

We're thrilled to have your teen join us for this one-of-a-kind river adventure. This course is more than just kayaking—it's an opportunity for growth, connection, and unforgettable experiences in the outdoors. This packet includes everything you need to help your teen prepare and feel confident heading into their trip. With the right gear and information, they'll be ready to thrive on the river—and have an amazing time doing it.

PRE-TRIP CHECKLIST

Arrange arrival travel to SRAC Base Camp or schedule Missoula pick-up within the designated window.

Arrange departure travel and confirm flight details with our office (if applicable).

Submit all required waivers and camper forms.

Ensure medical information is accurate and up to date; send medications in original packaging with instructions.

Pay the final balance at least 60 days prior to the course start date.

Review the packing list and label all gear clearly.

Review trip expectations and communication guidelines with your teen.



WHAT'S INCLUDED:

- Professional coaching - with experienced instructors and video review
- Equipment - Kayak, paddle, spray skirt, life jacket, helmet, splash top
- Lodging - Participants will camp in our spacious canvas wall tents, set on sturdy 10' x 12' wooden platforms and equipped with cot
- Meals - Daily fresh, home-cooked meals, snacks, and drinks
- Transportation - To and from river activities daily
- Evening Activities - Challenge course, frisbee golf, volleyball, rock climbing, kayak rolling, and hiking

ARRIVAL/DEPARTURE INFO

DROP OFF TIME :

1:00 pm - 2:00 pm on the first day of the course

PICK UP TIME :

12:00 pm on the last day of the course

*Family Float Invitation: Parents are invited to join us for a closing float on the final day. Please arrive by 9 AM to sign waivers, get fitted for a life jacket, and board the bus. We'll float back to camp and then depart.

SRAC Base Camp [1276 Salmon River Rd North Fork, ID 83466](#)

Turn west onto the Salmon River Road at North Fork, ID. There is no cell service here; note your mileage when you turn. We are roughly 12.5 miles downstream on the left. When you see the tents across the river, look for our small wooden sign and black mailbox. Head down the driveway to the check-in area.

We know that getting to and from our remote Base Camp can be a bit of a journey. We aim to make this process as smooth as possible for you and your teen. To help us coordinate logistics, please let us know your travel plans for both arrival and departure in advance.

Option 1: Fly In/Out of Missoula, MT – Let Us Handle the Pickup

We offer airport pickup and drop-off from Missoula International Airport.

- Arrival: Book a flight that arrives in Missoula between 10:00 AM and 1:00 PM on the first day of the course. We'll meet your teen at the airport and transport them to camp (131 miles – approx. 2 hours 45 minutes).
- Departure: Schedule your teen's return flight between 10:00 AM and 1:00 PM on the day after the course ends. We'll get them back to the airport on time.
- *Please note: \$150 transportation fee each way

Option 2: Fly In and Rent a Car

Parents who prefer to drive to camp may fly into one of the following airports and rent a vehicle:

- Missoula, MT – 2 hours 45 minutes (131 miles)
- Idaho Falls, ID – 3.5 hours (195 miles)
- Bozeman, MT – 4 hours (218 miles)
- Boise, ID – 6 hours

Option 3: Carpooling with Other Families

Many families are open to sharing transportation. If you're interested in carpooling, let us know.

Please note: We're happy to help connect you with other parents traveling to camp, but coordinating the details will be your responsibility

LODGING OPTIONS

HOTELS IN SALMON

- [Stagecoach Inn](#) 208-756-2919
- [Salmon River Inn](#) 208-742-4444
- [Super 8](#) 208-410-4048

CAMPING OPTIONS

- [Wagon Hammer RV Park](#) 208-865-2477
- North Fork General Store 208-865-7001
- FS Camping - Spring Creek (2mi downstream from SRAC)

LAST MINUTE SHOPPING

Grocery - Saveway in Salmon

Hardware Store - Ace Hardware in Salmon

Last Minute Items - Our onsite Trading Post has basic items (toothbrush, toothpaste, SRAC merch, snacks, batteries, etc)

208-993-7722 (SRAC)

adventure@salmonwhitewater.com

www.salmonwhitewater.com



CLOTHING AND GEAR:

Idaho's weather can vary quite a bit, even within a single day. You might experience everything from cool, rainy mornings to warm, sunny afternoons. Being ready for a mix of conditions will help ensure you stay comfortable and enjoy your time outdoors. The packing list and information we've provided are designed to make this easy—just follow the guidelines, and they will be all set!

PACKING TIPS:

- Pack clothing that can get wet and dirty. To cut down on bulk, plan to re-wear your dry clothes.
- Nylon stuff sacs are great for organizing items like toiletries, electronics, or socks and underwear.
- Bring a nylon stuff sack to keep your dirty clothes separate from everything else.
- Put toiletries in a ziplock bag so they don't leak in your bag

USE THE LAYERING SYSTEM

Dressing safely and comfortably on the river

QUICK DRY

Quick-drying synthetic or wool materials like polypropylene help maintain a comfortable body temperature, even when wet.

AVOID COTTON

Cotton, when wet, can significantly lower your body temperature. Avoid cotton items to wear at camp (t-shirt, hooded sweatshirt, etc.).

LAYERING

Bring clothes that can be worn on top of others. Layering allows you to adjust to changing weather conditions by adding or subtracting layers.

RAINWEAR

A good rain jacket and pants are essential for staying dry. Look for breathable materials like Gore-Tex for the best protection.

FOOTWEAR

On the river, our guides usually wear river shoes. Closed-toe footwear offers the best protection and keeps feet warm in cold water. If you'd prefer no shoes, a perfectly good alternative is neoprene booties.

Flip-flops and Crocs are not suitable for the river, but bring them for use around camp in the evenings.

WETSUITS AND PADDLE JACKETS

While the water is usually quite warm this time of year, a wetsuit or paddle jacket is a great option. A wetsuit top is suitable for kayaking, feel free to wear a wetsuit if you prefer.

RECOMMENDED PACKING LIST

*Please label all belongings with name and phone number

CLOTHING

Short-sleeve shirt (2)
Shorts (2)
Swimsuits (2)
Pants (2)
Wool or synthetic socks (3-4)
Rain Jacket
Rain Pants
Sun hat
Warm hat
Gloves or mittens
Underwear (4-5)
Long underwear top
Long underwear bottom
Warm or puffy jacket
Camp shoes (Crocs, flip flops)
Hiking shoes
Bandana
Towel or sarong (for changing)
*No cotton, please

SLEEPING

Sleeping bag
Small Camp pillow
Twin fitted sheet (for sleeping pad)
Ear plugs
Headlamp

TOILETRIES

Toothbrush
Toothpaste
Hairbrush
Hair ties
Medications
Glasses/contacts
Lotion/Aquaphor
Bugspray/afterbite
Few bandaids

RIVER GEAR

River shoes (no flip flops)
Sunshade shirt- long sleeve
Sunscreen
Lip protection
Sunglasses with strap
Water bottle with carabiner
Light weight fleece top
Light weight fleece bottom

EXTRA THINGS

Camera (with waterproof case)
Book
Waterproof watch
Binoculars
Notebook or journal
Fun shirt, costume, or wig
Extra pair prescription glasses

KAYAKING GEAR

Spray skirt
Paddle
Helmet
Life Jacket
Dry top
Warm layer
Throw rope
Sponge

* If you choose to
gear .

ITENERARY

Day 1 - Check-in, Orientation, and Team Building

- 1:00 PM - 2:00 PM Arrival and Check-in
- 2:00 PM - 4 PM Get settled in tents, Fit boats and gear
- 4:00 PM Camp Orientation and Rules
- 4:30 PM Snack
- 5:00 PM Wet Exits
- 6:00 PM Dinner
- 7:00 PM - 9:00 pm Team building
- 10:00 PM - Lights out!

Days 2-6 – River Life, Wild & Wonderful

- 7:00 AM Fresh-brewed hot chocolate & tea
- 8:00 AM Breakfast, make lunch, and camp chores
- 9:00 AM Meet at the beach, ready to paddle, safety talk, warm up, and plan for the day
- 9:30 AM -12:00 PM On river instruction
- Noonish – Riverside lunch
- 1:00 PM - 4:00 PM On river instruction
- 4:30 PM Arrive back at camp and snack
- 5:00 PM Video review in the Learning Lodge
- 6:00 PM Dinner
- 7:00 PM Desert or S'mores
- 7:00 PM –9:00 PM Evening Activity: Frisbee golf, Spike-ball, Volleyball, Rock climbing, Rolling, hiking
- 10:00 PM Lights out

Day 7 – The Final Float & Fond Farewells

- 8:00 AM Breakfast, chores, and pack up overnight bags
- 9:00 AM Meet at the beach, ready to paddle, bring overnight bags to the cable car
- 9:30 AM - 12 PM Family float on the river
- Noon Depart

You're about to spend 7 days paddling a wild and scenic river, surrounded by epic landscapes and an incredible crew. But this trip is more than just kayaking—it's about pushing your limits, learning new skills, building real confidence, and forming connections that last way beyond the take-out.

There will be delicious meals, campfire stories, belly laughs, and moments that challenge you—in the best way. Let the river show you what you're capable of. This is more than just a course—it's the start of something magical.

OTHER IMPORTANT INFORMATION:

UNPLUG

Please leave your phones at home. If your teen is traveling alone to camp, we can store their device in our safe during the week. We are in a remote location and do not have cell service at the SRAC Base Camp. This is an opportunity to “unplug” and connect with your peers in nature.

ELECTRONICS/VALUABLES

If you bring a camera, it's a good idea to purchase a waterproof case. We ask that you do not send valuable items or cash. Participant tents are not locked. We are not responsible for lost or stolen items.

WHAT NOT TO BRING

Please leave the following items at home:

- Alcohol, drugs, tobacco, or any illegal or inappropriate substances
- Hazardous items such as weapons, firearms, knives, mace, lighters, matches, candles, or fireworks

FOOD ALLERGIES

We are happy to accommodate food allergies and dietary needs with advance notice. However, please note that SRAC is not a certified allergen-free facility and cannot guarantee the absence of cross-contamination. We are not liable for severe allergic reactions, so if your child has a life-threatening allergy, please contact us in advance to discuss whether this program is a safe fit.

MEDICATION

All prescription and over-the-counter (OTC) medications must be turned in to the staff during check-in. Medications must be in their original packaging, labeled with the camper's name, medication name, dosage, prescribing provider (if applicable), and dosage schedule.

To allow staff to administer any OTC medications during camp, the OTC Medication Form must be completed and submitted in advance. Please do not pack any medications in your camper's luggage.

FAMILY FLOAT

Parents are warmly invited to join us for a closing float on the final day of camp. If you plan to participate, please let us know in advance so we can reserve space on the raft. Arrive by 9 AM to sign waivers, get fitted for a life jacket, and load onto the bus. We will float from Indianola to camp and then depart.

SPENDING MONEY

Please do not send your teen to camp with cash. Instead, we recommend sending a prepaid credit card loaded with spending money that they can use at our Trading Post—a small on-site store offering SRAC merchandise, drinks, snacks, milkshakes, toothbrushes, batteries, and more.

YOUR GUIDES and INSTRUCTORS

Our guides are experienced, highly trained professionals who are passionate about rivers and dedicated to providing a safe, positive experience for every student. Each staff member is trained in outdoor leadership, certified in First Aid and CPR, and skilled in both kayaking and wilderness safety. Beyond their qualifications, they're thoughtful, responsible, and engaging individuals who are committed to helping teens grow and have an unforgettable time on the river.

LEAVE NO TRACE

We're committed to caring for the environment and preserving the wild beauty of the Salmon River. Each year, our campers take part in keeping the river clean—picking up trash and learning how to minimize their impact. It's a core part of the SRAC experience and helps instill a lifelong respect for the outdoors.

PARENT COMMUNICATION

To support teens in building confidence, independence, and social connections, we limit direct communication during the week. We ask that parents refrain from calling unless absolutely necessary. In the rare case your teen is feeling homesick, a brief, upbeat check-in can be helpful—focusing on their coaching progress and new experiences.

Camp Landline (for emergencies or necessary contact):
208-394-2272

CARE PACKAGES

If you'd like to send your teen a letter or package, we recommend using 2–3 day express shipping to ensure it arrives on time. Our remote location means mail can be slow, so sending items early gives them the best chance of reaching camp before your teen departs.

PARTICIPANT RESPONSIBILITIES

All participants will be required to follow the safety policies and procedures of Salmon River Adventure Company and its guides/instructors. All participants will be required to sign an agreement to assume all risks; release of liability/agreement not to sue, and to indemnify in favor of Salmon River Adventure Company

CANCELLATION POLICY

If you need to cancel your teen's participation in the course, please notify us as soon as possible. Cancellations made 60 days or more before the start date will receive a full refund, minus a small processing fee. Cancellations made less than 30 days before the start date are non-refundable. In the event of an emergency or unforeseen circumstances, please contact us, and we'll work with you to discuss possible options.

GRATUITIES

We are often asked if tipping is appropriate. Tips are certainly appreciated by your instructors and are usually around 10% to 15% of the course cost. Tips can be given to the lead instructor who will evenly distribute them between the instructors.

SRAC CODE OF CONDUCT

Please read and understand the guidelines below:

- **Stay with the group** Always check with your guide or instructor before going anywhere.
- **Ride safely** Buckle your seatbelt in vehicles and stay seated while the vehicle is moving.
- **Use respectful language** Build others up with positive words.
- **Take cable car safety** Do not use the cable car without an SRAC staff member.
- **Treat others with respect** Be kind, inclusive, and do not harm or threaten anyone.
- **Take care of your belongings** SRAC is not responsible for lost items. Leave valuables at home.
- **Follow curfew** Lights out is at 10 PM.
- **Ask questions** If something isn't clear, speak up.
- **Avoid harmful content** Do not create, share, or talk about anything inappropriate.
- **Respect camp property** Clean up after yourself and take care of all equipment and gear.
- **No food in tents** To keep wildlife out, all food must be stored in designated areas.
- **Wear your gear** Helmets and life jackets must be worn during all water and action activities.
- **Respect the space** No vandalism or graffiti.
- **Turn in lost items** Give any found belongings to the camp director.
- **Don't take what isn't yours** Stealing is not tolerated.
- **Leave dangerous items at home** No weapons, fireworks, lighters, or hazardous materials.
- **Substance free** This is a no-drugs, no-alcohol, and no-smoking camp. This includes vapes, e-cigarettes, and unapproved medications.

By reviewing this Code of Conduct, you acknowledge that you and your teen understand the expectations outlined. At SRAC, we're committed to creating a safe, respectful, and positive community for all participants. In the event of a serious behavioral issue or violation of this code, we may take appropriate action, which could include dismissal from the program. Please note that refunds are not issued in such cases, and families will be asked to make prompt arrangements for their child's return home if necessary.