



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. Please limit gear to 20-25 lbs.



DAY BAG

Upon arrival to the river's edge, you will be provided a water-resistant day bag (approximately 7" x 13"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, gloves, sarong, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a simple plastic grocery sack inside your duffle for easy transfer to your day bag at the launch site.



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 sleeved sunhoodies are breezy and effective sun protection)
- 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

PERSONAL ITEMS

- Personal hygiene products, Toothbrush & toothpaste
- Bandana or Buff
- Plenty of sunscreen & lip balm
- LavaLava/Sarong coverup (long cloth useful for sun cover, light towel, changing clothes under cover)
- 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. Phones as camera in waterproof cases/sleeves. Charging brick for phones recommended. (Cell service unavailable).
- 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 10-15% 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)
- Sundress for ladies



Items Provided

- » Stanley, ID to Boat Launch in early season (before July 22 -- see pg. 11 for details)
- » Shuttle from the river take-out to Salmon, ID
- » 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" x 20") for personal items
- » Oar Boats, Paddle Rafts
- » 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. For your convenience, you can order all these items online with Western's retail division:

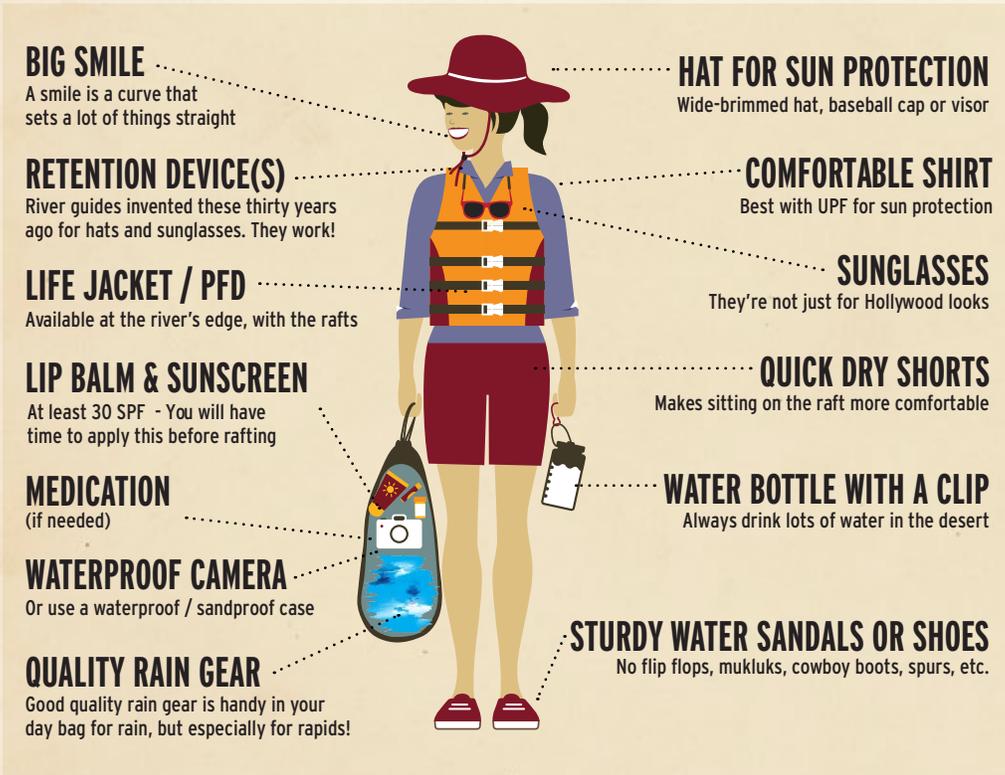


www.RedRockOutfitters.com
1-888-924-2050



FINAL CHECKLIST: The morning of your trip:

- Check out of your accommodations & eat a good breakfast.
- The night prior to your scheduled launch, meet ROW Adventure's team leader for a one-hour orientation meeting at 7:00 PM
- Come dressed and ready to raft (see diagram below):



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 duffle 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:

- Duffle 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