message actually reaches you. For your family at home you should define for them what you consider an emergency and provide them with instructions to call our office in the event one occurs during your vacation.

Weather

You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend the following website: www.wunderground.com or www.nws.noaa.gov for weather in Stanley and Salmon, Idaho.

Average Air and Water Temperatures

	Air (Day) °F	Air (Night) °F	Water °F	Notes
May	40-70	25-55	40-45	<i>Extremely</i> variable weather, more wildlife & wildflowers
June	45-90	30-60	40-55	Occasional wet spells, possible high-water time
July	60-100	55-70	55-65	Chance of showers
Aug	70-100+	55-70	65-68	Driest month, great for swimming & inflatable kayaking
Sept	50-95	35-60	55-65	Crowds are gone, rain showers likely

GETTING READY

Physical Requirements

Our primary goal is for you to have an enjoyable experience. The nature of the trip is such that it involves some physical exertion and potential exposure to the elements, including cold water, heat, sun, wind and rain. We have experience accommodating people with a wide range of physical disabilities and/or health conditions. However, individuals who are overweight or lack conditioning can endanger themselves, other guests and the guides. Please consult your doctor if you have medical or health conditions that could impact your ability to participate in this outdoor adventure. In general, trip participants must be able to:

- Wear a Type V Coast Guard approved personal floatation devices (maximum chest size of 56 inches)
- Climb on and off the boats multiple times each day
- Navigate uneven terrain in camp and on hikes
- Carry your own dry bags (20 – 30 lbs) from the boats to your camping location and back
- Self-rescue by swimming to a boat or to shore in the event of an involuntary swim in a whitewater rapid

Physical Preparation

Due to the physical nature of this trip, we highly recommend that you engage in regular exercise for at least 3 months prior to departure to ensure preparedness. No gym membership required! Simple exercises like push-ups, sit-ups and squats go a long way to improving core fitness. Start with these exercises and do three sets of ten repetitions each, three to four times per week. Cardiac training is also easy to accomplish without expensive equipment. Take 30–40 minutes two to three times a week and go for a brisk walk, easy jog or bike ride around town. If you have access to a pool, lake or the ocean, swimming is an ideal choice for cardiac exercise. It provides a full-body work-out and is training that may come in handy in the event of an involuntary swim in a whitewater rapid. It is important to push yourself in the months leading up to your trip by increasing your strength training repetitions and the pace of your cardiac training. **Getting in shape will certainly add to your enjoyment of the trip.**

We Provide

- Skilled professional guide service
- 5 nights catered camping
- All meals from lunch on day 1 through lunch on the last day with limited beer and wine with dinner
- 1 waterproof bag to hold your gear for the trip (25" tall x 13" diameter—approximate sealed size—with a maximum capacity of 2 cubic feet)
- A second waterproof bag will come already packed with the sleep kit we are providing, see "Sleep Kit" below.
- 1 small waterproof bag for camera and other small items you'll want during the day (17" tall x 9" diameter—approximate sealed size)
- 2-person tents on a shared basis (there is a \$30 plus tax charge for a private tent)
- Sleep kit—consisting of a sleeping bag, sleeping pad, ground tarp, sheet, pillow and pillowcase
- Personal flotation device (PFD) which must be worn at all times on the river in compliance with safety regulations
- For clients with a high interest in using the inflatable kayaks, we will bring a limited supply of wetsuits. If you have your own, please feel free to bring it with you
- Camp chairs
- Eating utensils, cups and plates
- Highest quality inflatable rafts and kayaks, and related equipment
- Wetsuits and splash jackets for paddlers – weather dependent
- Transfers from Stanley to the river and from the river to Salmon

Available For Rent

- **Single tent:** We provide 2 person tents, however it is assumed you will share this tent with another person. You can (if you prefer) have a tent to yourself for an additional charge of \$30 plus tax per tent.

PACKING FOR YOUR TRIP

Clothing

During the day – Start with a swimsuit and/or swim trunks and synthetic shirt as a base layer. Additional layers, like long underwear, fleece and rain gear, can be added and subtracted depending on the weather, temperature and how wet you're getting in the rapids.

In camp – When the weather is warm, lightweight cotton pants/skirt or shorts and shirt make great campwear. Those so inclined may enjoy wearing a cotton skirt or sarong on summer evenings. In the spring and fall, a dry set of synthetic long underwear is the perfect base layer under long pants and a fleece sweater.

Footwear

During the day – The best choice is an amphibious shoe that drains water, protects your toes and won't come off in swirling current. A retired pair of athletic shoes can work well, too. Sport sandals with a heel strap are a good option, especially on rivers with sandy beaches.

In camp – We recommend wearing shoes in camp due to risk of kicking a rock buried in the sand, or stepping on a sharp stick. The athletic shoes or light hikers you bring for hiking can double as your camp shoes. It's nice to put on dry socks and shoes after a day on the water. Flip flops or "Crocs" are OK for wearing in camp only.

Please note: If you buy new shoes or sandals for the trip, make sure you break them in first!

Headwear

During the day – Wide-brimmed hats are a good choice for sun protection. Ball caps are also useful since they fit under helmets, which are required attire when paddling our whitewater rivers.

In camp – When the weather is cool or cold, you'll want a beanie-style hat to wear in camp. They are the perfect remedy for bed-head as you rise from your sleeping bag to secure your morning cup of coffee or tea, or for retaining warmth in the evening hours after the sun sets.

To Avoid Being Cold

Synthetic long underwear is a must-have on river trips. It can be worn under shorts, rain gear, T-shirts, etc., then stripped off when the chill of the morning has worn off. It keeps you warm even if it's wet (which can happen easily), dries quickly, and it's compact enough to be stuffed into your small waterproof bag or daypack after you take it off. It can be layered under your **waterproof** rain jacket and pants. In cooler weather a rain jacket and pants work better than a wetsuit, because the jacket and pants can be put on when it's cold, or when you're going through whitewater, then easily taken off when the sun comes out and it's hot. Some folks find that wetsuits don't work as well as they are tedious to put on and take off. During early season or high water trips we do provide wetsuits for paddlers. **Be aware that cotton items, once wet, do not insulate; only synthetic and wool materials will keep you warm during cool, wet weather.**

Something warm for your top & bottom: Although the weather will probably be delightful, you need to be prepared for inclement weather. Bring a good fleece or wool top and bottom, along with a warm hat and gloves. You'll want to double up on your synthetic layers so that you'll have a set to wear in the boat and a set of warm, dry clothes for camp.

Late May, June, and September Trips: These are surely some of the most beautiful months to be on the Middle Fork of the Salmon River, but they can also produce some surprisingly chilly times, especially in the higher elevations around Stanley. During the spring and fall the sun is not far enough north in the sky for its warming rays to reach down into the river canyon for as many hours a day as it does in the summer. This means more shady areas, and fewer sunny ones. Therefore, when you are splashed (drenched) going through the rapids and you're in a shady area, you will get very cold unless you are prepared.

Midsummer trips: These trips require less gear than fall trips, but thoughtful packing is still required. A long-sleeved shirt is recommended to protect you from the intense summer sun. The weather in Idaho can also be changeable and unpredictable at this time of year. A rain jacket and pants may still be needed during the summer months.

Raingear

Raingear protects you from the splash of the rapids, rain and wind. It is one of the essential items that all passengers should have no matter what time of year you are traveling. Look for jacket and pants that are 100% waterproof, not just water resistant. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles to prevent water from seeping in. Do not bring a rain poncho as it cannot be worn under your PFD.

Sun Protection

Protecting yourself from the sun should be taken very seriously. A hat, sunscreen, lip balm and sunglasses are a must. In many cases, a long-sleeve shirt is the best method for preventing sunburn on your upper body. Light-weight long pants may also be appropriate to protect your legs.

Bugs & Mosquitoes

Bugs and mosquitoes are generally not a problem on this trip, although it's a good idea to come prepared with a small amount of insect repellent just in case.

Sleeping Gear

We supply a professionally laundered sleeping bag with liner, a pillow with freshly laundered pillowcase, sleeping pad, ground tarp as well as a shared tent as mentioned in "We Provide." The complete customized sleep kit that we provide is designed for your comfort and maximizes available luggage space. Our sleeping bags are degree rated depending on the season and are 33" x 84," which is longer than the normal (80").

SUGGESTED PACKING LIST

Equipment and Personal Items:

- Water bottle: 1 heavy-duty and minimum 1-liter capacity with a carabiner to attach it to the boat. For day hikes, hydration systems like a CamelBak® are great, but you will still want a water bottle while in the boat.
- Headlamp or flashlight. Spare batteries are a good idea.
- Plastic bags: 1 large trash bag and assorted zip-loc bags
- Sunglasses (preferably polarized) with securing strap and a spare
- Small, quick-drying towel
- Toiletries including biodegradable soap
- Sunscreen: waterproof & SPF 30 or higher
- Lip protection: SPF 30 or higher
- Moisturizing lotion or cream
- Insect repellent: Mosquitoes are generally not a problem, but it's always best to be prepared.
- Personal first aid kit (Band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)

- Spare pair of glasses and/or contacts (blowing sand can cause problems for contact wearers)
- Cash for gratuities

Footwear:

- River shoes or sandals
- Athletic Shoes or light hikers
- Hiking socks: 1 pair for every 3 days

Clothing:

- Long-sleeved shirt: 1 for every 3-4 days, lightweight and light color for sun protection (UPF rated shirts are great)
- Long pants: 1 pair, lightweight and light color for sun protection
- Shade hat or visor with securing strap and a spare
- Rain jacket & pants: waterproof (not water resistant) to protect you from the wind and splash from rapids, as well as rain. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles to prevent water from seeping in.
- Swimsuit / Swim Trunks: 2- piece suits recommended for women. Tankinis are a great option.
- Underwear: quick-drying
- Quick-Dry Shorts: 1 pair for every 3-4 days
- Quick-Dry T-shirts/Tops: 1 for every 3-4 days
- Synthetic long underwear top & bottom: 1 set light to mid-weight (optional for July and August trips)
- Fleece top & bottom: 1 set light to mid-weight

Additional Essentials for early/late season trips (April / May / early June / September):

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Additional fleece top & bottom
- Warm hat and gloves: synthetic or wool
- Extra set of synthetic long underwear top and bottom
- Neoprene shirt, like NRS Hydroskin®

Optional Items:

- Sarong: useful for sun protection/changing clothes
- Day pack/Hydration pack
- Bathing wipes: pre-moistened disposable towels
- Solar shower
- Binoculars
- Camera and accessories
- Splash jacket and pants, with neck and wrist gaskets
- Lightweight cord and clothespins for drying clothes
- Sketchbook, notebook and pen, paperback book
- Bandana

Packing Your Gear

At the pre-trip meeting each person will be given a large waterproof bag (25" tall x 13" diameter—approximate sealed size—with a maximum capacity of 2 cubic feet) for your clothing and personal items. A second bag will come already packed with your sleeping gear (sleeping bag with liner, sleeping pad, ground tarp, and pillow with pillowcase). These two bags will essentially be your "checked luggage" and will only be accessible in camp. Tents are stowed separately. We also provide a small waterproof bag for day use where you can keep items such as raingear, camera, sunscreen, lip balm, etc. (17" tall x 9" diameter—approximate sealed size). The bags are

cylinder in shape and pack from the top. Please pack light; river attire is very casual—comfort, convenience and boat space takes precedence over style.

Please note: You are limited by McCall Aviation to 25-30 pounds of baggage per person if you are flying between Boise and Stanley/Salmon or if you are flying from Stanley to the put-in at Indian Creek due to water flows. Baggage handling on McCall Aviation’s small aircraft is made much easier if your luggage is soft-sided.

Extra Luggage

We recommend you take on the river only what’s absolutely necessary. Keeping gear to a minimum insures it will fit into the waterproof bags we supply and reduces unnecessary packing and unpacking in camp. If you do have extra baggage, we can have a limited amount transported to meet you after your trip, but we assume no responsibility for loss or damage.

Valuables

We recommend that you leave your valuables at home. For personal items like wallets, purses and cell phones, we recommend putting them in a zip-lock bag at the bottom of your waterproof bag with your clothing.

Gratuities

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between 5% and 10% of the trip cost is a general tipping guideline. If you plan to tip, remember to bring a personal check or cash—ATM’s are hard to find in the backcountry!

Something Voluntary

In reviewing your statement, you’ll note a \$1/person/day donation to Idaho Rivers United, a non-profit conservation organization dedicated to defending Idaho’s free-flowing rivers. One-hundred percent of these funds go directly to the river protection work of IRU, and your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. *Please notify our office if you would prefer to delete the donation from your balance.*

The O.A.R.S. Foundation is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for young people to experience the magic of a river trip. Visit www.oarsfoundation.org to learn more about how your tax deductible donation can change young lives for the better.

HELPFUL LINKS

Shop for the latest in top-quality gear for your trip
Connect with the other travelers on your trip
Recommended reading list
O.A.R.S. practices Leave No Trace outdoor ethics
Watch our “How To Pack For A River Trip” video
Additional information about the area

www.oars.com/OARStore
eddy.oars.com
reading.longitudebooks.com/O31693
www.lnt.org
www.oars.com/videos/how-to-pack
www.visitidaho.org

TERMS & CONDITIONS

Reservations and Deposits

- A \$500/person deposit is required at the time of reservation. The balance is due 60 days prior to departure.

Cancellations and Refunds

- If you find it necessary to cancel your trip, please notify us as soon as possible. The cancellation fee after you’ve made your deposit can range up to the entire trip cost, based upon the number of days prior to your trip that we receive your cancellation

notice. We regret we cannot make exceptions for personal emergencies. For this reason, we strongly urge you to investigate trip insurance (see Insurance).

Date of cancellation	Cancellation Fee
360 days or more prior to your trip	\$50/person
359 - 180 days prior to your trip	\$100/person
179 - 120 days prior to your trip	\$200/person
119 - 90 days prior to your trip	\$300/person
89 - 60 days prior to your trip	\$500/person
59 days or less	Full Fare*

*If we are able to fill the trip and replace the cancelled passengers, the fee will be reduced to 30% of the trip cost.

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying an O.A.R.S. trip. People with medical conditions, including pregnancy, should have a physician’s approval before taking an adventure travel trip.

Insurance

- Although every effort is made to insure a safe trip for all, we strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler’s policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury. Trip participants should realize that in the event of illness or injury on an adventure travel trip, evacuation can be prolonged, difficult and expensive. Personal belongings and cameras are carried entirely at the owner’s risk, and O.A.R.S. accepts no responsibility for lost, damaged, delayed or stolen property.

Liability Waiver

- Everyone is required to sign a standard release form before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form and return it to our office before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with O.A.R.S. cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- O.A.R.S. Dories, Inc. and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to “self-help” and “float-it-out” without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.