



TRIP DETAILS | MIDDLE FORK



BEFORE YOU HEAD OUT . . .

- ☐ Complete your Trip Registration online, or fill out the paper form and mail or fax it to the ECHO office.
- ☐ Plan for the unexpected with [Travel Insurance](#).
- ☐ Make lodging arrangements for the night before and night after your trip.
- ☐ Final payment is due 60 days before your trip.

THE RENDEZVOUS

- Meeting Place — [Mountain Village Lodge](#) Stanley, Idaho U.S.A.
- Meeting Time — 8:00 PM the evening before your start date.
- Trip Departure — 8:00 AM on your trip start date.

HOW TO GET THERE

IF YOU ARE FLYING INTO BOISE THERE ARE TWO OPTIONS FOR GETTING TO STANLEY:

1. By small charter plane through [Gem Air](#) (208) 756-7382

- You can arrange a roundtrip plane shuttle from Boise to Stanley before your trip and from Salmon to Boise after the trip for about \$400 per person.
- Please plan your flight into Boise to arrive by 4:00 PM the day before your trip. If you arrange your air shuttle to Stanley, collect your baggage and proceed to the Gem Air counter which is located on the lower level next to baggage claim. Your bag should be packed in a soft duffel and weigh less than 35 lbs.
- Gem Air will schedule you for the first available flight. Typical wait time is 30 to 90 minutes. If your arrival is delayed, please call Gem Air.

2. By rental car through [Hertz](#).

- If you are planning on renting a car once you fly into Boise, you can reach Stanley via Highway 21. The drive takes about 3 hours.
- ECHO can arrange to have your car shuttled from Stanley to Salmon for \$110 per car. The cost of gas is not included in the shuttle fee so you should have a full tank of gas or enough cash to cover the cost of the 117-miles shuttle.
- From Salmon, the drive back to Boise takes about 5 1/2 hours.



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ECHO PROVIDES THE FOLLOWING

You get to leave most of the trip logistics to us. We'll take care of the following:

- Transportation from Stanley to the river
- Transportation from the river back to Salmon
- All on-river meals
- Camp chairs
- Tent (by request)
- Freshly laundered sleeping bag and pad (by request)
- Waterproof bags for your personal gear

YOU ARE RESPONSIBLE FOR THE FOLLOWING

Some things are out of our hands. You'll need to make arrangements for the following:

- Meals and lodging before and after your trip
- Personal clothing / effects
- Guide Gratuities

WHERE TO STAY BEFORE AND AFTER

Make reservations well in advance. ECHO does not make reservations or cover the cost of your room. We recommend you stay the night before your trip at the Mountain Village Lodge in Stanley and the night after at the Stagecoach Inn in Salmon.

- In Stanley — [Mountain Village Lodge](#) (800) 843-5475 (~ \$100 / night)
- In Salmon — [Stagecoach Inn](#) (208) 756-2919 (~ \$75 / night)



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*TENTS AND SLEEPING BAGS

Double occupancy tents, sleeping bags, and self-inflating pads are available at no additional cost, but you must request them when completing your Trip Registration.

OPTIONAL DELUXE CAMPING PACKAGE

This package includes a six foot tall tent, two cots, two sleeping bags, and two sleeping pads. It is available for \$300 per package, and has limited availability. Please contact the ECHO office to reserve.

CLOTHING LIST

- ☐ Swimsuit: Women may wear a swimsuit as their first layer under anything else (two-piece suits are preferable)
- ☐ Shorts: quick drying. Can double as a swimsuit for men. One pair to wear on the river and one for camp
- ☐ Tennis shoes, water sports sandals (i.e. Teva or Chaco), or wetsuit booties with soles
- ☐ Socks: Polypropylene or wool
- ☐ Shoes for camp
- ☐ Pants for camp
- ☐ Shirts: long sleeved is best for sun protection
- ☐ Long underwear: Polypropylene, Smart wool, or Capilene
- ☐ Sweater or jacket: Fleece or Wool
- ☐ Pants: Fleece or Wool
- ☐ Hat and Gloves: Fleece or Wool
- ☐ Rain jacket and pants
- ☐ Baseball cap or visor (with strap) for sun protection

GEAR LIST

- ☐ Sleeping bag and pad*
- ☐ Tent*
- ☐ Small camp pillow
- ☐ Water bottle with strap
- ☐ Flashlight or headlamp
- ☐ Sunglasses with strap
- ☐ Bandanas
- ☐ Insect repellent
- ☐ Sunscreen/lip block
- ☐ Moisturizer/skin lotion
- ☐ Wet wipes
- ☐ Small towels and toiletries
- ☐ Medications
- ☐ Large zip lock bags for wet gear

OPTIONAL

- ☐ Bike gloves to protect hands while paddling
- ☐ Small zip lock bags for organizing gear
- ☐ Fishing equipment and license
- ☐ Sun shower
- ☐ Disposable/waterproof camera
- ☐ Book/Journal/Notebook
- ☐ Small day pack or fanny pack
- ☐ Dramamine (if prone to car sickness)

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DRESSING SAFELY AND COMFORTABLY (NOT TO MENTION FASHIONABLY) FOR RIVER TRIPS IS A CHALLENGING TASK. FOR MUCH OF THE SEASON, YOU WILL NEED TWO SETS OF CLOTHING: ON THE RIVER AND IN CAMP.

USE THE "LAYERING SYSTEM"

BRING CLOTHES THAT CAN BE LAYERED EITHER UNDER OR ON TOP OF OTHERS.

Layering allows you to adjust quickly to changeable weather by adding or subtracting layers. Loose, fast drying, durable clothing is best for rafting. We recommend the following materials because they are compact and made to keep you warm and comfortable through a range of temperatures.

POLYPROPYLENE (POLYPRO) OR CAPILENE

Synthetic materials that wick the moisture away from the skin. Long underwear (shirts and pants) are essential as the first layer in cool or wet weather.

FLEECE

A synthetic material that is heavier than polypro, it makes an excellent middle layer in cool or wet weather. Wool is also a good insulator. Bring a jacket or sweater as well as pants of these fabrics.

COTTON

Should NOT be worn during cool or wet weather since wet cotton lowers body temperature. Cotton is recommended for hot weather only!

RAINWEAR

Rain jacket and pants are to protect you from the wind and spray, from the rapids as well as from storms. Coated nylon or breathable fabrics such as Gore-Tex are best. Ponchos are bulky and dangerous so they are not recommended.

WETSUITS

These are recommended and sometimes required for spring trips and for those interested in spending much of their time in an inflatable kayak. The 1/8 inch farmer john style is the most comfortable and can be worn with a rain jacket or paddling jacket. A long sleeved top of polypro or fleece adds needed warmth. A wool cap also helps.

FOOTWEAR

You will find guides and fellow guests in tennis shoes, wetsuit booties with soles, and river sandals. Closed shoes offer the most foot protection while on the river and, if worn with wool or neoprene wetsuit socks, they can help insulate your feet when the water is cold.

PACKING AND BAGS

Each individual will be provided a dry bag for the duration of the trip. The bag, when fully packed, measures about 17 inches in diameter by 32 inches in height and is almost the size of a garbage bag. Your sleeping bag, pad and personal items must fit in the bag. Separate bags will be available for tents.

"DAY BAGS"

Since your waterproof bag will not be accessible during the day, we'll also provide you with personal waterproof "day bags" for day use items such as sunscreen, small cameras, rainwear, or water.

NOTE ABOUT THE WEATHER

The weather in Idaho is often dramatic and unpredictable. You can expect to experience a range from cold and wet to hot and dry conditions. Your comfort and enjoyment on your trip is dependent on your complete preparation for Idaho's diverse conditions. This can be easy if you pay attention to the information provided and to your own tolerance to the sun and to cold.

	JUNE	JULY	AUGUST	SEPTEMBER
AVG. DAY TEMP.	65°	77°	77°	64°
AVG. EVE. TEMP	43°	62°	61°	51°
PRECIPITATION	2.2"	1.8"	1.5"	1.1"



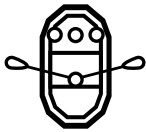
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ON THE RIVER: TYPES OF BOATS



PADDLE BOAT

Paddle boats are powered by the paddle strokes of the crew. The guide typically sits in the back and gives paddle commands to the four to seven paddlers.



OAR BOAT

Oar boats carry gear and supplies as well as one to four passengers. A ride on an oar boat is an opportunity to relax, enjoy the scenery, watch for wildlife, or chat with friends and family. The oar boat is the least active option and typically provides the greatest stability.



INFLATABLE KAYAK ("DUCKY")

The duckyies are the ultimate vessel for the active river runner. This is an opportunity to run the rapids of the Middle Fork of the Salmon under your own power and direction. The guides will give instruction for the duckyies before the trip and directions for the rapids while on the water. Helmets are required at all times while paddling the duckyies.

EQUIPMENT

ECHO provides boats, life jackets, waterproof bags, and a limited number of waterproof boxes (7" x 11" x 5.5") for cameras and binoculars. We recommend you bring a ziplock plastic bag for your camera and purchase camera insurance or a disposable waterproof camera. ECHO also provides cups, plates, eating utensils, and camp chairs.

TOILETS AND SANITATION

Depending on where you camp, we will use portable river toilets or outhouses. When setting up toilet facilities, we are conscious of privacy needs. We carry out all trash and use no soap in the river. The guides will instruct you in simple procedures that minimize the impact of our group on the canyon, and we ask for your cooperation.

FISHING

The Middle Fork is a protected area and fishing is catch and release (you must use single, barbless hooks and everything caught must be put back). Non-residents of Idaho must buy a special Angler's Vacation License that can be purchased with a credit card by calling (800) 554-8685 or (800) 824-3729. You can also purchase one online from Idaho Fish and Game at www.fishandgame.idaho.gov.



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THE ORIENTATION MEETING

— The orientation meeting is at the Mountain Village Lodge in Stanley at 8:00 PM the evening before your trip begins. The head guide for your trip will meet with everyone to answer questions and pass out waterproof bags and other gear such as sleeping bags and pads. For those planning to buy hard alcohol in Idaho, state law limits sales to Monday through Saturday 10 AM to 6 PM.

Stanley is a small, charming town at the base of the Sawtooth Mountains. There are several great places to eat within walking distance of your room.

THE MORNING OF YOUR TRIP

— At 8 AM a chartered bus will be waiting in front of the Mountain Village Lodge for the five minute drive to the airfield and a 30-minute flight to the Indian Creek put-in. When water conditions permit we will start 25 miles upstream at Boundary Creek. The trip to Boundary Creek is a one-hour bus ride from Stanley. Be sure to eat a hearty breakfast.

ON THE RIVER

— The pace of your river trip is very dependent on the water level. You will usually spend four to five hours a day on the river. Breakfast is served about 8 AM and you are on the water by about 10 AM. There will be a stop mid-day for lunch and maybe some short hikes. You will arrive at camp in the late afternoon, allowing time to hike and relax before we serve dinner. If you are new to camping the guides will be happy to help you.

AFTER THE TRIP

— Your trip ends with lunch at take-out. After about 2 hours on a charter bus you will arrive in the town of Salmon between 4 and 6 PM. Plan to spend the night at take-out in Salmon. Plan to spend the night after your trip in Salmon. Guests often share a no-host goodbye dinner at a local restaurant. If you are flying, Gem Air will fly you to Boise the next morning. Please plan your flight out of Boise no earlier than 11:00 AM.

MEALS AND ALCOHOL

— ECHO provides all meals from lunch on the first day to lunch on the last day.

Dietary restrictions can be accommodated with advance notice. Juice and water are available with meals, wine is often served with dinner, and coffee, tea, and cocoa are available at breakfast and dinner.

In camp, beer and sodas are provided (up to two cans per person per day). Additional beverages may be brought but must be in unbreakable containers. For your safety, drinking of alcohol beverages on the river during the day is not allowed.

CANCELLATION AND TRAVEL INSURANCE

— We strictly adhere to our cancellation policies as explained on your (or your group organizer's) invoice. Trip capacity is strictly regulated by law and your reservation may mean we cannot sell space to others. Because of this, [Travel Insurance](#) is strongly recommended. It can reimburse you if you make a late cancellation because of illness or an illness in the family. Otherwise you are welcome to find a friend to replace you. Please contact us if you would like more information on [Travel Insurance](#) or a copy of ECHO's cancellation policy.

PARTICIPANT RESPONSIBILITIES

— All participants will be required to follow the safety policies and procedures of ECHO: The Wilderness Co. Inc. dba ECHO River Trips ("ECHO") and its guides and all participants will be required to sign a Participant Assumption of Risk., Acknowledgement of Inherent Risks and Indemnity Agreement in favor of ECHO upon their arrival.

GUIDES

— Our guides have a deep appreciation for the rivers we run and want you to enjoy your trip with them. They are happy to help you if you are an inexperienced camper or have questions about the river. ECHO guides are accomplished in outdoor skills and extensively trained in first aid and CPR. In addition, the guides are mature, interesting people we think you'll enjoy.

GRATUITIES

— We are often asked if tipping is appropriate. Tips are certainly appreciated by your guides and are usually around 10% of the trip cost. How much you tip should depend on your satisfaction with the trip, your feelings about tipping, and your financial means.

