



LOCHSA DAY TRIP DETAILS

THREE RIVERS RAFTING

BEFORE YOU HEAD OUT

- ☐ Plan for the unexpected by purchasing [Travel Insurance](#)
- ☐ Make lodging arrangements for the night before and/or the night after your trip
- ☐ Sign the release form sent to your email
- ☐ Pay the final balance 30 days before the trip

THE RENDEZVOUS

MEETING PLACE

Three Rivers Resort
www.threeriversresort.com
Lowell, ID

MEETING TIME

8:30 AM PST
[Three Rivers Resort](#)
Main Lodge

AFTER THE TRIP

You'll return to Three Rivers
Resort around 4 PM

HOW TO GET THERE

Located on US Highway 12, we are 99 miles east of Lewiston, ID and 123 miles west of Missoula, MT. From Spokane, WA take Hwy 95 south through Pullman to Lewiston, then US 12 east to Lowell, ID. From Boise, take Hwy 95 north to Grangeville, US 13 to Kooskia, then US 12 east to Lowell. From Missoula, take US 12 west to Lowell. You can leave your car in the resort parking area if you are a Three Rivers Rafting guest.



ACCOMMODATIONS

All our rafting guests have limited use of Three Rivers Resort facilities for changing into river gear. The resort has cabins, rooms, RV spaces, and tent sites available. They book up fast though, so make sure to schedule asap. If coming from out of the area, we recommend staying the night before the trip at the Resort, as all our trips begin and end here. There are also many public campgrounds in the area along the Lochsa and Selway Rivers.

We'll meet you at Three Rivers Resort at 8:30 AM PST the day of your trip for a pre-trip orientation. All lodging options listed below are the closest locations to Lowell, ID.

THREE RIVERS RESORT

Lowell, ID
Meeting Place
(208) 926-4430

LOCHSA LODGE

1 hour drive to Three Rivers,
located near Montana state line
(208) 942-3405

CAMPING OPTIONS

There's a variety of affordable camping close to Three Rivers.

<https://www.recreation.gov>

THREE RIVERS RAFTING PROVIDES THE FOLLOWING

- ☐ **Experienced local guides** – certified in 1st aid and CPR
- ☐ **River Gear** – neoprene wetsuit, pfd (personal floatation device), neoprene shoes, splash top, helmet, fleece sweater, hand fleece helmet liner
- ☐ **Professional photos of your Lochsa River rafting trip**
- ☐ **Hot riverside lunch, prepared in house**
- ☐ **Transportation to the river and back to the resort**

YOU ARRANGE THESE DETAILS

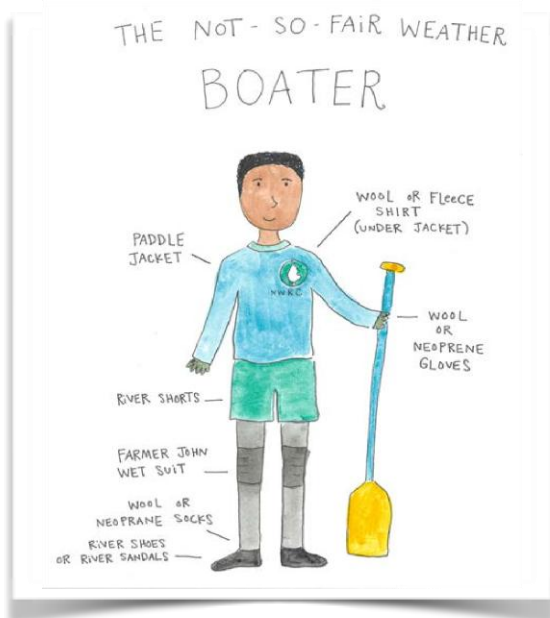
Some things are out of our hands. You'll need to take care of the following:

- ☐ Follow the recommend pack list for “on the water” clothing – located on the next page
- ☐ Make sure your release forms are all signed prior to trip launch
- ☐ Meals and lodging before and after your trip.
 - There is only one local restaurants in Lowell, ID – please call them ahead of time to check their hours if you plan on dining out
 - Three Rivers Resort: 208-926-4430
- ☐ Transportation to and from Lowell, ID
- ☐ Guide gratuities – more info on last page

LOCHSA RIVER WEATHER

Spring weather on the Lochsa River can vary from being warm and sunny to occasional rainstorms or downright downpours. Expect highs in the 70s and lows in the 40s with water temperatures in the 40-50 range. The Lochsa is in the Clearwater National Forest and is the most inland temperate rainforest on the Western seaboard, meaning weather systems can move in and change the overall conditions quite quickly. It is important to be prepared for both sides of this equation and follow the pack list closely. Additionally, staying hydrated is very important. We encourage you to bring a water bottle and some form of dissolvable electrolytes.

RECOMMENDED PACK LIST



★ PLEASE NO COTTON ON THE RIVER

- ☐ Wool or polypro base layers (top & bottom)
- ☐ Wool socks
- ☐ Water bottle
- ☐ Sunglasses
- ☐ Chums or other eyeglass retainer straps
- ☐ Waterproof sunscreen
- ☐ Swimsuit, poly, or wool underwear

OPTIONAL GEAR

- ☐ Wool or neoprene gloves for paddling
- ☐ Ball cap for under helmet
- ☐ Your own fleece pullover
- ☐ Towel for after trip
- ☐ Splash or rain pants
- ☐ Swim shorts for over wetsuit
- ☐ Your own pair of shoes for sizes 14+
- ☐ Dramamine for Bus Ride if subject to motion sickness



Dressing safely and comfortably (not to mention fashionably) for river trips is a challenging task. Check out our pro-tips below for more information.

PACKING PRO-TIPS

POLYPROPYLENE (POLYPRO) OR FLEECE

These synthetic materials wick moisture away from the skin, while helping you retain your body heat. A medium weight set of base layers (top and bottom) is a nice addition for a cold weather Lochsa trip. We recommend wearing these layers under your wetsuit.

WOOL

Wool is a natural fiber that wicks moisture away from your skin keeping you warm when wet. Merino wool is a soft, lightweight type of wool that we highly recommend. Wool socks help keep feet insulated (feet and hands typically are the coldest part of the body throughout the day).

COTTON

Cotton can significantly lower body temperature when wet. Your primary clothing for spring rafting trips should be wool, polypro, or other fabric designed to provide insulation in wet conditions. **NO COTTON ON THE RIVER!**

RAINWEAR

We will provide you with a splash top but if you have your own rain gear, feel free to bring it. A rain jacket and pants can be worn over a wetsuit to protect you from the spray of big rapids as well as wind and rain from storms. Coated nylon or breathable fabrics such as Gore-Tex are best. These also offer extra insulation to keep you warm.

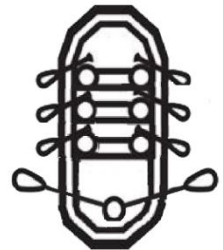
FOOTWEAR

We'll provide you with wetsuit booties. If you're size 14+ you may want to bring your own shoes as our selection is limited. You'll find guides in tennis shoes, wetsuit booties, or specific river shoes. Closed toed shoes are recommended.

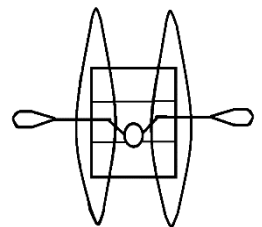
ON THE RIVER - TYPES OF BOATS



PADDLE BOATS are 14 to 16 foot boats that are powered by strokes of the paddle crew. The guide typically sits in the back on a stern mount with two oars and gives commands to 4-8 paddlers



CAT BOATS &/OR KAYAKS
Are piloted by our expert guides and are used for safety on the river. They will stay with the group in the event someone takes unplanned swim.



PARTICIPANT RESPONSIBILITIES

— All participants will be required to follow the safety policies and procedures of Three Rivers Rafting and its guides. All participants will be required to sign our liability waiver.

THE MORNING OF YOUR TRIP

— On the morning of your trip the lead guide will meet you at the Three Rivers Resort in Lowell, ID at 8:30 am PST. Be sure to eat a hearty breakfast before your trip!

ON THE RIVER

— The pace of your river trip is very dependent on the water level! You will usually spend five to six hours on the river. There will be a stop mid-day for a hot riverside lunch at our private camp.

AFTER THE TRIP

— At the end of the rafting trip we board the bus and head back to Lowell, ID. We typically get back to the Resort between 3:30 – 4:30 PM PST. Upon arrival you change out of your rafting gear and get it to the designated wash area in a timely manner.

MEALS AND ALCOHOL

— Three Rivers Rafting provides lunch for all full day rafting trips. Dietary restrictions and allergies can be accommodated with advance notice. **Alcoholic beverages are not allowed on the Lochsa before or during your trip.**

GRATUITIES

— We are often asked if gratuities are appropriate. Gratuities are certainly appreciated by your guides and a baseline for an appropriate amount is usually around 10% to 15% of the trip cost. Tips can be given directly to your guide or included at the end of your trip payment. Gratuities are a personal matter and everyone is different – feel free to ask Hunt or Mira about this topic if you have more questions.

DISCLAIMER

— We reserve the right to alter the trip for reasons of safety or extreme water conditions. If **we** cancel a trip you

will receive a refund of money paid to us, but you won't be compensated for other trip expenses (airline flights, lodging, etc.). Otherwise, deposits are nonrefundable. If this or possible cancellation by you for emergency reasons concern you, we suggest buying low cost trip insurance. Guests under 13 years old / under 100 lbs must be screened based on weight, experience, and conditions. For any rafting questions please contact the office at (208)669-3055 or visit <http://www.threeriversrafting.com>

