



Grade 8 Outdoor Education Salmon River Rafting Trip

Overview

Rafting the Salmon River is a trip of the lifetime and such a great opportunity for our Grade 8 Students. This is one of the most adventurous trips Riverstone offers and to have the final year of middle school start with rafting one of the most famous stretches of whitewater is amazing. Students will be challenged and pushed as they work together to make their way through class 3 rapids and setting up camp each night and cooking for the entire class. This is such a wonderful experience for our students.

Schedule of Activities

Sunday, Day 1 Early Departure!	6:00 am – promptly meet at Riverstone to load Mackay River bus for transportation to the put in (7 hour bus ride, please be prompt) Depart parking lot at 6:30 am Boat from the put-in to first camp
Monday, Day 2	On River
Tuesday, Day 3	On River
Wednesday, Day 4	On River
Thursday, Day 5	On River
Friday, Day 6	Final river float 10-12pm – Take out from Salmon River 3-5pm – Arrive back at Riverstone (5 hour bus ride from Riggins, Idaho)

Trip Goals

- Introduce multi-day river rafting and camping to students in a controlled environment
- Build teamwork skills through camp set up and take down as well as meal time and rowing.
- Introduce concepts of water ecology and hydrology.
- Build community in the grade 8 class.
- Discuss topics of geology and history of north central Idaho.
- Discuss topics of salmon migration and conservation.



Learning Outcomes

1. Demonstrate proper river rafting attire and care to stay warm and dry while on the trip.
2. Demonstrate proper cleanliness and when making dinner and setting up groover.
3. Recognize the intricacies of navigating rapids and map reading.
4. Practice camping skills including camp set up and take down through teamwork and communication.
5. Understand community building concepts leading to a more cohesive Grade 8 class.
6. Recognize safe and unsafe features in the water and how to navigate around and through rapids.

What to Bring – *Students will be provided with a Mackay duffel bag, please ensure all clothing and equipment fits inside the duffel to ensure enough room on the rafts for everyone's gear.*

Clothing

- ☐ wicking base layers (synthetic or wool)
 - ☐ upper-body base layer (2)
 - ☐ lower-body base layer (2)
- ☐ insulating layers (down, fleece, or wool)
 - ☐ upper-body insulating layer (3)
 - ☐ lower-body insulating layer (2)
- ☐ outer layers
 - ☐ waterproof rain pants and rain jacket (with a hood)
 - ☐ quick drying long pants (2)
- ☐ t-shirts (4, synthetic or wool)
- ☐ shorts (2)
- ☐ underwear
- ☐ wool or synthetic socks (3-4 pairs)
- ☐ river shoes or sandals (heel back, must stay on in water, no flip flops)
- ☐ camp shoes (comfortable shoes for camp, they will get sandy, but kept dry)
- ☐ gloves or mittens
- ☐ wool or fleece hat & brimmed hat for sun protection
- ☐ 1-2 swimsuit and towel, most of the time students will be wearing water wear

Equipment (Mackay Provides Sleeping bag and Sleeping Pad and Tents)

- ☐ duffel bag (provided)
- ☐ 1-liter water bottle
- ☐ sunglasses
- ☐ headlamp (make sure batteries work, and bring extra)
- ☐ personal toiletries (toothbrush/paste, sunscreen, personal medications)



Optional

- ☐ waterproof camera
- ☐ neoprene booties
- ☐ book
- ☐ packable fishing rod

*Avoid Cotton Fabrics: When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.

**Mackay River Guides will provide a waterproof bag for storing your students equipment, please have all your gear that you will not be wearing on the river to fit into a duffle bag in order to slip it into the bigger waterproof bag.

Locations:

Mackay River Guides: www.mackayriver.com
Salmon River, Idaho
Riggins, Idaho

Additional Forms:

Please see the additional participant agreement form for Mackay River Trips. Please return forms to Derek Wright in the middle school building as soon as possible. This must be signed by a parent or guardian.