



River Time Guide Service

Salmon River Journey Recommended Packing List

Packing For Your Trip

It is recommended that you bring clothes and gear that allow you to layer your clothes for temperature differences and have both a wet and dry set of clothes. Layers allow you to peel off clothes as the canyon heats up and quickly replace if it gets cold. Having a wet and dry set insures comfort and warmth each night in case your dry gear gets wet. Cotton clothing is not recommended for the wet set. Wet cotton lowers body temperature which can be uncomfortable in even mildly cold weather. Synthetics such as polypropylene, capilene, pile and fleece wick water away from your body and work well both on the river and off. Wool also works fairly well, but can be heavy and some what uncomfortable. It is also VERY important that you bring rain gear - at least a good weather resistant/waterproof jacket with a hood. The chance of cold rainy weather is very slim, but it can happen, and if it does you will be very happy that you were prepared for it.

The key to packing for a river trip, is to pack light but pack for a wide range of weather conditions. Many of the items listed below are good for an outdoor rafting adventure, as well as many different weather conditions you may encounter on your trip. All your gear must fit in one waterproof bag (16" in diameter and 33" in height) which we provide for each guest.

Wet Set (on river)

- ___ Strap-on river sandals or Tennis shoes
- ___ 2-3 Swimsuits or quick-dry shorts (not cotton)
- ___ Shirts: long sleeved is best for sun protection
- ___ 1-2 Pairs of synthetic or wool socks
- ___ Fleece or wool jacket
- ___ Sunglasses w/ retention devices (consider bringing two pairs)
- ___ Hat or visor (with strap) for sun protection
- ___ Bandana
- ___ Wool or syntheic fleece beanie (for spring & fall trips)
- ___ Wool or synthetic gloves (for spring & fall trips)

Please feel free to bring the following items:

- ___ Reading material
- ___ Journal/Notebook
- ___ Camera (extra menorey cards & batteries)
- ___ Binoculars

Optional

- ___ Small camp pillow
- ___ Neoprene booties
- ___ Gloves (to protect hands while paddling)
- ___ Small fanny pack
- ___ Fishing gear and license
- ___ Clothespins to secure wet clothes while drying

Provided by River Time Guide Service

- Outfitter tent (sleeps 2)
- Sleeping bag (laundered after each trip)
- Thermarest sleeping pad
- Small wterproof day bag
- Waterproof dry bag (16" in diameter x 33" in height)
- Splash tops or wetsuit when needed

Dry Set (for camp)

- ___ 1 Pair long pants
- ___ 2 Pair Pants/Shorts - for hiking, or relaxing in camp
- ___ 2 T-shirts Cotton or Quick Dry
- ___ 1 Longsleeved shirt
- ___ Underwear & socks
- ___ Light weight long underwear & top
- ___ Camp shoes - some guests prefer to change out wet sandals or shoes into flip flops or other light weight shoes
- ___ Fleece Jacket or Sweatshirt
- ___ Fleece Pants or Sweatpants - for relaxing in camp
- ___ Rain jacket & pants
- ___ Large zip lock bags - for organizing gear

*And don't forget to pack a little something for dress-up night. Which takes place during dinner on the last night of your trip.
It's great fun for everyone!*

Personal Items

- ___ Sun tan lotion/Sun blocak - waterproof
- ___ After sun moisturizing lotion
- ___ Lip blam with sun screen
- ___ Water bottle (**Most Important**)
- ___ Medication (cool storage is available)
- ___ Hygiene items - toothpaste/toothbrush, hair brush, wet wipes, small pack of tissue etc...
- ___ Small towel & washcloth
- ___ Insect repellent (Irritating insects, especially mosquitos are rare on the Main Salmon, but a small container of repellent is always a good idea)
- ___ Flashlight or headlamp with extra batteries