



## Packing List & Travel Tips



### DUFFLE BAG

All of your personal items should be packed into a soft-sided duffle bag approximately 12" x 13" x 24" in size. These duffle bags are available at [www.redrockoutfitters.com](http://www.redrockoutfitters.com). Please limit gear to 20-25 lbs.



### DAY BAG

Upon arrival at the orientation meeting the night before your trip, you will be provided a water-resistant day bag (approximately 9" x 20"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, medications, sun block, lip balm, etc).



### GEAR BAG

Also upon arrival at the orientation meeting the night before your trip, you will receive a water-resistant gear bag (16 x 33). This bag will contain your sleeping bag, sheet and pillow. You will put your duffle bag inside this bag, roll the top down and clip it securely to avoid getting your personal gear wet. Your personal gear bag will be available at camp each night of your trip.

### CLOTHING ITEMS

- Two-piece rain suit or "paddle gear"** (Not just for rainstorms - water temperatures can be chilly! Offers protection against the cold water when running rapids - especially in the early season. No ponchos please) "Farmer John" wetsuits are provided May/June.
- 2-3 swimsuits (2-piece swimsuit and quick-drying shorts or sports bra and shorts recommended for women)
- 2-3 quick-drying shirts (long sleeve and/or short sleeve)
- 2 pair of lightweight pants/shorts, shirts & underwear for camp
- 2 pair of socks for use in case of sunburn or foot injury
- 1 pair quick-drying pants (optional - for sun protection)
- Lightweight fleece top
- Sturdy water sandals or water shoes (no flip-flops). Based on the type and condition of your footwear, you may want to consider a backup pair of sandals or shoes in case of any damage.
- Comfortable footwear for camp (optional - some guests prefer to change out of wet sandals or shoes into flip flops or other light weight shoes)
- Hat for sun protection with string or hat clip
- Bandana or Buff

### PERSONAL ITEMS

- Personal hygiene products, Toothbrush & toothpaste
- Plenty of sunscreen
- Sunscreen lip balm
- After-sun moisturizing lotion
- Biodegradable soap (Ivory) ALL soaps must be used in a designated spot **away from the river.**
- Sport water bottle with clip or carabiner
- Small towel and wash cloth
- Small pack of tissues
- Small headlamp or flashlight with extra batteries
- Binoculars
- Sunglasses with safety strap
- Camera - waterproof digital camera with extra batteries and memory cards recommended
- Extra eyeglasses/contacts (include retention strap)
- Paddling gloves
- Cash for gratuities (Your guides will make every effort to see that your trip is enjoyable and successful. Gratuities for guides are appropriate, greatly appreciated and at your discretion, as a gesture of thanks for their professionalism and service. A suggested guideline is 10 percent of the trip cost. The common practice is to give the gratuity to the trip leader on the last night. It will later be divided equally with the rest of the crew.)

### COLD WEATHER ITEMS

- Polypro socks for river - Wool socks for camp
- Stocking cap, fleece or wool gloves
- Thick fleece jacket and/or lightweight down coat
- Lightweight long underwear for sleeping
- 1 additional set of poly-pro or capilene underwear (tops & bottoms)
- Splash Jacket and pants recommended for cold trips

### OPTIONAL PERSONAL ITEMS

- Plastic bag for dirty or wet clothing
- A few clothespins to secure wet clothing while drying
- Disposable moist towelettes
- Personal bee sting kit (if allergic)
- Fishing gear and Idaho license (gear must be in protective case and disassembled during travel)
- Sarong (long cloth worn like a skirt, wrapped at the waist)
- Sundress for ladies



## Items Provided

- » Stanley to Boat Launch
- » Shuttle from the river take-out to Salmon, Idaho
- » Lodging in Stanley & Salmon, Idaho (available for opt out)
- » Professional, licensed guides
- » All meals between trip departure and return
- » All eating utensils and souvenir cup
- » Unlimited drinking water
- » Freshly laundered sleeping bag, sheet & pillow
- » Ground cover & "Paco" pad
- » Tent
- » Water-resistant dry bag (16 x 33) for sleeping gear and personal duffle bag
- » Water-resistant day-use dry bag (9" diameter x 20") for personal items
- » Oar Boats, Paddle Rafts and Inflatable Kayaks
- » US Coastguard approved whitewater life jackets
- » Wilderness First-Aid kit
- » Sanitary Facilities

## Be Prepared for Any Weather:

Weather is always present on a river trip... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts! It is wise to come prepared for anything, but we realize there are weight and size limitations for packing. While we cannot predict it all, hopefully we've given you the proper insights and information to prepare you for the adventure of a lifetime!

### Rain Gear

vs.

### Paddle Gear



**Key Feature:** Easy to wear, versatile, best in warmer weather and rain.

**PROS:**

- Keeps you relatively dry without the "sweat chamber effect"
- Blocks wind-chill after rapids
- Versatile purpose/easy to wear
- Best for rain, shields whitewater

**CONS:**

- Not waterproof during large rapids
- Getting cold can be a threat to fun



**Key Feature:** Neoprene rubber "gaskets" around wrists & neck. Best in cold weather & whitewater.

**PROS:**

- Nothing better for staying dry
- Ideal when weather remains cold
- Blocks water from all directions
- Best for whitewater

**CONS:**

- Hot & sweaty in warm weather
- Pullover style can be difficult
- Specialized purpose lacks versatility
- No hood for rainstorms

## Get Ready in One Order: Red Rock Outfitters

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. Specifically, we've bundled "The Works" for him, for her and one for gear in general. Get a FREE item with a "Works" purchase. For your convenience, you can order all these items online with Western's retail division: [redrockoutfitters.com](http://redrockoutfitters.com)



[www.RedRockOutfitters.com](http://www.RedRockOutfitters.com)

1-855-245-1658



Western River Expeditions  
7258 Racquet Club Drive  
Salt Lake City, Utah 84121

HOURS: Mon-Fri 7:00am-6:00pm MST  
EMAIL: [gorafting@westernriver.com](mailto:gorafting@westernriver.com)  
ONLINE: [www.westernriver.com](http://www.westernriver.com)

TOLL-FREE: 800-453-7450  
LOCAL: 801-942-6669  
FAX: 801-942-8514



## FINAL CHECKLIST: The morning of your trip:

- Check out of your accommodations & eat a good breakfast.
- Meet in Stanley by 7:00pm MST the night prior to your scheduled launch. Meet ROW Adventure's team leader at the Mountain Village Inn (where reservations will be made for you) for a one-hour orientation meeting.
- Come dressed and ready to raft (see diagram below):

**BIG SMILE**  
A smile is a curve that sets a lot of things straight

**RETENTION DEVICE(S)**  
River guides invented these thirty years ago for hats and sunglasses. They work!

**LIFE JACKET / PFD**  
Available at the river's edge, with the rafts

**LIP BALM & SUNSCREEN**  
At least 30 SPF - You will have time to apply this before rafting

**MEDICATION**  
(if needed)

**WATERPROOF CAMERA**  
Or use a waterproof / sandproof case

**QUALITY RAIN GEAR**  
Good quality rain gear is handy in your day bag for rain, but especially for rapids!

**HAT FOR SUN PROTECTION**  
Wide-brimmed hat, baseball cap or visor

**COMFORTABLE SHIRT**  
Best with UPF for sun protection

**SUNGLASSES**  
They're not just for Hollywood looks

**QUICK DRY SHORTS**  
Makes sitting on the raft more comfortable

**WATER BOTTLE WITH A CLIP**  
Always drink lots of water in the desert

**STURDY WATER SANDALS OR SHOES**  
No flip flops, mukluks, cowboy boots, spurs, etc.



## Gear provided:

- Large water-resistant gear bag containing a sleeping bag, sheet, and pillow. Once you are dressed and ready for the river that day, you should pack your personal duffel so it is ready to place inside this large rubber bag. You can access it again that night at camp. (Inaccessible during the day).
- Small day bag to hold personal items you need throughout the day (sunscreen, lip balm, rain suit, camera, snacks). Pack these items the night before your river trip.
- Lifejacket / PFD will be handed out and proper fitting will be demonstrated by your guides when you meet them at the rafts.

## Things to bring:

- Duffel bag (approx. 12"x13"x24"), packed with personal items outlined on the packing list
- Extra drinks, if desired. Avoid glass containers. (see "Beverages" in General Information).
- Extra snacks, if desired. (Snacks will be provided during the trip).
- Camera(s) - Phones as cameras in waterproof cases/sleeves (Cell service unavailable)

## Suggested things to leave: (NOT TO BRING ON THE RIVER)

- Suitcases and extra luggage can be transported to the take-out for you.
- Unnecessary electronic devices (game devices for kids, etc.)
- Jewelry