

Eco Family Adventures Middle Fork of the Salmon River Clothing and Equipment List

The key to staying comfortable while on an active trip is layering. To obtain maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your clothing and gear for this trip. Try to bring only what is necessary—this will help you and your leaders!

Weather

Idaho weather is variable and vigorous. You can have 100F days in July or August and then snow on the river in June! So come prepared with warm and cold weather clothing.

Packing List

- Sleeping bag*
- Thermarest or air mattress*
- Towel & personal toiletry items
- Biodegradable soap
- Sunscreen lotion
- Sunglasses & sun hat
- Bathing suit
- Wool or polypro socks - 2 pair
- T-shirts - 2
- Long sleeved shirts - 2
- Long pants - 2
- Shorts - 2
- Warm jacket (fleece) & sweater
- Shoes - one pair for camp & hiking
- Shoes - one pair for boat (tennis shoes, river sandals)
- Raingear (sturdy jacket and pants)
- Fishing gear (rod in sturdy case)
- Fishing license (buy in Stanley)
- Camera & plenty of film
- Flashlight & camera
- Plastic liquor containers & water bottle
- Ziplock bags - handy for small items (isolate wet articles from rest of gear)

*By prior arrangement we can provide a sleeping kit (sleeping bag & thermarest).

Things to Consider

- Please remember to always pack essential items such as your eyewear, a change of clothing and medications in your carry-on baggage, in case your luggage is delayed.
- While rafting the river there is very limited space for luggage. This may entail separating your belongings into two bags -- one to leave on the bus and one to take down river. You can bring a small second duffel for this purpose, or simply use a stuff sack. Rafts carry heavy-duty whitewater bags for storing everyone's overnight clothes and gear.
- Cotton is wonderful in warm weather. However, once it becomes wet it drains your body heat if it is cold weather. Plan on bringing at least one synthetic shirt that maintains its warmth when wet, yet dries quickly. Examples of these fabrics are Capilene®, MTS® and Thermax®.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Stuff sacks are great for sorting your gear. Use different sizes and colors to differentiate the contents. Plastic bags work great for sorting out dirty or wet clothing.