

# Middle Fork of the Salmon Trip Details

## TRIP CHECKLIST

- Plan for the unexpected by purchasing [Travel Insurance](#)
- Make lodging arrangements for the night before and night after your trip
- Complete your [trip registration](#) and request camping gear on our web site
- Sign your release form on our [web site](#)
- Pay the final balance 60 days before the trip

## THE RENDEZVOUS

### MEETING PLACE

[Mountain Village Resort](#)  
Stanley, Idaho

### PRE TRIP MEETING

8 PM on the evening before  
you start date

### AFTER THE TRIP

You'll return to Salmon,  
Idaho on the last day  
around 4 PM

## HOW TO GET THERE

The trip meets in Stanley, ID and ends in Salmon, ID. There are 3 ways you can organize your travel:

- 1. Drive your own car** to Stanley and have it shuttled to Salmon. We recommend you book your shuttle with [River Shuttles](#). We have a [FAQ Page](#) to reference if you have questions while filling out the reservation form.
- 2. Fly to Boise, ID (BOI) and rent a car** to drive to Stanley. It's a 3-4 hour drive from Boise to Stanley before the trip and 5-6 hours from Salmon back to Boise after the trip. You will need to have your car shuttled from Stanley to Salmon with [River Shuttles](#) if you rent a car. We suggest [Hertz](#) for car rentals.
- 3. Fly to Boise, ID (BOI) and get a connecting flight** to Stanley with [Gem Air](#) (208) 756-7382. After the trip, the Stagecoach Inn can drive you to the Salmon Airport for your return flight to Boise.

**Flying with Gem Air:** You'll need to arrive in the Boise Airport by 3 PM the day before your trip. Upon arrival collect your baggage and proceed to the Gem Air counter near the baggage claim. Your bag should be packed in a soft duffel and weigh less than 35 lbs to avoid overweight baggage fees. If your arrival is delayed, please call Gem Air at (208) 756-7382. It's best to plan your flight home for the morning after the trip ends.



## WHERE TO STAY BEFORE AND AFTER

Make reservations well in advance. Northwest Rafting Company does not make reservations or cover the cost of your room.

### STANLEY, ID

Pre Trip

Mountain Village Resort  
(800) 843-5475

### SALMON, ID

Post Trip

Stagecoach Inn  
(208) 756-2919

## NWRC PROVIDES THE FOLLOWING

- Transportation from Stanley to the river
- Transportation from the river back to Salmon
- All on-river meals
- Tent\*
- Sleeping bag and sleeping pad\*
- Waterproof bags for your personal gear

\* **Camping Gear** is available from us at no additional cost, but you must request them. Please indicate your gear requests in your trip registration on our website.

### DELUXE CAMPING PACKAGE

This optional package includes a large standing-room tent and two cots. The additional cost is \$420 for the trip. There is limited availability so please call us at (541) 450-9855 to reserve.

## YOU ARRANGE THESE DETAILS

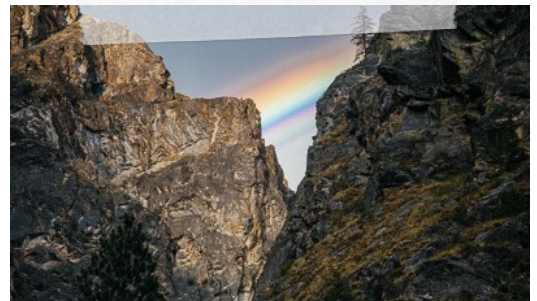
Some things are out of our hands. You'll need to make arrangements for the following:

- Meals and lodging before and after your trip
- Personal clothing and other miscellaneous items
- Transportation to Stanley, Idaho before the trip
- Transportation from Salmon, Idaho after the trip
- Car shuttle from Stanley to Salmon if you are driving
- Guide gratuities

## SALMON RIVER WEATHER

The weather in Idaho is often dramatic and unpredictable. You can expect to experience a range from cold and wet to hot and dry conditions.

Your comfort and enjoyment on your trip is dependent on your complete preparation for Idaho's diverse conditions. This can be easy if you pay attention to the information provided and to your own tolerance to the sun and to cold.



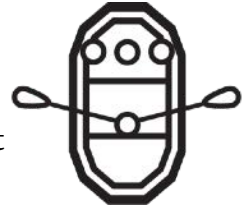
## ON THE RIVER - TYPES OF BOATS



**PADDLE BOATS** are 14 to 15 foot boats that are powered by strokes of the paddle crew. The guide typically sits in the back and gives paddle commands to the 4 to 7 paddlers.



**OAR BOATS** carry gear and supplies as well as one to four passengers. A ride on an oar boat is an opportunity to relax, enjoy the scenery, watch for wildlife, or chat with friends and family. The oar boat is the least active option and typically provides the greatest stability.



**INFLATABLE KAYAKS (“DUCKIES”)** are an opportunity to paddle under your own power and direction. The guides will give instructions before the trip and directions for navigating the bigger rapids. Helmets are always required in the inflatable kayaks. They are only available to paddle when the guides deem it appropriate.



## TOILETS AND SANITATION

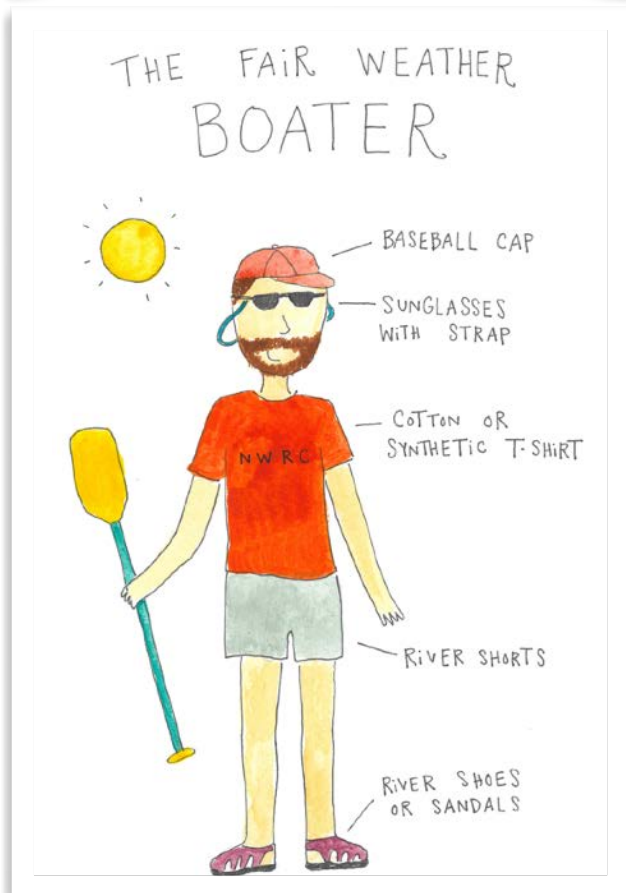
We will be using portable river toilets. When setting up toilet facilities we are conscious of sanitation and privacy needs. We follow Leave No Trace principals, carry out all trash, and use no soap in the river. The guides will instruct you in simple procedures that minimize the impact of our group on the canyon and we ask for your cooperation.

## PACKING AND BAGS

Each individual will be provided a dry bag for the duration of the trip. The bag, when fully packed, measures about 17 inches in diameter by 32 inches in height and is almost the size of a large garbage bag. Your sleeping bag, pad, and personal items must fit into this bag. Separate bags will be available for tents. You will also be provided with a dry day bag for items you may want during the day, such as a camera, chapstick, sunscreen, extra layer, or rain gear.







## RIVER CLOTHING/GEAR

- 2+ Shorts or Swimsuits
- 2+ Shirts
- Lightweight Wool or Polypro Shirt
- River Shoes or River Sandals
- Hat for Sun Protection
- Water Bottle
- Sunglasses with Strap

## CAMP CLOTHING/GEAR

- 2 Shirts
- 2 Pairs of Pants, Shorts, Skirts, or Dresses
- Underwear
- Warm Jacket
- Rain Jacket and Rain Pants
- Camp Shoes
- 2 Pairs of Socks
- Headlamp or Flashlight

## CAMPING GEAR

- Sleeping Bag
- Sleeping Pad
- Tent

## PERSONAL ITEMS

- Small Camp Pillow
- Toiletries and Medications
- Sunscreen and Lip Balm
- Insect Repellent

## OPTIONAL

- Bike Gloves for Paddling
- Biodegradable Soap and Shampoo
- Sun Shower and Small Towel
- Book or Notebook
- Small Day Pack
- Dramamine for Van Ride
- Beer and Soda in Cans or Plastic Bottles
- Wine in Glass Bottles or Boxes

## FOR COLD WEATHER TRIPS

- Wetsuit and Paddle Jacket (see next page)
- 2+ Wool or Polypro Shirts
- Wool or Polypro Pants
- Wool or Neoprene Gloves
- Wool or Neoprene Socks
- Wool or Fleece Beanie

*Dressing safely and comfortably (not to mention fashionably) for river trips is a challenging task. You will need two sets of warm clothing: one for the river and one for in camp.*

## USE THE “LAYERING SYSTEM”

### BRING CLOTHES THAT CAN BE WORN UNDER OR ON TOP OF OTHERS

Layering allows easy adjustment to quickly changing weather conditions by adding or subtracting layers. Loose, fast drying, durable clothing is best for rafting.

### POLYPROPYLENE (POLYPRO) OR FLEECE

These synthetic materials wick moisture away from the the skin. A medium or heavy weight shirt and pants are essential as the first layer in cool or wet weather.

### MERINO WOOL

Merino Wool is a natural fabric that is more expensive, less durable, and heavier than polypro. Its advantages are odor resistance, soft feel, and is easier to dry at a campfire.

### COTTON

Cotton can significantly lower body temperature when wet. It should be avoided for cold and wet weather trips.

### RAINWEAR

A rain jacket and pants can protect you from the spray from rapids as well as wind and rain from storms. Coated nylon or breathable fabrics such as Gore-Tex are best.

### FOOTWEAR

You'll find guides and fellow guests in tennis shoes, wetsuit booties with soles, and river sandals. Closed toe shoes do offer the most foot protection while on the river and, if worn with wool or neoprene wetsuit socks, they can help insulate your feet when the water is cold.

## PACKING PRO-TIPS

- Pack clothing that can get wet and dirty. To cut down on bulk, plan to re-wear your dry clothes.
- Large Ziploc bags are great for organizing items like toiletries, electronics, or socks and underwear.
- Bring a garbage bag to keep your dirty clothes separate from everything else.
- We are traveling through remote wilderness. There is no internet, no cell service, and no electricity. If you need to be reached while on the river, consider renting a [satellite phone](#).
- If you bring a camera consider purchasing a [Pelican Box](#) to protect it.\*
- If you bring your smart phone it's a good idea to purchase a waterproof case.

\* We receive a commission if you purchase from these links.

## WETSUITS AND PADDLE JACKETS

These are sometimes required for cold weather trips in May and June although you may not need to wear them every day.

We're happy to provide them, but you'll need to tell us what size you would like as part of your trip registration. Our wetsuits are 1/8 inch farmer john style and can be worn over your polypro or wool shirt and with a paddle jacket on top.

## PARTICIPANT RESPONSIBILITIES

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— All participants will be required to follow the safety policies and procedures of Northwest Rafting Company and its guides. All participants will be required to sign an agreement to assume all risks; release of liability/agreement not to sue & to indemnify in favor of Northwest Rafting Company.

## THE MORNING OF YOUR TRIP

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— Be sure to eat a hearty breakfast. At 8 AM a chartered bus will be waiting in front of the Mountain Village Lodge for the five minute drive to the airfield and a 30-minute flight to the Indian Creek put-in.

When water conditions permit we will start 25 miles upstream at Boundary Creek. The drive from Stanley to Boundary Creek is about 90 minutes.

## ON THE RIVER

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— The pace of your river trip is very dependent on the water level! You will usually spend four to five hours a day on the river. Breakfast is served about 8 AM and you are typically on the river around 10 AM.

There will be a stop mid-day for lunch and maybe a short hike. We set up camp in the late afternoon, allowing time to hike and relax before dinner. If you are new to camping the guides will be happy to help you pick a camp and set up a tent so don't hesitate to ask.

## AFTER THE TRIP

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— On the last day we'll finish at Cache Bar on the Salmon River around noon. We typically arrive in Salmon around 4 PM and suggest you spend the night at the Stagecoach Inn.

If you are flying with Gem Air please plan your flight out of Boise no earlier than 11:00 AM the next morning.

## MEALS AND ALCOHOL

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— NWRC provides all meals from lunch on the first day to lunch on the last day. Dietary restrictions and allergies can be accommodated with advance notice. Personal beverages may be brought, preferably in unbreakable containers. For your safety, drinking alcoholic beverages on the river is not allowed.

Beer and soda need to be in aluminum cans and will be stored in a shared cooler. Please mark the tops of your cans with your initials using a permanent marker.

## FISHING

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— Idaho fishing license are required and available at the Stanley Mercantile. They are also available [online](#) or by phone at (800) 554-8685. All fishing must be done without bait and with single, barbless hooks.

## RIVER GUIDES

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— Our guides have a deep appreciation for the rivers we run, and want you to enjoy your trip with them. They are happy to help you if you are an inexperienced camper or have questions about the river.

NWRC guides are accomplished in outdoor skills and extensively trained in first aid and CPR. In addition, the guides are mature, interesting people we think you'll enjoy.

## GRATUITIES

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— We are often asked if tipping is appropriate. Tips are certainly appreciated by your guides and are usually around 10% to 15% of the trip cost. Tips can be given to the head guide who will evenly distribute them between the guide crew.

Whether and how much you tip should depend on your satisfaction with the trip, your feelings about tipping, and your financial means.