



# YOUTH DYNAMICS

## Salmon River Adventure Base

### *Extended Raft Packing List*

You are about to embark on an adventure that you will not soon forget. Our staff are looking forward to guiding and caring for you on this new adventure!

#### **Equipment Youth Dynamics Provides**

1. All Technical and Safety Equipment
2. Licensed Guides
3. Rafts, Paddles, Life Jackets, Inflatable Kayaks & Helmets, Wet Suits & Booties if applicable, Splash Jackets, Splash Pants, Sleeping Pads & Bags if needed and Dry Bags
4. Meals, Cooking Equipment, Group Tarp and Tents

To make this equipment available to you, we require that you assume full responsibility for it. If equipment is lost or damaged due to misuse or neglect on your part, you will be charged any additional fees needed to replace or repair the items in question.

#### **Items YOU supply**

- |   |  |
|---|--|
| <input type="checkbox"/> Signed Medical Release and Signed Participant Agreement  | <input type="checkbox"/> 2 pairs of socks  |
| <input type="checkbox"/> Sandals with Heel Straps (no flip-flops)   | <input type="checkbox"/> 2 or 3 pairs shorts (nylon preferred)   |
| <input type="checkbox"/> Sunglasses & Strap   | <input type="checkbox"/> 2 or 3 bathing suits (For females, tankini options with shorts are most comfortable/functional)   |
| <input type="checkbox"/> Sunscreen, Chap Stick with SPF   | <input type="checkbox"/> Lightweight tennis shoes for hiking   |
| <input type="checkbox"/> Water Bottle (1 Liter)   | <input type="checkbox"/> Rain jacket and rain pants  |
| <input type="checkbox"/> 4 Short - Sleeved T-Shirts, 2 cotton & 2 Synthetic   | <input type="checkbox"/> 2 Hats with brim for sun protection and string tie or clip, stocking cap, one baseball and one full brim hat is nice  |
| <input type="checkbox"/> 1 Long sleeve shirt for sun protection   | <input type="checkbox"/> Flashlight or headlamp with batteries   |
| <input type="checkbox"/> 1 Wool or Fleece top (cotton is not an appropriate fabric) A synthetic (not Down) puffy jacket is a good substitute for this item. | <input type="checkbox"/> Period products- please bring regardless of where you are in your cycle. It is common for someone to start their menstrual cycle on an extended trip, even females who have never had one before. |
| <input type="checkbox"/> 2 pairs lite weight pants (synthetic material preferred)   | <input type="checkbox"/> Toiletries: Toothbrush, small tube of   |
| <input type="checkbox"/> Underwear  |  |
| <input type="checkbox"/> 2 full sets of synthetic long underwear (Tops & Bottoms, No Cotton)  |  |

toothpaste, deodorant, lotion,  
prescription medications, etc.  
 Bible & Journal or small note pad  
 Sleeping pad if you like yours  
 Sleeping bag (synthetic or mummy-style

bag, No flannel or cotton sleeping bags!)  
 Electrolytes  
 Ear plugs  
 Dry pair of comfy sandals for camp  
 Hawaiian Shirt (Optional)

\*If you do not have some of these items please let us know and we will do our best to accommodate you.

**\*\*Youth Dynamics Salmon River Base DOES NOT supply Epinephrine or rescue inhalers. If you need one you MUST bring two (2) with you. If you do not bring it, you may not be permitted to go on the trip. Please talk with your guide regarding the best place to pack these items for easy access.**

### **Optional Items you may bring**

Bandana, small pocket knife, small binoculars, towel, clean change of clothes for the ride home, Ziplock bags or small garbage bags for wet clothing and personal items, and a waterproof camera.

### **Please Do Not Bring**

Drugs, alcohol, tobacco, or electronic devices –Nintendo Switch, iPad, tablets, and cell phones (unless primary camera. We ask that you help maintain this backcountry environment and keep cell phones on Airplane mode). Cell Phones will be exposed to extreme heat. Makeup is not recommended due to the type of activity.

### **How to Shop for a Wilderness Trip**

Unlike cotton, clothing made of wool or synthetics is very effective protection against the elements. This is because they are capable of retaining body heat even when wet. Wool and synthetic clothing such as pile, fleece and polypropylene is often easily obtained through used clothing or thrift stores, Costco or at most wilderness supply stores. Layers are your friend! Wind and water can make things cold, so pack with layers in mind. Be advised that during this time of the year the Salmon temperatures are commonly high but can occasionally be cold. Come prepared with a variety of layers for different weather/temperatures. Hope for the best but prepare for the worst.

### **Before You Pack.....**

Remember...Happiness is less, not more! Everything you bring, including your sleeping bag, will be put into a 110 liter dry bag. You will **not** have access to your dry bag during the day. You will have access to a smaller day dry bag for a few items you may need during the day.

**Let's adventure together!**