



Dear Riverstone Grade 8 Parents,

Rafting down the historical and famous Salmon River is an opportunity of a lifetime for many. It is so wonderful to have such a great river in our backyard, and what a great experience for an 8th grader to experience it with their peers. This is one of our longest fall trips; we will be gone from Monday, September 11 to Saturday, September 16.

This year, we will continue our partnership with Mackay Wilderness River Trips. They do an exceptional job of providing an unforgettable river experience. They have been running school trips in Idaho for many years now and they have developed an extensive curriculum geared towards teaching students about Idaho history, river ecology, and conservation, making the trip not only a wonderful opportunity to develop skills, but to also teach students about the state they call home. Mackay provides transportation, guides, gear, and food, and we are grateful for the professionalism they show each year. ***Although food is provided, if you choose to provide additional snack for your students, please do not bring peanuts on trip; this is a peanut-free trip with a peanut-free food menu.***

The Main Salmon is referred to many in river-running circles as the perfect family river trip. The river itself is classified as a mellow Class III, pool-drop, river; large, slow pools, which make for great swimming and easy recoveries, follow the rapids. It has great big beaches for camping, cooking, and evening gatherings. Frequent jet boats provide access to outside assistance if needed. Mackay will provide a safe and fun environment for all, and parents and guardians should be assured this is a great trip for 8th graders.

Students will continue to improve upon their outdoor skills as they will move camp every morning down the river, setting up and taking down tents and packing their packs. Later in the year, these skills will come in handy along the Hells Canyon backpacking trip as they do not have the luxury of boats or vans carrying their gear, and they will have to carry it on their back.

Please review the following information regarding what to expect and what to bring. With the trip being on water, non-cotton clothing will be essential. If you have any additional questions or comments, please do not hesitate to contact Derek Wright, Outdoor Education Coordinator, dwright@riverstoneschool.org.

Please fill out 2 additional forms you will find attached to this document. One is a participant agreement for Mackay Wilderness River Trips, and the other is a health update and permission slip. Both need to be completed and returned to Derek Wright, no later than August 29th, 2017

Sincerely,



Derek Wright
Outdoor Education Coordinator



Grade 8 Salmon River Rafting Trip

Schedule of Activities

Monday, September 11	6:15 am – promptly meet at Riverstone to load Mackay River bus for transportation to the put in (7 hour bus ride, please be prompt) Depart parking lot at 6:30 am Boat from the put-in to night 1 camp
Tuesday, September 12	On River
Wednesday, September 13	On River
Thursday, September 14	On River
Friday, September 15	On River
Saturday, September 16	Final river float 12pm – Take out from Salmon River 6:30pm – Arrive back at Riverstone (6 hour bus ride from Riggins, Idaho)

What to Bring

Clothing

- wicking base layers (synthetic or wool)
 - upper-body base layer (2)
 - lower-body base layer (2)
- insulating layers (down, fleece, or wool)
 - upper-body insulating layer (3)
 - lower-body insulating layer (2)
- outer layers
 - waterproof rain pants and rain jacket (with a hood)
 - quick drying long pants (2)
- t-shirts (4, synthetic or wool)
- shorts (2)
- underwear
- wool or synthetic socks (3-4 pairs)
- river shoes or sandals (must have heel back, must stay on in water, **no flip flops**)
- camp shoes (comfortable shoes for camp, they will get sandy, but kept dry)
- gloves or mittens
- wool or fleece hat
- brimmed hat for sun protection
- swim suit and towel

Equipment

- duffel bag
- sleeping bag
 - “Mummy Style” sleeping bags work best and should be rated to 20 degrees Fahrenheit. Down bags are lightweight and compress well, but must be kept



dry. Synthetic bags a little heavier but will keep the user warm even when wet.

Both are appropriate for this trip; please reach out for any questions.

- Sleeping pad (closed-cell foam or inflatable style work great)
- 1-liter water bottle
- sunglasses
- headlamp (make sure batteries work, and bring extra)
- personal toiletries (toothbrush/paste, sunscreen, lip balm, lotion, personal medications)

Optional

- waterproof camera
- neoprene booties
- book
- packable fishing rod

*Avoid Cotton Fabrics: When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.

**Mackay River Guides will provide a waterproof bag for storing your students equipment, please have all your gear that you will not be wearing on the river to fit into a duffle bag in order to slip it into the bigger waterproof bag.

Locations:

Mackay River Guides: www.mackayriver.com

Salmon River, Idaho

Riggins, Idaho

Additional Forms:

Please see the additional participant agreement form for Mackay River Trips. Please return this to Derek Wright in the middle school building no later than August 29th. This must be signed by a parent or guardian.

PARTICIPANT AGREEMENT

MACKAY WILDERNESS RIVER TRIPS

(208) 344-1881 FAX (208) 344-1882
1801 N 17th Street
Boise, ID 83702

1-800-635-5336
mackayriver.com

PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGMENT OF RISK

In consideration of the services of Mackay Wilderness River Trips, Inc., their guests, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively called MWRT), I hereby agree to release and discharge MWRT, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that boating on rivers entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that they cannot eliminate such risks simply without jeopardizing the essential quality of the activity. The risks include, among other things: whitewater rapids will be encountered. You can be jolted, jarred, bounced, thrown back and forth and shaken about during rides through these rapids. It is possible that you could be injured if you come in contact with food boxes, other storage containers, or fixed equipment necessary to the operation of the expedition and the outfitting of the raft. Boats could turn over or you could be washed overboard. You can slip or fall during a hike, resulting to damage to equipment of personal injury. Accidents can occur getting on and off the rafts. Rafts are slippery when wet. Exposure to the natural elements can be uncomfortable and /or harmful. You should be aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, or heat cramps. Also prolonged exposure to cold water can result in hypothermia and in extreme cases cause death and accidental drowning is also a possibility. Furthermore, MWRT guides have difficult jobs to do. They seek safety, but they are fallible. They might be ignorant of a participant's fitness or ability. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. Should MWRT or anyone acting on their behalf, be required to incur attorney fees and costs to enforce this agreement, I agree to indemnify and hold harmless for all such fees and costs.
4. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear all costs of such injury or damage myself. I further certify that I have no medical or physical conditions that could interfere with my safety in the activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit against MWRT, I agree to do so solely in the State of Idaho, and I further agree that the substantive law of that state will apply in that action without regard to the conflict of law rules of that state.

By signing this document, I acknowledge that if anyone is hurt or property damaged during my participation in this activity, a court of law may find me to have waived my right to maintain a lawsuit against MWRT on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document, I have read and understood it, and I agree to be bound by the terms.

Print Each Adult's Name _____ Telephone (H) _____ (W) _____

Address _____ City _____ State _____ Zip _____

Signature each Adult _____ Date _____

PARENT'S OR GUARDIANS'S ADDITIONAL INDEMNIFICATION

(Must be completed for participants under the age of 18)

In consideration of _____
(print ALL minor's name (s))

Minor being permitted by MWRT to participate in the activities and to use its equipment and facilities, I further agree to indemnify and hold harmless MWRT from any and all claims that are brought by, or on the behalf of Minor, and which are in any way connected with such use or participation by Minor.

Print Guardian's Name _____ Signature of Guardian _____ Date _____



PERMISSION SLIP FOR RIVERSTONE INTERNATIONAL SCHOOL

Destination: Salmon River, Idaho

Purpose: – Grade 8 Fall Trip

Departure: Monday, September 11: 6:15 AM

Return: Saturday, September 16: 6:30 PM

Mode of Transportation: Mackay Wilderness River Trips

Special Instructions/Equipment: Avoid Cotton! Neoprene booties are nice to have, no flip flops

PLEASE COMPLETE THE FOLLOWING:

Student: _____

Updated Health Information:

Current health issues:

My child is currently taking the following medication(s). Please indicate dosage and administration schedule:

I have had the opportunity to contact Riverstone International School with questions and/or concerns related to this activity and hereby give consent for my son/daughter to participate in the Salmon River Rafting – Grade 8 and I confirm, understand and agree that participation in the activity and the School’s transportation of my son/daughter thereto are each subject to the release of liability executed in connection with his/her enrollment at Riverstone International School the terms of which are incorporated by reference.

Parent or Legal Guardian: _____

Date: _____

Student Signature: _____

Date: _____