

<p><i>Salmon River Challenge Whitewater 2005</i></p>	<p>Frequently Asked Questions</p>
<p>What should I wear?</p>	<p>We suggest that you wear comfortable, quick-drying clothing, soft-soled shoes or river sandals (not flip-flops), a hat, sunglasses with a leash and sunscreen. During cool weather DO NOT wear cotton. We provide, at no extra cost, wetsuits, booties, and splash jackets. Our goal is to keep you comfortable.</p>
<p>What should I bring?</p>	<p>A waterproof, disposable camera and dry clothing for after the trip. On camping trips, we'll send you a suggested gear list.</p>
<p>What's the river like? How big are the Rapids?</p>	<p>The Salmon River is considered a Class III pool and drop river. That means that most rapids are Class III, there are some Class IV rapids at certain flows. Class III rapids are the most fun, with large, splashy waves. Class IV rapids usually have large holes and boulders that require expert maneuvers. Pool and drop means that all the rapids have some calm water below them, good for swimming, and relaxing between the whitewater!</p>
<p>Is it safe?</p>	<p>Yes! The most common injuries are sunburn, stubbed toes and dehydration. Wear sunscreen, be careful getting in and out of the boat and drink the water that we provide. Boat flips average less than one a year, less if you don't count high water trips.</p> <p>We have an excellent safety record; however, whitewater rafting can be dangerous. You will be given safety instructions prior to the trip, we will provide you with a professional Type III life jacket that will be worn at all times while on the river and our guides will not take unnecessary risks. All Salmon River Challenge Guides are picked for their professionalism and abilities. Guides are licensed by the State of Idaho and have a minimum of First Aid and CPR. We encourage our guides to take whitewater rescue courses and to increase their medical training.</p>
<p>How many rapids are there?</p>	<p>The half-day trip floats approximately 10 miles and has <i>more</i> than a half-dozen named rapids. On the full day, you will float about 21 miles with more than a dozen rapids. This all depends on the flow of the river. Some rapids are big at high water while others are big at low water.</p>
<p>Do I need to bring drinking water or soda?</p>	<p>No. We provide bottled water, soda, juices and snacks on all our trips. We welcome you to bring your own alcoholic beverages. Our coolers will have plenty of ice for alcoholic beverages that you bring.</p>
<p>What are your age limits?</p>	<p>We feel 8 years and up is best. In May and June you should check with us first about anyone who is not capable of swimming unassisted in the river.</p>
<p>Can I bring my camera?</p>	<p>Yes. We have dry storage on all the boats. We suggest you use a waterproof, disposable camera.</p>
<p>Can I bring my dog?</p>	<p>No.</p>
<p>How long is the trip?</p>	<p>Typically, the full-day trip is 21 miles, the half-day trip is 10 miles and the 2-day trip is 35 miles.</p>
<p>Should I bring my cell phone?</p>	<p>There is no cell service in the area.</p>

What time do we meet?	That depends on the trip type. The most important thing to remember is that we operate on MOUNTAIN TIME . If you're coming from the north you're in Pacific Time, so plan accordingly. Most full-day trips meet at 9:00 AM, half-day trips at 12:30 and multi-day trips at 7:30 AM.
Where do we meet?	Salmon River Challenge's control center, located ¼ mile north of Riggins (down river!) at mile post 197. (Please note that we have moved from our previous location in Riggins (at the Blackberry Patch) and are now located on Timezone Road) . From Riggins we are on the left (or west side of the highway. From Lewiston or Grangeville, we are the first right-hand turn after crossing the Timezone Bridge. Our location is approximately 2 ½ hours north of Boise and 2 hours south of Lewiston. After turning onto Timezone Road, just look for the SRC vans, busses, office, rafts, guides, etc. We provide shuttle to the put-in and bring you back after the trip.
What time do we get back?	Usually you will be back at our Riggins Office by 5:00 PM MST. Morning trips are normally back by 12:30.
Should I tip the guide?	As with most service-oriented operations it is typical. If you feel the guide made your day better, then yes, it is nice, but not required. Typically tips are 5 to 10 percent.
How do we get back to our car after the trip.	We shuttle you back to our office or any other place that has been arranged ahead of time.
Does anyone take our picture at a rapid?	Yes, Franks Photos gets beautiful pictures. After the trip you can preview and order your photos at our office or at Frank's studio.

For children under 8 years, whitewater rafting is not a recommended activity. During cold weather and high water flows, an adult must accompany each child under 13. We reserve the right to limit trips to participants capable of self-rescue.