



LOCHSA OVERNIGHT 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 night after your trip
- ☐ Inform us via phone or email if you'd like to bring your own camping gear
- ☐ Sign your release form sent to your email
- ☐ Pay the final balance 30 days before the trip

THE RENDEZVOUS

MEETING PLACE

Three Rivers Resort
www.idaho3riversresort.com
Lowell, ID

MEETING TIME

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

AFTER THE TRIP

You'll return to Three Rivers Resort on the last day of your trip around 4 PM

HOW TO GET THERE

IF YOU FLY: The economics will likely be different for everyone depending on your locations. The closest commercial airport is in Lewiston, ID (LWS). Plan your flight to arrive at least the day before your launch date. The easiest way to get from the Lewiston Airport to Three Rivers Resort is by renting a car. The most affordable flights will likely be out of Missoula, MT. The drive from Lewiston to Lowell is about 2 hours and Missoula to Lowell is around 3 hours, depending on conditions - rental vehicles are readily available at both airports. These can be parked at the resort for the duration of your trip.



IF YOU DRIVE: You can leave your car in the resort parking lot if you are staying the night before and after the trip.

WHERE TO STAY BEFORE AND AFTER

Make reservations well in advance. Three Rivers Rafting does not make reservations or cover the cost of your room. We recommend staying at Three Rivers Resort in Lowell, ID as all our trips start and end at this location. When booking with the resort, inform them that you are part of a Three Rivers Rafting trip. **We'll meet you at Three Rivers Resort at 8:30 AM PST the day of your trip for a pre-trip orientation.** All resorts/hotels listed below are the closest locations to Lowell, ID.

THREE RIVERS RESORT

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

- ☐ Transportation to and from Lochsa River to Resort
- ☐ Photos of your Lochsa River adventure
- ☐ All meals, water, and beverages while on the Lochsa (lunch, dinner, breakfast, lunch)
- ☐ Camping Gear * – tent, sleeping bag, sleeping pad, camp pillow
- ☐ River Gear – wetsuit, pfd, booties, helmet, fleece, helmet liner, and splash top
- ☐ Waterproof bags for your personal gear

* **Camping Gear** is available from us at no additional cost, but please let us know if you intend to bring your own

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 and from Lowell, ID
- ☐ Guide gratuities

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 60s and lows in the 40s with water temperatures in the low 40s. The Lochsa is in the Clearwater National Forest and is the most inland temperate rainforest, 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 pack extra layers. Additionally, staying hydrated is very important. Make sure to bring a water bottle and some form of Mios, Nuun, or other dissolvable electrolytes.

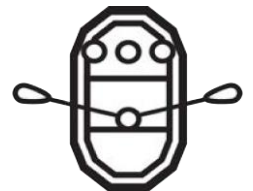
ON THE RIVER - TYPES OF BOATS



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 and Gives commands to 4-8 paddlers.



OAR BOATS carry gear and supplies and will be used to transport all guest bags to our secluded campsite. These boats will run separate from the group.



CAT BOATS &/OR KAYAKS are used for safety on the river and will stay with the group in the event someone takes unplanned swim.

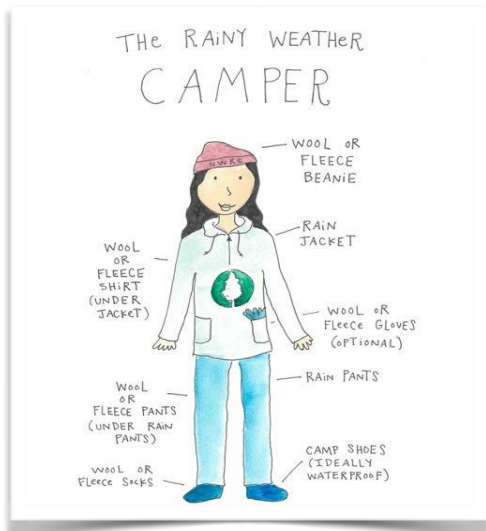
TOILETS AND SANITATION

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” principles, carry out all trash, and use no soap in the river (even biodegradable soap can be harmful to the river ecosystem). The guides will instruct you in simple procedures that minimize the impact of our group on the river corridor, and we ask for your cooperation.

PACKING AND BAGS

Each guest 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, pillow, and personal items must all fit into this bag.

Separate day bags will be provided for items you may want during the day, such as a camera, chapstick, sunscreen, extra layer, or rain gear.



RIVER CLOTHING/GEAR

- ☐ 1 pair Shorts or Swimsuit
- ☐ 2 Lightweight Wool or Polypro Shirt
- ☐ Wetsuit and Paddle Jacket (we provide)
- ☐ 2+ Wool or Polypro Shirts
- ☐ Wool or Polypro Pants
- ☐ Wool or Neoprene Gloves
- ☐ 2 pair Wool or Neoprene Socks
- ☐ Hat for Sun Protection
- ☐ Water Bottle
- ☐ Sunglasses with Strap
- ☐ Sunscreen and Lip Balm

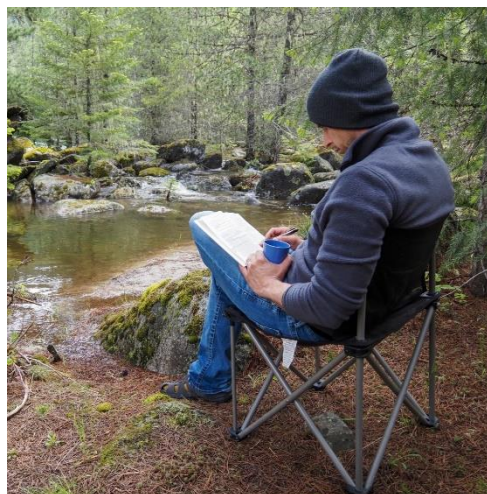


CAMP CLOTHING/GEAR

- ☐ Shirts
- ☐ Pairs of Pants, Shorts, Skirts, or Dresses
- ☐ Underwear
- ☐ Warm Jacket
- ☐ Rain Jacket and Rain Pants
- ☐ Wool or Fleece Beanie
- ☐ Camp Shoes
- ☐ Dry Socks for at camp
- ☐ Headlamp or Flashlight
- ☐ Insect Repellent
- ☐ Toiletries and Medications

OPTIONAL GEAR

- ☐ Bike Gloves for Paddling
- ☐ Fitted twin sheet for sleeping pad
- ☐ Biodegradable Soap and Shampoo
- ☐ Sun Shower and Small Towel
- ☐ Book or Notebook
- ☐ Small Day Pack
- ☐ Nuun tablets or other dissolvable electrolytes
- ☐ Dramamine for Bus Ride
- ☐ Preferred beer, wine, soda, etc
- ☐ Liquor can be brought, not provided



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.

and rain from storms. Coated nylon or breathable fabrics such as Gore-Tex are best.

USE THE “LAYERING SYSTEM”

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

Layering allows easy adjustment to quickly changing weather 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 skin. A medium or heavy weight shirt and pants are essential as the first layer in cool or wet weather.

WOOL

Wool is a natural fiber that naturally wicks moisture away from your skin keeping you warm when wet. Merino wool is a soft, lightweight type of wool that we highly recommend.

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. Cotton can be a great, comfortable option for at camp.

RAINWEAR

A rain jacket and pants can be worn over a wetsuit to protect you from the spray from rapids as well as wind

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.
- A fitted twin sheet is a nice thing to put over your sleeping pad.
- 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](#).*

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.

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

— In the morning of your first day the lead guide will meet you at the Three Rivers Resort in Lowell, ID. 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 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.

AFTER THE TRIP

— The trip ends in the early afternoon of the last day. At this time you say good-bye to your guides (except your lead guide) and board a bus, which will return you and your gear back to Lowell, ID. In some cases we will float down to the resort on the last day of the trip. The bus ride takes about 30 minutes, arriving back in Lowell around 4 PM. It's a nice but winding drive: those prone to carsickness may want to be prepared with Dramamine and sit near the front of the bus.

MEALS AND ALCOHOL

— Three Rivers Rafting 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. Alcoholic beverages may be brought, preferably in

unbreakable containers. Three Rivers provides some wine and beer.

FISHING

If you're interested in fishing you'll need a fishing license which can be purchased at the Idaho Fish & Game website. [Idaho fishing licenses can be purchased here.](#) Please let us know if you have your own gear or would like us to provide this for you. Please bring collapsible rods in unbreakable cases if bringing your own gear.

RIVER GUIDES

— 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.

Three Rivers Rafting 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

— We are often asked if tipping is appropriate. They are certainly appreciated by your guides and are usually around 10% to 15% of the trip cost. Tips can be given to the lead 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.

