



# LOWER SALMON CANYONS TRIP DETAILS

## THREE RIVERS RAFTING

### BEFORE YOU HEAD OUT

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- ☐ 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
- ☐ Purchase Idaho fishing license if you intend to fish during the trip
- ☐ Sign your release form sent to your email
- ☐ Pay the final balance 60 days before the trip

### THE RENDEZVOUS

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#### MEETING PLACE

[Hells Canyon Grand Hotel](#)  
Lewiston, ID

#### PRE-TRIP MEETING

6:00 PM PST  
[Hells Canyon Grand Hotel](#)  
Snake River Conference Room

#### AFTER THE TRIP

You'll return to Hells Canyon  
Hotel on the last day around 5  
PM

### HOW TO GET THERE

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**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 the Hells Canyon Grand Hotel is through the Hotel Shuttle. The most affordable flights will likely be into Spokane, WA. The drive from Spokane to Lewiston is about 2 hours - rental vehicles are readily available at the airport. These can be parked at the hotel for the duration of the trip.

**IF YOU DRIVE:** You can leave your car in their parking lot if you are staying the night before and after the trip. If you plan to stay just one night please call them at (208) 799-1000 to confirm if you can leave your car in their lot.



## WHERE TO STAY BEFORE AND AFTER

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Make reservations well in advance. Three Rivers Rafting does not make reservations or cover the cost of your room. We recommend stay at the Hells Canyon Grand Hotel in Lewiston, ID as all our trips start and end at this location. When booking with the hotel, inform them that you are part of a Three Rivers Rafting trip and you will receive a discount on your room. **We'll meet you at the Hells Canyon Grand Hotel at 6:00 PM PST the night before the trip for a pre-trip orientation.** All hotels listed below are located in Lewiston, ID.

### HELLS CANYON GRAND HOTEL

Meeting Place

(208) 799-1000

### INN AMERICA

Walking distance to Hells  
Canyon Grand Hotel

(208) 746-4600

### SEAPORT INN & SUITES

Walking distance to Hells  
Canyon Grand Hotel

(208) 746-6183

## THREE RIVERS RAFTING PROVIDES THE FOLLOWING

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- ☐ Transportation from Grand Hotel to Salmon River put in
- ☐ Transportation from the river back to Lewiston, ID
- ☐ All meals, water, and beverages while on the Lower Salmon
- ☐ Camping Gear \* – tent, sleeping bag, sleeping pad, camp pillow
- ☐ 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

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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 Lewiston, ID
- ☐ Guide gratuities

## LOWER SALMON RIVER WEATHER

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Summer weather on the Lower Salmon River can vary. Generally, it can be very hot and sunburn is one of our biggest concerns. However, summer rainstorms can pop up quickly and it is important to be prepared for both sides of this equation. Nighttime temps are typically cool and comfortable, while daytime temps are hot and the river is always available for a quick cool down. Additionally, staying hydrated is very important. Make sure to bring a water bottle and some from of Mios, Nuun, or other dissolvable electrolytes.

## ON THE RIVER - TYPES OF BOATS

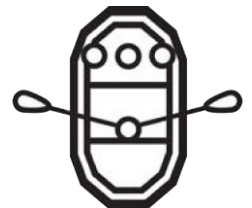
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**PADDLE BOATS** are 14 to 16 foot boats that are powered by strokes of the paddle crew. The guide typically sits in the back and gives paddle commands to the 4 to 8 paddlers.



**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.



## TOILETS AND SANITATION

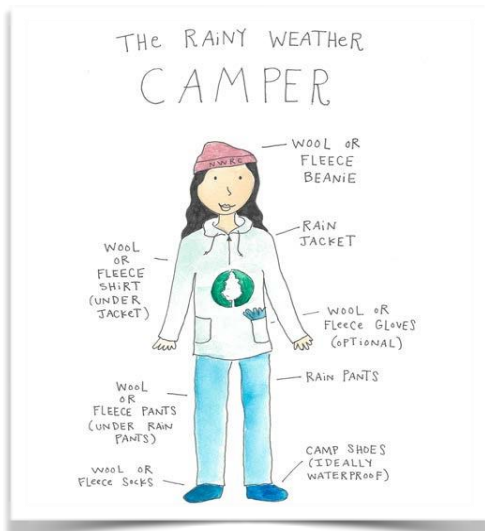
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We will be using portable river toilets. When setting up toilet facilities we are conscious of sanitation and privacy needs. We follow Leave No Trace principals, carry out all trash, and use no soap in the river (even biodegradable soap can be harmful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

- ☐ Swimsuit &/or shorts
- ☐ Quick dry, breathable clothing (spf)
- ☐ Rain coat (rain pants can be nice too)
- ☐ River shoes or sandals (teva, chacos, etc.)
- ☐ Hat with brim for sun protection
- ☐ Water bottle
- ☐ Sunglasses with retention strap
- ☐ Sunscreen and lip balm

## CAMP CLOTHING/GEAR

- ☐ Shirts
- ☐ Pairs of Pants, Shorts, Skirts, or Dresses
- ☐ Underwear
- ☐ Warm Jacket
- ☐ Wool or fleece beanie
- ☐ Camp Shoes
- ☐ Pairs of Socks
- ☐ Headlamp or Flashlight
- ☐ Insect Repellent
- ☐ Toiletries and Medications
- ☐ Aloe vera and lotion





## OPTIONAL GEAR

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- ☐ Fleece jacket
- ☐ Twin fitted sheet for sleeping pad
- ☐ Biodegradable soap and shampoo
- ☐ Small quick drying towel
- ☐ Book and/or notebook
- ☐ Neoprene or cycling gloves
- ☐ 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*

## USE THE “LAYERING SYSTEM”

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

## PACKING PRO-TIPS

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- 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 Hells Canyon Grand Hotel in Lewiston, 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 Lewiston, ID. The bus ride takes about 1 hour, arriving back in Lewiston 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.

## 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.

