



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



DAY BAG

Upon arrival at the orientation meeting the night before your trip, 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, medications, sun block, lip balm, 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. This bag will contain your sleeping bag, sheet and ground tarp. 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)
- 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. 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
- Insect repellent (small container)
- Sunglasses with safety strap
- Camera - waterproof digital camera with extra batteries and memory cards recommended
- Medication if needed (cool storage is available)
- Small pack pillow
- Major credit card in case of evacuation
- 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

- Neoprene 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)
- Paddler's "Splash Jacket" and/or splash pants

OPTIONAL PERSONAL ITEMS

- 2 small carabiners for clipping personal items to ropes
- 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)



Items Provided

- » Stanley to Boat Launch
- » Shuttle from the river take-out to Salmon, Idaho
- » Lodging in Stanley & Salmon, Idaho
- » 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 for sleeping gear and personal duffle bag
- » Water-resistant day-use dry bag (7" diameter x 13") 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:

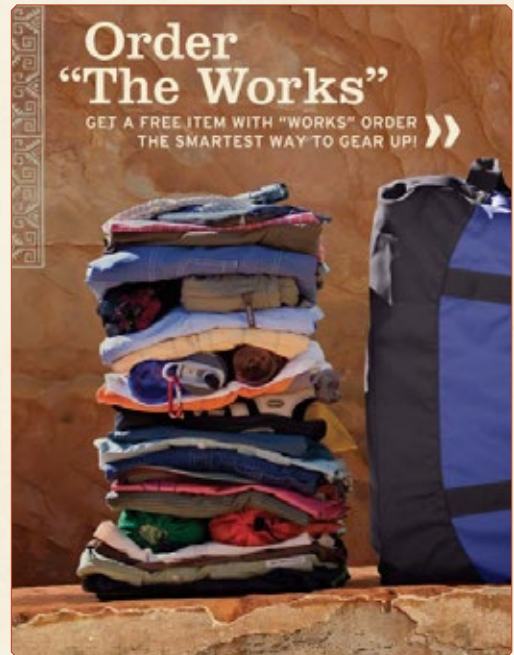
- Nothing better for staying dry
- Ideal when weather remains cold
- Blocks water from all directions
- Best for whitewater

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://www.redrockoutfitters.com)



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
ONLINE: 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 ground tarp. 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). Save yourself time by packing these items in a separate grocery bag, ready to grab from your duffel bag and place inside the day bag.
- 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