

WELCOME RIVER RUNNERS!

We're so excited to welcome your teen to an unforgettable 6-day, 80-mile river adventure on the Salmon River! This expedition is more than just time on the water— it's a chance to paddle through stunning landscapes, build real confidence, form strong friendships, and discover just how capable they truly are. Between riverside camps, shared laughter, new challenges, and the pride that comes from every mile earned, this trip is designed to spark growth, resilience, and a deep love for running the river. We can't wait to launch into this journey together!

PRE-TRIP CHECKLIST

- Arrange arrival travel to SRAC Base Camp or schedule Missoula pick-up within the designated window.
- Arrange departure pick-up in McCall or schedule Boise departure within the designated window.
- 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.
- Confirm emergency contact information is current.
- Review trip expectations and communication guidelines with your teen.

ARRIVAL AND DEPARTURE

DROP OFF:

2:00 pm - 3:00 pm on the first day of the course

If your teen is flying in for the start of the trip, please schedule their arrival in to Missoula, MT between 10:00 AM and 1:00 PM. SRAC Base Camp [1276 Salmon River Rd North Fork, D 83466](#)



Direction to the SRAC Base Camp
Turn west at North Fork, D, on the Salmon River Road. 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.

PICK UP:

11:30 am - 12:30 pm at Legacy Park in McCall on the last day of the course. 1100 E Lake St, McCall, D 83638.

On our final day, we will take off the river at Carey Creek Boat Ramp mid morning. We will hop on a shuttle to McCall arriving midday. For teens flying home, we can provide transportation to the Boise Airport. Please schedule flights for departure after 4:00 PM on the last day of the trip. *Please note: there is a \$150 transportation fee each way for a airport drop-off or pick-up and be sure to let us know of your teens arrival and departure plans in advance!

WHAT'S INCLUDED

- Professional coaching - with experienced instructors and guides
- Equipment - Kayak, paddle, spray skirt, life jacket, helmet, splash top
- Tent and Sleeping Pad - 2-3 people per tent with 1" sleeping pad.
- Meals - Daily fresh, home-cooked meals, snacks, and drinks
- Transportation - To the put in at Corn Creek and from the take out to McCall, ID
- Evening Activities - Hikes, hot springs, volleyball, kayak rolling, and watercolor painting.

IMPORTANT INFORMATION

PARENT COMMUNICATION

Days 2-7, we will be in a remote wilderness location with no access to communication. We carry a satellite phone with us for emergencies only. If you have an emergency and need to get a hold of someone, please call the camp land line: 208-394-2272 and they will get in touch with the trip.

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.

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.

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 60 days before the trip 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.



OTHER IMPORTANT INFORMATION:

UNPLUG

Please leave your phones at home. We will be in a remote location and do not have cell service on this trip. 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. 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 teen has a life-threatening allergy, please contact us in advance to discuss whether this program is a safe fit.

SPENDING MONEY

Please do not send your teen with cash. Instead, we recommend sending a prepaid credit card loaded with spending money that they can use at our Trading Post and/or Bucks in Bills. Bucks in Bills is a small store that sells ice cream located on the banks of the river halfway in to our river trip.

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 students 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, teens 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.

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 among the instructors.

NEXT LEVEL LEARNING

If your teen had a blast on the river and is eager to build their skills, we'd love to help them take the next step. We offer follow-up courses for a range of paddling abilities—from beginner to advanced—for students who are interested in continuing their journey as confident, capable river runners. Please reach out after the course if your student is ready for more time on the water!

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 sacks 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 zip lock bag so they don't leak in your bag

USE THE LAYERING SYSTEM

Being dressed appropriately for the river helps ensure a more comfortable and enjoyable day on the water.

QUICK DRY

Quick-drying synthetic or wool materials like polyester, nylon, or merino wool to help maintain a comfortable body temperature, even when wet.

AVOID COTTON

Cotton, when wet, can significantly lower your body temperature. However, you may bring a few comfortable items to wear at camp (t-shirt, hoodie, etc)

LAYERING

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

RAINWEAR

A good rain jacket and pants are essential for staying dry in stormy weather. Look for coated nylon or breathable materials like Gore-Tex for the best protection and comfort.

FOOTWEAR

On the river, our guides usually wear river shoes, neoprene booties with sturdy soles, or river sandals. Closed-toe footwear offers the best protection and, when paired with wool or neoprene socks, helps keep feet warm in cold water. If you'd prefer not to buy new shoes for the course, old tennis shoes are a perfectly good alternative.

Flip-flops and Crocs are not suitable for the scouting rapids and running rivers. However, you can bring them for use around camp in the evenings.

WETSUITS AND PADDLE JACKETS

While the water is usually quite warm this time of year, it's still a good idea to pack warm underlayers for kayaking. Lightweight fleece or wool base layers work well without being bulky. If your student has a wetsuit top suitable for kayaking, feel free to include that too.

RECOMMENDED PACKING LIST

*Please label all belongings with name and phone number

CLOTHING

Short-sleeve shirts (2)
Shorts (2)
Swimsuits (2)
Pants (2)
Wool Socks (2-3)
Rain jacket
Rain pants
Sun hat
Warm hat
Wool or synthetic gloves
Underwear (4-5)
Long underwear top
Long underwear bottom
Warm or puffy jacket
Camp shoes (Crocs or flip flops)
Hiking shoes
Bandana
Towel or sarong for changing
*Please no cotton

SLEEPING

Sleeping bag
Small camp pillow
Twin fitted sheet (for sleeping pad)
Soft earplugs
Headlamp

TOILETRIES

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

RIVER GEAR

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

EXTRA THINGS

Camera (with waterproof case)
Book
Waterproof watch
Notebook or journal
Extra pair prescription glasses
\$ for Bucks in Bills

KAYAKING GEAR

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

TRIP ITINERARY

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

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Days 2 – 6 – River Life, Wild & Wonderful

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Day 7 – The Final Float & Fond Farewells

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SRAC CODE OF CONDUCT

Please read and understand the guidelines below:

- **S** Always check with your instructor before joining an activity.
- **R** Because of seating in the rafts, please sit in the designated seats.
- **B** i others positively or not.
- **D** o not use the raft as a car or a place to sit.
- **T** Be in incision and do not harm or threaten anyone.
- **T** SRAC is not responsible for items left at home.
- **F** i hts o t is at P
- **A** l somethin isn t c ear spea p
- **A** Do not create share or talk about anything inappropriate.
- **R** C ean pa ter o rse an ta e care o a e ipmen
- **N** o eep i i e o t a oo m st e store in esi nate
- **e** metan i eac ete st e orn rina ateran action
- activities**
- **R** o an a ism or ra iti
- **T** i e an o n e on in s to the camp director
- **S** tea in is not to erate
- **L** o eapons ire or s ite rs or ha ar o s
- materials**
- **S** his a no r no a co an no smo inamp hisnc e apes
- e** ci arettes an nappro e me ications

Remember in this Code of Conduct to acknowledge that you and your teen understand the expectations. At SRAC we commit to creating a safe respect and positive environment for all participants. In the event of a serious hazard or situation, this code must be followed. If an inappropriate action is taken, we reserve the right to remove participants from the program. Please note that we are not responsible in such cases and we are not liable for any injuries or damages to our equipment or our teen's return home if necessary.