



TIPS FOR A **Fun & Safe** VACATION

It's River Time!

It is that time of year again, when we gather the kids, load up the cooler, and head to the river! Living in Central Texas, we all know the thrills of tubing the river on a hot day. Whether you're a seasoned tubing family or novice, these tips will help your family have the best river day possible!

Know the Rules: Most rivers have certain rules regarding what you can take and what you can and can't do on the river. Make sure to check the specific river you are planning on floating prior to going out. Glass is generally not permitted.

Be Prepared: Tubing with the family can be a stressful situation. Make sure prior to hopping in the water that you know where your exit point is and have transportation back to your vehicle. You also need to be prepared with everything you need, including plenty of water, snacks, sun protection, etc.

Stay Hydrated: As you may know, Texas summer heat is no joke! Make sure to have plenty of water (not soda, not juice or sports drink, water). Each person floating should have enough water to last the float, plus the time waiting for transportation to arrive. Know the signs of heat exhaustion and have a plan!

Act Responsibly: Don't mess with Texas! Our beautiful rivers are the gems of Central Texas and should be treated with respect. Not only is it incredibly irresponsible to litter in the river, it is also highly illegal and can result in a large fine. Before departure, make sure you have mesh trash bag tied securely to your tube or cooler. Make sure to keep your belongings secure, especially in swift water.

An illustration of two young girls floating in the water. The girl on the left has blonde pigtails and is wearing a red bikini top and a blue life preserver with white stars. The girl on the right has red hair in a ponytail and is wearing a dark blue bikini top and a red and white striped life preserver. They are both smiling and holding a white sign with a yellow border.

*Most Importantly
Have Fun!*

HILL COUNTRY
Parents