



Action Whitewater Adventures Main Salmon Adventure Trip Information

Hello from Action Whitewater Adventures. We hope that you are getting excited about your Salmon River trip this coming summer. Enclosed is your complete information packet. On page 4 is a packing list. Also included are answers to many general questions. Look over the booklet and contact us if you have any questions. We have also enclosed the following:

Invoice. Your balance will be due 90 days before the trip date. Your due date is shown on the invoice. We accept Visa and Mastercard. There is a 2% convenience fee for final payments made by credit card. You are more than welcome to pay with a personal check. Also, we still accept deposits by credit card without the convenience fee. Final payments are non-refundable.

Personal Information Page. Read and sign the front side. Complete the information on the back side and return in the enclosed envelope. **Please send back as soon as possible.**

Assumption of Risk Agreements. These need to be signed and dated for each member of your group. For minors, both the minor and parent/guardian need to sign the form. **Please send these back as soon as possible.**

Additional items for your information:

1) You can find a great selection of clothing, sandals and travel accessories for your rafting trip at Cascade River Traveler. We have a link on our website www.riverguide.com to Cascade River Traveler. On the home page the left hand side, click on "rafting links." Click on the Cascade River Traveler link. They can outfit you for warm days, cool days, and in camp. If you would like to place your order by phone their number is (800) 748-3717. Tell them you are with Action Whitewater Adventures.

2) **Trip cancellation insurance** may be purchased through the internet at www.travelexinsurance.com. The location number they will ask for is 12-6016. Also if you would like a printed application, call us at (800) 453-1482 and we'll send one right out.

Completed paperwork can be mailed in the enclosed envelope, faxed (801) 375-4175, or emailed to guideinfo@riverguide.com. Please call our office (800) 453-1482 if you have any questions or need help with travel arrangements.

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Action Whitewater Adventures

Main Salmon Adventure

Action Whitewater Adventures is pleased that you have chosen us to be your outfitter on the Main Salmon. We have compiled information that will help you plan, pack and fully enjoy your upcoming whitewater adventure. **Please call our office with any other questions you may have.** You will be traveling by various means over many miles. This itinerary will give you an idea of the times, meeting places and activities you can look forward to.

Itinerary: If you are making your own travel arrangements, see page 3 and 5.

Pre-Trip (Travel Day): Boise to Boise Travel Package

Arrive at the Boise Airport anytime before 6:00 p.m. Call Vista Inn for the shuttle to the hotel. (Shuttle is available 24 hours per day.) Courtesy phone for hotels is located by the baggage claim. A guide will meet you at the hotel for our 7:30 p.m. orientation meeting. The front desk at the hotel will let you know where the meeting will be held.

Day 1: River Departure Day

Meet in the lobby of the Vista Inn at 5:40 a.m. (Meeting time may be altered at your orientation meeting.) You will be transported to the Boise airport for a charter flight to Salmon.

Pre-Trip (Travel Day): Driving Package

Arrive in Salmon anytime before 7:00 p.m. Check into rooms at the Stagecoach Inn. At 7:30 p.m. all trip participants will meet on the back lawn for an orientation meeting.

Day 1: River Departure Day

Meet in the lobby at 7:30 am.

Trip participants in both groups will meet and then be transported to the launch site. Upon arrival, you will receive a detailed safety orientation by your guides and then board the rafts to begin your Main Salmon adventure.

DAY 2 THROUGH 4: Each exciting day on the river will follow this general itinerary.

- 7:00 – 8:00 a.m. Enjoy a hearty breakfast prepared by your guides.
- 8:00 – 9:30 a.m. Pack personal gear while guides take down camp, load boats and begin the day's adventures.
- 9:30 a.m. – Noon Whitewater rafting and sightseeing on the Main Salmon.
- Noon – 1:00 p.m. Buffet style lunch and time to relax along the scenic banks of the Main Salmon.
- 1:00 – 4:00 p.m. Back on the river for more rapids, hot springs and adventures.
- 4:00 – 6:00 p.m. Unload rafts, set up camp, relax, play, hike, swim and explore.
- 6:00 – 8:00 p.m. A delicious dinner prepared by your guides and served under a beautiful Idaho sky.
- 8:00 - ??? p.m. Campfire, recount the day's adventures, enjoy good company and the peaceful wilderness evening.

Note: The times listed above are included to give you an idea of a typical day on the river. Times will vary due to water levels, weather, and camp locations. **Rafts, paddle boats, and inflatable kayaks will be used on each trip. There will be time for everyone to experience each type of boat.**

DAY 5: On our last day on the Main Salmon we run the rapids until we reach the Carey Creek take-out. After a hearty farewell lunch, trip participants will travel by bus to McCall, Idaho.

Check into rooms at the America's Best Value Inn and Suites, McCall, Idaho (If you car has been shuttled, it will be at the hotel with your keys at the front desk.)

Post Trip (Travel Day): Boise to Boise Travel Package

Passengers traveling to Boise will leave promptly at 8:30 a.m. from in front of the hotel (unless an alternate time is set by the guides) and be transported to the Boise airport by 12:00 noon. **Note: Flight departures from Boise should be scheduled after 1:00 p.m. on this day.**

Important Travel Information

Please read carefully

If you are scheduled for the Boise to Boise travel package You will need to make travel arrangements to arrive in Boise by 6:00 p.m. at least one day before your river launch date. When you arrive at the Boise airport, call Vista Inn for a shuttle to the hotel. (Shuttle is available 24 hours per day.) Courtesy phones for hotels are located by the baggage claim. A guide will meet you at the hotel for our 7:30 p.m. orientation meeting. The next morning you will meet at 5:40 a.m. to be transported to the Boise airport for a charter flight to Salmon, Idaho. Upon arrival in Salmon you will be transported to the launch site.

The day we get off the river, you will be taken to McCall, Idaho where we have arranged a room at the America's Best Value Inn and Suites. McCall is a beautiful resort town. You will have the evening to explore. At 8:30 am the following morning we will transport you back to the Boise Airport. Please make all flight arrangements out of Boise for 1:00 p.m. or later.

If you are flying back to Boise, you will be taken to the McCall airport and you will fly with McCall Air Taxi. The flight time will be given to you closer to your trip date.

If you are scheduled for the driving package You will need to be at the Stagecoach Inn, Salmon, Idaho, by 7:00 p.m. the day before your river launch date. You can check into your rooms upon arrival. A guide will meet you on the back lawn of the hotel for our 7:30 p.m. orientation meeting. The next morning you will meet at 7:30 a.m. and meet the other trip participants and then be transported to the river for your whitewater adventure. The day we get off the river, you will be taken to McCall, Idaho where we have arranged a room at the America's Best Inn and Suites. McCall is a beautiful resort town. You will have the evening to explore. The car you had shuttled will be at the hotel ready for your drive home the following morning.

If you are flying back to Salmon, you will be taken to the McCall airport and you will fly with McCall Air Taxi. The flight time will be given to you closer to your trip date.

If you are making your own travel arrangements If you are driving to Salmon, Idaho, you will need to be at the Stagecoach Inn by 7:00 p.m. the day before your river launch date. A guide will meet you on the back lawn of the hotel for our 7:30 p.m. orientation meeting. You will be responsible to arrange for lodging this night in Salmon. The next morning, the bus will meet at the Stagecoach Inn, so we recommend staying there. (Please refer to page 5 for lodging information.) The next morning you will meet at 7:30 a.m. to be transported to the river for your whitewater adventure! The day you get off the river we will transport you to McCall, Idaho. We highly recommend that you get a room in McCall for this night. It is good to get cleaned up and rested before you have to get back to normal life. (Please see page 5 for lodging information.) Also, if you need to get back to Boise, we have a bus chartered for the next morning. If you would like to ride back to Boise on this bus, please give our office a call to make arrangements.

Other Arrangements That Can Be Made

You can arrange for your car to be shuttled from Salmon to McCall with River Shuttles. Charter flights can also be arranged through McCall Air Taxi to almost any local destination. See page 5 for recommended lodging. Please see contact information below or call our office for more details. *

Note: If you make your own arrangements, tell all suppliers that you are with Action Whitewater Adventures.

***Contact Information:**

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| <u>Vehicle Shuttles</u> River Shuttles (800) 831-8942 www.rivershuttles.com | <u>Charter Flights</u> McCall Air Taxi (800) 448-3413 www.salmonair.com |
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We would be happy to make any of these arrangements for you. Please call our office at 1-800-453-1482 if we can help.

ITEMS PROVIDED BY AWA

Action Whitewater Adventures will supply the following on your Main Salmon trip:

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| <ul style="list-style-type: none"> ◆ Whitewater Rafts – Custom made, compartmented and unsinkable ◆ Life Jackets of special whitewater design. Life jackets will be worn at all times while on the river. NO EXCEPTIONS. ◆ Guides – professionally trained in whitewater skills, safety and First Aid ◆ Meals – expertly prepared and cooked by our guides using our advanced and innovative outdoor cooking systems. Starting and ending with lunch on the river. ◆ Cooking facilities – all cooking and eating utensils ◆ Sanitary facilities – specially built for whitewater rafting ◆ Beverages – unlimited water, lemonade and punch | <ul style="list-style-type: none"> ◆ Wilderness First Aid Kit ◆ Sleeping bag, laundered between every trip ◆ Cot ◆ Tent – roomy, four-man tent will be provided for every two people. ◆ Waterproof bag for sleeping gear and clothing (33"x16") round See picture page 5. ◆ Waterproof ammo can or day bag for personal items, camera, etc. ◆ Transportation from Salmon to Corn Creek, river launch point ◆ Transportation from Carey Creek, river take out, to McCall, Idaho |
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PERSONAL GEAR

WHAT YOU WILL NEED TO SUPPLY (Please remember that nylon, fleece or other quick drying clothing is preferable. Avoid cotton.*)

- Warm jacket or wool sweater
- Fleece shirt and/or jacket
- Long pants (light, fast drying for wear on the river. Avoid cotton.)
- Poly Pro underwear (top and bottom) – good for early season trips
- Wetsuit booties (Very important on high-water/cold water trips. Available at most sport or diving stores.)
- Two Piece Rain Suit!!! Ponchos do not work!!!
- Shorts (Avoid cotton.)
- Shirts (At least one long sleeved. Avoid cotton.)
- Swimsuit (2 piece i.e. sports bra and nylon shorts work best for women.)
- River sandals and/or tennis shoes
- Hat with tie string and/or bandana
- Gloves if hands are tender or subject to sunburn
- Biodegradable soap and shampoo
- Towel
- Toothbrush and toothpaste
- Flashlight
- Fanny Pack (Optional)
- Quart plastic water container with clip
- Medication if needed (cool storage is available.)
- Extra pair of glasses or contacts
- Sun glasses (Two pair is a good idea.)
- Safety strap for glasses
- Insect repellent (Irritating insects, and especially mosquitoes are rare on the Main Salmon but a small can of repellent is always a good idea.)
- Chapstick with sun block protection
- Sun Tan Lotion/Sun block – waterproof
- Hand Lotion
- Aloe Vera
- Shaving kit
- Feminine hygiene supplies
- Small package of Kleenex
- Camera/Film (Waterproof disposable cameras work well on the river.)
- Fishing gear (Spin casting and fly fishing gear are both used on the Main Salmon.)
- Heavy duty plastic bags for wet and/or dirty clothes. There is no smell like week old river laundry. (Heavy plastic bags have also served well as rain coats in an emergency.)
- Cash (for gratuities, souvenirs and snacks at some stops during and after trip.)
- SOFT GYM BAG OR ROUND STYLE BAG** This bag will go inside your waterproof bag (33” high x 16” diameter) provided by AWA. Your sleeping bag will also be in this bag.
- EPI-PEN IF YOU ARE ALLERGIC TO BEES**
- Travel Pillow (Optional)

Please limit your gear to 30 pounds.

*Cotton is not a good insulator and does not dry well. In camp it is fine but not good once it is wet.

IMPORTANT: We always hope for good weather, but prepare for the possibility of cold weather. This is applicable to ALL trips throughout the season. We are in the mountains, so a rainstorm or a cold front can come through even in July. Please call our office at 1-800-453-1482 if you have any specific packing questions.



DRY SUITS

**Required on early season trips – April and May
Recommended on June and high-water July trips.**

You may bring your own or
rental is available at www.kayakacademy.com or
(866) 306-1825

Special Note: You CANNOT bring your suitcases with you on the river. Bring your personal items in a soft gym style bag as described above. Above is a picture of the dry bag that you will be using.

River Clothing and Equipment Sources:

Northwest River Supplies
www.nrsweb.com
(877) 677-4327

Red Rock Outfitters
www.redrockoutfitters.com
(855) 245-1658

Cascade Outfitters
www.cascadeoutfitters.com/shop/myoutfitter
(800) 223-7238

ADDITIONAL TRIP INFORMATION

A. **RECOMMENDED LODGING** (for those making their own travel arrangements.)

In Salmon

Stagecoach Inn
202 Hwy 93 N
Salmon, ID 83467
(208) 756-2919

In Boise

Best Western Vista Inn
2645 Airport Way
Boise, ID 83705
(208) 336-8100

In McCall

**All American Inn
and Suites**
415 N. 3rd Street
McCall, ID 83638
(208) 634-6300

- B. **WEATHER** – May, June, and September temperatures are usually between 65 and 85 degrees with nighttime temperatures about 15 degrees cooler. July and August daytime temperatures are usually between 80 and 95 degrees with nighttime temperatures about 10 to 20 degrees cooler.
- C. **STORAGE** – Vehicle storage areas are provided at the recommended hotels. Please try to bring only what you will need on the river. If this is not possible, please call our office to make arrangements. Extra gear can be stored
- D. **RAIN SUITS** – **We highly recommend a good quality two-piece rain suit on all trips.** The weather in Idaho in the summer is very nice, but we are in the mountains and a storm can come at any time. In case of a storm a good rain suit easily pays for itself in the comfort it provides. On high-water trips, rain suits are also very popular attire on the boats, especially the paddle boats. You should look for rain suits that have closures on the wrists and ankles. **(A PONCHO IS NOT EFFECTIVE RAIN GEAR.) Dry suits are highly recommended on all June trips. See page 4 for rental information.**
- E. **FOOTWEAR** – Wet suit booties make excellent footwear for May, June, and September trips. Booties can be obtained at most outdoor shops. For July and August trips, tennis shoes or river sandals work fine. Wool socks and sandals are an alternative.
- F. **PERSONAL GEAR** – **It is extremely important to stay within the required weight limit of 30 pounds of gear per person.** For safety, the boats must be kept light and maneuverable. Please refer to the list of recommended personal gear. Your waterproof gear bag will be accessible only in camp. However, your ammo can or day bag containing personal articles is accessible at any time during the day. When you receive your gear bag the night before the trip, please pack accordingly. **McCall Air will charge for extra gear.** Extra gear may be stored at Vista Inn in Boise.
- G. **MAPS/BOOKS** – Forest Service maps are available from:

U.S. Forest Service
Attention: Information and Education
324 25th St.
Ogden, UT 84401

Two books about the Salmon River are:

Idaho's Salmon River: A River Runner's Guide to the River of No Return, Eric and Allison Newell, Black Canyon Communications.

The River of No Return, Cort Connley and Johnny Carrey, Back Eddy Books.

This is Lewis and Clark country and any good book on the Lewis and Clark Expedition will give interesting background information on the area. Especially recommended are:

In the Foot Steps of Lewis and Clark, Snyder-National Geographic Society
To the Pacific with Lewis and Clark, American Heritage Jr. Library, Harper & Row
Two Captains West, Albert and Jan Salisbury, Superior Publishing Company

Other good sources of information on Idaho are the:

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| Idaho Travel Council | Salmon Chamber of Commerce |
| P.O. Box 83720 | 200 Main St. Suite 1 |
| Boise, ID 83720-0093 | Salmon, ID 83467 |
| (800)VISIT-ID | (208) 756-2100 |
| www.visitid.org | www.salmonchamber.com |

- H. FISHING FACTS** – Fly fishing and spin fishing are both common on the Main Salmon. For spin fishing 4 to 6 pound test line is recommended with swivels and brightly colored weighted lures. **Idaho regulation requires barbless hooks or hooks with the barbs bent down on the Main Salmon. Fishing on the Salmon River is catch and release only.** You may purchase a short term non-resident license by phone prior to your trip. The number is 800 554-8685. You will need a credit card and identification information. Be sure and get the confirmation number that they give you. If for some reason your physical license doesn't get to you in time, the confirmation number will serve as proof that you have a license. To purchase a license on line the address is www.fishandgame.idaho.gov. You can also purchase a license in Salmon prior to your trip. For complete fishing regulations, contact:

Department of Fish and Game
600 S. Walnut ST.
P.O. Box 25
Boise, ID 83707
(208) 334-3700

Please bring collapsible poles or rigid pole cases. Also see www2.state.id.us/fishgame/fishgame.html for more information.

The Silver Spur Sports Shop in Salmon can give you current fishing conditions for the Main Salmon: (208) 756-2833.

- I. CAMERA/FILM** – Cameras are an important part of your adventure, and we encourage you to remember your trip on film. Plan to bring extra film or extra batteries for your digital camera. It's better to have extra than not enough. We recommend that you bring a water proof camera or camera case. Many varieties of water proof camera bags are available at camera shops. You can also purchase disposable waterproof cameras from your local store. There is no guarantee that your camera and/or video camera will not get wet.
- J. ALCOHOLIC BEVERAGES** – You are welcome to bring alcoholic beverages in moderate amounts. Please avoid glass containers! Plastic bottles work well and are available at sport stores. Please be reasonable in the amount of canned beverages you take on the trip. Two six packs per person is generally more than enough for a five day trip. Action Whitewater Adventures will provide water and lemonade or punch in unlimited quantities daily. We also provide limited amounts of soda pop. Due to insurance regulations, we will not provide alcohol on the trip.
- K. SPECIAL MEDICAL NEEDS** – If you or someone in your group requires special medical attention or arrangements, please notify our office prior to your trip so we can make any special arrangements that may be necessary. **If you are allergic to bee stings bring your own EPI-PENS.**
- L. GRATUITIES** – Customers often ask us about the propriety of tips. Our guides work very hard to make your trip memorable and appreciate this acknowledgment of a job well done. The average tip runs between 10% to 15%. Please feel free to leave a tip with the Trip Leader at the end of your trip.
- M. PAYMENTS** – On all Action Whitewater Adventures trips, the unpaid balance for a trip is due 90 days prior to the trip date. Reservations made within 90 days of the trip date require full payment in lieu of deposit. Make checks payable to: Action Whitewater Adventures. We will also accept credit cards (MasterCard or VISA). There is a 2% convenience fee for final payments made by credit card. Final payments are non-refundable.
- N. DEPOSIT AND CANCELLATION POLICY** – All trips require a deposit of \$300 per person within ten days of your reservation. Deposits are non-refundable. Trip deposit may be transferred to another name. Within 90 days of trip date a \$50 fee is charged for a name transfer.

Cancellation of a trip is very unlikely. However, Action Whitewater Adventures reserves the right to cancel any trip due to river or weather conditions, or the lack of sufficient reservations, or any other conditions which are beyond our control. Action Whitewater Adventures also reserves the right to substitute when expedient or necessary, anything mentioned in the itinerary with a similar item or river segment. In the unlikely event of a trip cancellation, Action Whitewater Adventures will transfer your trip to the following year. No cash refunds will be given. Action Whitewater Adventures is not responsible for any other costs incurred by the client including but not limited to non-refundable tickets and

equipment purchased. We **strongly recommend** you purchase trip cancellation insurance. You can buy insurance online at www.travelexinsurance.com. Use location number 12-6016.

- O. LIABILITY** – Running rapids, camping, making new friends and exploring new surroundings can be a very stimulating experience. If you enjoy “roughing it”, a river trip may just be the thing for you. However, keep in mind it is not for everyone. River running is not without some risk, and you, as a potential river runner, must be willing to assume this risk. These risks may include, whitewater river running, wilderness camping and hiking, back-country travel by land vehicle and aircraft, accident or sickness in remote areas without immediate medical aid, and forces of nature. Action Whitewater Adventures assumes no responsibility for personal injury or equipment lost or damaged in any way. You may obtain medical insurance and trip cancellation insurance on a vacation-plan basis through most travel agencies. **Each trip participant will be required to read and sign an Acknowledgment of Risk form prior to their trip.**

ANSWERS TO COMMON QUESTIONS ABOUT AWA TRIPS

1. Where and when will I get the river and camping equipment that Action Whitewater Adventures provides?

For those meeting in Salmon, your ammo can with utensils and cup will be waiting at The Stagecoach Inn. For those meeting in Boise, your ammo can with utensils and cup will be at the airport when you arrive in Salmon. Your tent will be packed on the raft and will be available at camp each night of your trip. Your personal waterproof bag will be available at the pre-trip orientation the night before your trip. This will give you time to pack your personal items in the bag. Please bring a round soft gym style bag for your personal items. This style bag fits well in the waterproof gear bag. Suitcases are not a good idea on the river. Please do not bring suitcases to the river. Luggage shuttles from Salmon to McCall are possible in special cases, however, AWA accepts no responsibility for lost or damaged luggage or any other items that are shuttled. Please call our office to make arrangements.

2. Will I need all the things listed on the supply list included in this packet?

The supply list is a general one to cover all our trips in all kinds of weather. It merely suggests items to consider for your trip and you should bring what will best suit your needs. Some people need only one shirt and one pair of pants and others need a complete change everyday. Please stay within the suggested weight limit. Do not ignore cold weather items. We are in the mountains and weather is very changeable. You will want to be able to put everything in just one bag and one ammo can or small day bag.

3. What is Action Whitewater Adventures’ menu like?

As far as AWA’s menu is concerned, you won’t find more tempting meals anywhere. They are plentiful enough for the heartiest of appetites. Breakfasts consist of fresh fruits, juices, fried eggs, blueberry pancakes, French toast, omelets and a variety of meats including sausage, pork chops and bacon.

The lunch menu includes turkey, roast beef, ham and tuna complimented by fresh tomatoes, lettuce, onions, pickles and cheese. You may choose between a variety of breads, chips and ripened fruit – all rounded out by desserts and ice cold lemonade.

At day’s end you’ll enjoy fantastic dinners of crisp green salads, fresh breads, New York steaks, chicken fajitas, and more. Dinner is topped off with desserts like Dutch Oven peach cobbler, chocolate cake and cheesecake.

Note: Please notify AWA in advance of any special dietary allergies

4. Can we expect rain?

Summer weather in Idaho is generally beautiful but we never know for sure when it will rain. Even if you are taking a mid-summer trip, you should bring a two-piece rain suit as outlined on the supply list. On the spring and fall trips many people prefer to wear their rain suits while running the rapids. For our June trips, dry suits are highly recommended. See page 4 for rental information.

5. Do I have to wear my life preserver all the time, even when we are not running the rapids?

Yes, yes, yes! Everyone must wear their life preserver at all times when on a boat or swimming in the river where the water is over your waist. A life preserver is the best insurance available on a river trip. Our guides will insist that everyone wear their life jackets at all times on the river.

6. What about snakes?

Snakes are very rarely seen on any of our trips and then usually only on a hike. They usually stay away from the camping sites...they don’t like us any better than we like them!

7. What about bugs?

Insects are not a major concern on the Main Salmon. We usually do not have mosquitoes on our Main Salmon trips. However, a small can of repellent is a good idea. ***Bees and Yellow jackets sometimes...**if you're allergic bring your EPI-PENS.**

8. What are the toilet facilities on a river trip?

We take portable sanitary facilities, which are clean, comfortable and convenient. These facilities are available morning and night while in camp.

9. What do I do about feminine hygiene?

If you are concerned about your menstrual period, come prepared for it. We recommend that you bring some sandwich-size zip-lock bags. They are very useful for disposal during the day while you are hiking or on the river and can be disposed of in trash containers at camp. AWA will have additional tampons and pads available.

10. Does Action Whitewater Adventures provide beer or liquor?

Due to insurance regulations, we cannot provide alcohol on our trips. We do supply limited quantities of soda pop on each trip. We also provide water, lemonade and punch in unlimited quantities. You may bring your own beer and liquor in reasonable amounts. Two six packs per person is generally more than enough for a five day trip. (Avoid glass containers.)

11. What about electronic devices on the river?

One reason our customers choose a wilderness river vacation is to get away from phones, computers, etc. We ask that you avoid bringing electronic devices such as Ipods and Ipads. Cell phones and radios don't work on the river. If necessary, satellite phones will function on some areas of the river and can be rented through the internet. If you bring a satellite phone or any other electronic device, please be considerate of other trip members and use this equipment outside of our immediate camp setting where it will not disturb others.

12. Who will our guides be?

AWA guides are whitewater boatmen who have all been personally hired and trained by Verle Duerden, the company owner. They are chosen for their personality, intelligence and ability to interact with and take care of our passengers. Each of our guides know that their prime responsibility is to provide a safe and memorable experience for every one of our passengers.

13. How strenuous is a river trip?

You will probably be more active than you are at home, but a trip is not extremely strenuous. In most cases, you will be able to choose your level of activity. You may want the reassurance of a medical check-up before you leave home. People of all ages enjoy our trips.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY OTHER QUESTIONS.

We look forward to seeing you on the river!

Action Whitewater Adventures

(800) 453-1482

email: guideinfo@riverguide.com

www.riverguide.com