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GEAR LIST [what to bring]

Being prepared with the right gear is essential on a multi-day river trip. You will have trouble enjoying yourself if you are cold, wet, or sunburned. Weather can change quickly, and it is always best to be prepared for cold and damp conditions even if they are unlikely. Don't hesitate to call or email us with questions, we're always happy to make suggestions!

SUGGESTED PACKING LIST

- ☐ **RAIN GEAR** / two-piece: pants and a jacket with a hood and secure closures works best. Avoid cheap plastic, vinyl, or poncho styles.
- ☐ **LIGHTWEIGHT SHIRTS, 3-4** / a couple T-shirts or tanks and a couple long-sleeved for sun protection.
- ☐ **LONG PANTS, 2 PAIR** / at least one lightweight pair of pants for sun protection and a warm, mid-weight pair for cool mornings.
- ☐ **SHORTS, 1-2 PAIR** / for wearing over your swim-suit, on the boat, and in camp.
- ☐ **LONG UNDERWEAR** / full set, light to midweight.
- ☐ **SWIMWEAR**
- ☐ **EXTRA LAYERS, 2-3** / it works well to have at least two wool/fleece long-sleeve shirts or sweaters: one in your day bag in case you need it on the boat, and one that will stay dry for camp.
- ☐ **WARM JACKET** / fleece or synthetic down is best. Some evenings and mornings can be cool.
- ☐ **WARM HAT**
- ☐ **SOCKS: 3-4 PAIR** / one warm and several light-weight synthetic pairs for hiking.
- ☐ **UNDERWEAR & SLEEP WEAR**
- ☐ **BALL CAP OR SUN HAT** / attach with a clip or strap to keep it from blowing away in the wind. Wider brims will provide more sun protection.
- ☐ **TRAIL SHOES OR STURDY SNEAKERS** / for hiking and wearing around camp.
- ☐ **RIVER SANDALS OR SHOES** / you will want something with a sturdy sole and ankle strap such as Tevas, Chacos, or Keens (not flip-flops).
- ☐ **SMALL DAY OR FANNY PACK** / for hikes and side excursions.
- ☐ **LITER WATER BOTTLE**
- ☐ **SUNSCREEN & LIP PROTECTION** / waterproof and SPF 30 or higher.
- ☐ **LOTION, SALVE, OR MOISTURIZER** / the arid climate of the west will dry out your skin!
- ☐ **SUNGLASSES** / croakies will help keep them attached.
- ☐ **SMALL BAGS SUCH AS STUFF SACKS OR ZIPLOCKS** / for personal trash, toiletries, and general organizing.
- ☐ **SMALL, QUICK-DRY TOWEL**
- ☐ **HEADLAMP OR FLASHLIGHT** / we suggest also bringing an extra set of batteries.
- ☐ **PILLOWCASE OR MESH BAG** / for dirty clothes.
- ☐ **WALLET & CASH** / the first in case of emergency, the latter for leaving a guide gratuity at the end of your trip. Amounts are usually 10-15% of your trip cost, or more for exceptional service.
- ☐ **BATTERY PACK** / if you plan to use your phone as a camera, or for recharging camera batteries.
- ☐ **PERSONAL TOILETRIES & FIRST AID KIT** / we bring a major first aid kit, but we recommend you bring a small bag of your own preferred medicines & accessories, including extra contacts and glasses if you wear them.
- ☐ **NEOPRENE SOCKS** / for spring trips.

OPTIONAL

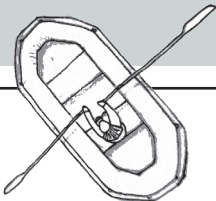
- ☐ **CAMP CLOTHES OR FOOTWEAR** / if you'd like something for evenings in camp that isn't covered in the clothing already listed. Some people like a pair of flip-flops, or a lightweight athletic dress/skirt for women.
- ☐ **FACE & BODY WIPES**
- ☐ **CARABINERS** / useful for keeping items like water bottles nearby and attached to the boat.
- ☐ **BANDANA OR HANKERCHIEF**
- ☐ **BOOK, GUIDEBOOK, OR JOURNAL**
- ☐ **BINOCULARS**
- ☐ **INSECT REPELLENT**
- ☐ **BIODEGRADABLE SOAP**
- ☐ **CAMERA & ACCESSORIES** / we suggest bringing additional batteries as one is often not quite enough.
- ☐ **FISHING EQUIPMENT** / if you want to fish, ask us for details regarding licenses and gear.
- ☐ **ALCOHOLIC BEVERAGES** / if desired (plastic, aluminum, or other unbreakable containers please).

WHAT NOT TO BRING

- ☐ **VALUABLES** / these should be placed in a bag with the other items you would like to have at the end of your trip (see "go-around" bag, below). **This bag SHOULD NOT include your wallet and cash, which you may need for a purchase on our way to the put-in or in case of an emergency. Once on the river, your wallet can be placed in a ziploc bag and stowed away safely in your waterproof personal gear bag.
- ☐ **CELL PHONES** / generally discouraged, except for using as a camera to take photos on your trip.
- ☐ **SPEAKERS** / If you wish to listen to music, please bring headphones to avoid encroaching on others wilderness experience.

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We'll take care of the items on the right. Let us know if you have any questions about our gear!



- » **TENT AND SLEEP GEAR** / freshly laundered sleeping bag, pad, small pillow, and ground cloth, packed for you in one of our large waterproof bags.
- » **ADDITIONAL LARGE WATERPROOF BAG** / for repacking your personal gear.
- » **SMALL WATERPROOF DAY BAG** / for items you need accessible during the day (water, sunscreen, extra layer, etc.). It will stay with you on the boat.
- » **PERSONAL FLOTATION DEVICE (PFD)**
- » **HELMET** / to wear for inflatable kayakers.
- » **16 OZ HYDROFLASK** / for coffee, tea, cocktails, or the beverage of your choice. Yours to take home.
- » **WETSUITS** / for spring trips. Drysuits are also available to rent.

MORE PACKING INFORMATION

THE “GO-AROUND BAG” | Items and clothing you do not need on the river and wish to have at the end of your trip can be packed into this bag and given to your lead guide, who will ensure it is tagged appropriately and transported to meet us at the river takeout.

FOOTWEAR | For most trips you will need two pairs of shoes, one to wear in the boats and one to wear hiking and around camp. For spring trips, we recommend neoprene socks to wear on the river with your river shoes. By July, water temperatures become warmer and socks are no longer necessary. Most people enjoy wearing water shoes or sturdy sandals with an ankle strap (popular options include Chacos, Tevas, and Keens). Old running sneakers can also work well as river shoes. Flip-flops are great for around camp but you need something that will stay on your feet while we are on the boats. Unless you need extra ankle support, sneakers or a lightweight hiking boot are sufficient for side hikes.

SYNTHETICS | We always recommend bringing clothing made of synthetic materials rather than cotton. Synthetics dry quickly, pack well, and keep you warm even when wet!

IMPORTANT INFORMATION FOR THOSE FLYING WITH GEM AIR | On Gem Air charter flights you will only be allowed 35 lbs of luggage per person. They also prefer you pack in duffle bags because these pack better in their planes. If you have more than 35 lbs they may not be able to take it all, so pack consciously. Refer to the attached gear list and call us if you have questions. If you are going to have a lot of extra clothing for before or after your trip, pack it into two bags in case you have to leave one to arrive on the next plane.

WEATHER: PACKING FOR DIFFERENT TIMES OF YEAR

Any time of year is a good time to be on the Middle Fork but weather conditions can vary. It is better to be prepared and not need it, than to need it and not have it! For early-season spring trips, focus more on items that will keep you warm and dry: extra layers, a set of warm pants, and neoprene socks. For July and August trips, you may want to skip the extra warm socks and instead bring an additional pair of shorts and more lightweight clothing that will also provide sun protection. The Middle Fork launch site at Boundary Creek sits at about 6,000 feet and you will descend about 3000 feet during the trip, so temperatures are always warmer downstream. You can access Central Idaho weather conditions [here](#). The weather descriptions below are meant to give you a very general idea of seasonal variations in air and water temperature.

JUNE

The weather warms up with daytime temperatures in the 60s-70s, while nighttime temperatures can range from the 40s to 50s. River temperature is usually in the high 50s. It is always a good idea to pack an extra set of warm clothes and make sure you have not only a raincoat but a warm coat and hat as well.

JULY

July is typically when we start wearing bathing suits throughout the day as temperatures range from mid-70s-80s or even 90s. Water temperatures are warming up into the mid-60s, which feels great for swimming. Nighttime temperatures can range from 50-70.

AUGUST

This is typically the hottest, driest time in the canyon with temperatures ranging from the low 80s to the high 90s or more. Sun protection is essential! Nighttime temperatures usually hover around 60. Water temperatures are excellent for swimming.