



Idaho Middle Fork of the Salmon River 75-Mile Rafting

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

[Idaho Middle Fork of the Salmon River Rafting Trip Planner for 2026](#)

Activity Level 2: Previous rafting experience is not necessary; however, you need to be in good physical condition. This trip occurs in a remote wilderness location, where each day loading and unloading into the raft can be on sandy beaches or uneven rocky shores. It is a necessity that all travelers are stable and sturdy on their feet in uneven terrain.

Luggage Notes

Due to our flight, there is a 35 lb per guest weight limit. This includes everything from luggage (30 lbs recommended), day pack, phone, water bottle, book, etc. Gem Air prefers soft-sided bags due to the smaller baggage compartments in the aircraft.

MT Sobek can store extra luggage that is not needed on the river which will be waiting for you at the end of the trip. This includes wheeled luggage you may want to leave behind after repacking personal gear into a provided MT Sobek dry bag.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



1-800-974-0300



INFO@MTSOBEK.COM

Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Please arrive in **Salmon, ID** by **4:00 pm on Day 1** of the itinerary and check-in at The Stagecoach Inn, where you will have a room booked under your name. Check-in time is 3:00 pm. Meet up at 6:00 pm on the back lawn for light snacks and a casual welcome orientation.

Travel options for getting to Salmon, Idaho:

- **Fly into Idaho Falls Regional Airport (IDA) in Idaho Falls, ID and drive to Salmon, ID.** - The drive to and from Idaho Falls, ID is approximately 2.5 hours.
- **Fly into Missoula International Airport (MSO) in Missoula, MT and drive to Salmon, ID.** - The drive to and from Missoula, MT is approximately 3 hours.
- **Fly into Boise International Airport, ID, (BOI) in Boise, ID and drive to Salmon, ID.** - The drive to and from Boise, ID is approximately 5.5 hours.

There are Regional Flight options between Boise and Salmon. [Gem Air](#) offers daily flights that can be booked directly with them. Please make sure to allow plenty of time to account for any potential travel delays when using Regional Airlines. Round trip flights average \$500 per person.

Your rental car can be parked at the Stagecoach Inn while on the river.

Consider you first day's activities:

Day 1, meet up with the group and guides at 6:00 pm for a casual welcome orientation and light snacks on the back lawn at the hotel. At the 6:00 pm orientation, you will be provided dry bags and helpful packing instructions for personal items and instructions for the morning. Your guide will be able to answer any last minute questions.

Dinner is on your own tonight.

Salmon Dinner recommendations:

- Shady Nook - mid-range steakhouse (walking distance from the Stagecoach Inn)
- Salmon Burnt Lemon Grill and Junkyard Bistro - Mid-range option with diverse menu choices including vegetarian options
- Highlander (highly recommend) and Bertram's Brewery are great casual affordable options

DEPARTURE: Day 8 you can depart from the Stagecoach Inn at your leisure.

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Extending Your Stay

If arriving early in Salmon or extending your stay after the trip ends, we recommend our group hotel, [Stagecoach Inn](#). If you provide your lodging confirmation number we will request that you remain in the same room for your stay if possible. Upon check-in remind the front desk that you are with the MT Sobek group.

On Your Trip

Accommodations

Please refer to your [itinerary](#) and Final Details for the accommodations on your adventure. In general, we use the nicest hotels available, but due to the remote nature of the area we are visiting, our lodging is generally quite simple, and both rooms and beds may be smaller than you are accustomed to.

For your river adventure we will provide you a tent and sleep kit which includes your professionally laundered sleeping bag, pillow, sleeping pad and cot.

Communications

Wi-Fi is only available in Salmon and is generally free. While on the river, communication is limited. There are no telephones, internet or cellular service in the backcountry. Your guides have satellite phones and an IN Reach Garmin for use in an emergency.

Electronics

We will not have access to electricity while camping and rafting the river. Please pack additional batteries for your electronics, or consider bringing a personal solar charger.

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Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

BREAKFASTS: Breakfasts include a variety of hot and cold options including cereals, fresh fruit, breakfast meats, egg dishes, pancakes, etc. There will always be tea and plenty of hot coffee.

LUNCHES: Lunches are served buffet style and may include deli style options, a variety of salads, chips, cookies and powdered drink mix.

DINNERS: Dinners are amazing! Our guides love to cook and it shows with multiple courses including meats, fish, pasta and vegetarian options. Always save room for something wonderfully sweet at the end. Canned flavored seltzer waters are provided in camp.

ALCOHOL OR ADDITIONAL BEVERAGES : You may bring wine, beer and liquor. Plastic bottles or aluminum cans are preferred although exceptions can be made for wines or fine liquors. We can not accommodate glass beer bottles. Drinks should be purchased when you arrive in Salmon before our 6:00 pm Welcome Orientation gathering. Beer and wine can be purchased at Saveway or the Corner Store and liquor at the Idaho State Liquor Store.

Your guide will share at the orientation meeting what variety of soft drinks will be provided on the river.

Money

Tipping your adventure guides is a common practice to show appreciation for their hard work and expertise in ensuring you have a great experience. The amount you tip may vary based on factors such as the length of the trip, the level of service, your guide team size, and your overall satisfaction.

On our hiking and rafting adventures in the United States and Canada, we recommend tipping your guide team \$50 - \$70 per day, per guest. On our camping based trips where guides prepare meals and look after accommodations, please consider tipping at the higher end of the range if you received excellent service.

Guides can accept gratuities paid by cash or apps like (Venmo, Zelle, PayPal, etc.). To ensure equitable distribution to the entire guide team, please deliver all gratuities to the trip leader.

Tips for restaurants, activity vendors, and hotel staff are included in your trip price.

Remember gratuities are always optional and at your discretion.

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Packing List

Our packing list is based on feedback we've received from our staff, guests and guides. Weather conditions may vary. Please use this as a guideline and if you have questions feel free to reach out to your Adventure Coordinator.

PROVIDED GEAR

- ✓ Medium Dry Bag or personal items
- ✓ Medium Dry Bag for sleep kit
- ✓ Small Dry Bag for day use
- ✓ Professionally Laundered Sleeping Bag & liner
- ✓ 2 person tent, cot, sleeping pad & ground tarp
- ✓ Pillow and pillow case
- ✓ Personal Flotation Device
- ✓ Wetsuits (*early June and late August departures*)
- ✓ Coffee mug

LUGGAGE

- ☐ Small to medium sized duffel bag **without wheels** (roughly 12" x 22") helps with packing your provided trip Dry Bag. (*Please note regional flights have a 30lb limit*)
- ☐ Packing Cubes or Stuff Sacks for ease of packing your provided trip Dry Bag
- ☐ Ziplocs for packing smaller items or storing wet items.
- ☐ Small daypack (*recommended for hikes*)

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Long sleeved, light colored shirts for sun
- ☐ Quick drying t-shirts or sun shirts
- ☐ Quick drying shorts and Swimsuit
- ☐ Synthetic hiking pants
- ☐ Sweatpants, Yoga pants and T-shirts for camp.
- ☐ Lightweight or medium weight long underwear

OUTERWEAR

- ☐ Medium weight fleece jacket
- ☐ Fleece pants (*early June and late August departures*)
- ☐ Warm down jacket

- ☐ Waterproof, breathable jacket with hood (*great for in camp and on boats*)
- ☐ Waterproof, breathable pants
- ☐ Sun hat with wide brim or baseball cap
- ☐ Bandana or Buff
- ☐ Fleece or wool hat (*June and late August departures*)
- ☐ Warm gloves (*June and late August departures*)

FOOTWEAR

- ☐ Tennis shoes or light hiking shoes
- ☐ River sandals (*Chaco or Teva Style*)
- ☐ Wool or synthetic socks
- ☐ Wetsuit booties or neoprene socks (*early June and late August departures*)

TRAVEL ACCESSORIES

- ☐ Camera with batteries and memory
- ☐ Waterproof case for camera phones or camera
- ☐ Travel towel and Toiletry kit
- ☐ Prescription medications plus back up
- ☐ Sunglasses with eyewear retainer
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection with SPF
- ☐ Reusable Nalgene or Hydroflask style water bottle
- ☐ Headlamp with extra batteries

OPTIONAL TRAVEL ACCESSORIES

- ☐ Sleeping bag (*only if you prefer your own*)
- ☐ Camp pillow (*only if you want an extra*)
- ☐ Binoculars
- ☐ Insect repellent
- ☐ Swiss army knife or multi-tool
- ☐ Reading and writing material
- ☐ Favorite snacks (*additional to what we provide*)
- ☐ Journal or sketchbook
- ☐ Fishing gear & Current License
- ☐ Neoprene paddling gloves (*early June and late August departures*)

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Packing Notes

Packing for Weather

Idaho temperatures can be variable. Please come prepared with warm and cold weather clothing. Weather during the daytime is normally 65-90F and evenings 45-60F. Late August trips are typically cooler at night.

TEMPERATURE (°F) - AVERAGE LOWS & HIGH

- July 45/85
- August: 50/90

Clothing Notes

Synthetics are best for layering and keeping you warm in all weather conditions. Good rain gear is perfect for in camp as well as on the boat when getting splashed.

DRY BAGS

You will have 3 dry bags for use on the trip. These bags are designed to keep your belongings dry.

The first medium sized dry bag is for personal belongings such as your clothing and items used in camp.

The second medium sized dry bag will include the provided sleeping bag. Each morning these bags are secured to a boat and travel ahead of the group to camp. We commonly refer to this as 'Checked Luggage'. As on a flight checked luggage will be available to you when you land in camp.

The third smaller dry bag is your 'Carry On'. This is the bag you will carry on the boat and have accessible throughout the day. This is a great bag to pack extra layers in the event you get too wet or cold. Rain gear, extra glasses, sunscreen, perhaps a book to read at lunch, snacks or medication that is immediately accessible.

The guides will assist you in mastering the art of packing a Dry Bag.

Daypack

Small daypacks are recommended for safer hiking, as hands should be free of bottles and cameras. Small daypacks with integrated hydration systems are a great option.

Footwear

Sturdy, properly fitting footwear is essential. If you're buying new shoes, be sure to completely break them in prior to the trip. All river sandals are required to have a heel strap which ensures they will stay on your feet even if you are in the river. Sandals without heel straps are great for in camp.

We recommend Chacos or Teva Sandals as they function the best on river trips.

Laundry

Because this is a camping trip, you will not have access to laundry facilities, so please pack accordingly. The Westslope Cutthroat Trout is a special species of fish which does not allow for bathing or washing laundry directly in the Middle Fork of the Salmon River.

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Health & Training

Prior to traveling, and before beginning any training routine, please confer with your physician or local healthcare provider. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](#) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

Please remember that MT Sobek is not a medical authority and can only provide general information, which may not be accurate by the time you travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate health information for use by your guides — especially in the event of a medical emergency. Your guides are responsible for the safety of all trip members, and he or she may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you have to leave the trip. Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing your hands regularly, especially before eating. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

Tips for Getting in Shape

RAFTING

In general, be in good health and fitness. You don't need to train for the level of rafting we offer, but you should be able to participate in sustained physical activity for 2-3 hours at a time (paddling), with good enough balance and agility to get in and out of boats on moving water. Exercises to improve your core, shoulder, and back strength may also be helpful here.

HIKING

The Middle Fork has many hiking opportunities, offering everything from a short stroll to a long hike. While we generally plan on at least two guided hikes during the trip, there are lots of opportunities to explore the area. All hikes are optional, and you can choose to lie on the beach and take in the rays, sit in a hot spring, or read a book instead.

Please note that you do not need to bring a large backpack, a lightweight daypack for your water bottle and camera on hikes is sufficient. Hiking boots are not needed unless you have a specific foot or ankle problem that necessitates them. Running shoes or river sandals are fine for most people.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel

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protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities.

Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract

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attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in MT Sobek accommodations.

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