



# Grade 8 Outdoor Education Fall 2024 – Salmon River Rafting Trip

## Schedule of Activities

<b>Sunday, September 15</b>  <b>Early Departure!</b>	<b>6:00 am</b> – 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, September 16	On River
Tuesday, September 17	On River
Wednesday, September 18	On River
Thursday, September 19	On River
Friday, September 20	Final river float 10-12pm – Take out from Salmon River <b>3-5pm</b> – Arrive back at Riverstone (5 hour bus ride from Riggins, Idaho)

**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 (must have 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
- swimsuit and towel

### **Equipment**

- duffel bag (provided)
- 1-liter water bottle
- sunglasses
- headlamp (make sure batteries work, and bring extra)
- personal toiletries (toothbrush/paste, sunscreen, lip balm, lotion, 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 duffel bag in order to slip it into the bigger waterproof bag.**

### **Locations:**

Mackay River Guides: [www.mackayriver.com](http://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 no later than **September 4**. This must be signed by a parent or guardian.