

Watauga County Tubing Tips and Checklist

USE THIS CHECKLIST TO HELP YOU KNOW HOW TO PREPARE FOR A FUN DAY ON THE RIVER!

BEFORE YOU GO:

- River tubing is appropriate for ages 4 & up
- People under a doctor's care, consult your doctor before tubing
- To check local weather, visit booneweather.com
- Leave the phone number, website address and name of your outfitter with a friend or family member
- Please carpool; park in designated spaces
- Arrive early to avoid busier times of day

WHAT TO WEAR:

- Sunscreen SPF 30 and lip balm with sunscreen
- Ball cap, or hat with a wide brim and strap (a hat will also eliminate the need for sunscreen on your forehead which could drip into your eyes (ouch!))
- Many women like to wear a one-piece swimsuit when on the river; Quick-dry shorts for men and women
- An optional tee shirt to provide more sunscreen
- River shoes or old "tennis" shoes; flip flops WILL get lost and will NOT protect your feet and toes from rocks
- Sunglasses and Croakie straps to hold them (or prescription eyeglasses) on

WHAT TO PACK:

- Extra stash of sunscreen (spray is easy to manage)
- Disposable waterproof camera

- Photo ID, license or passport
- Ziploc bags and plastic containers to waterproof items, such as Epipens, food, iPods and smartphones
- Plastic-wrapped snacks, such as string cheese, slim jims
- Cooler 28-50 qts (with handles and a hinged lid) will fit in a cooler tube!
- Bag of ice for your cooler
- Plenty of water (drink 2 beverages per hour; alternate with water if you also drink soda, beer, juice, etc.)
- Trash bag to pack out your litter
- Approximately \$40-\$50 cash so you can tip the guide a customary 10% and/or purchase souvenirs or snacks

WHAT TO LEAVE IN YOUR CAR

- Dry towel, change of clothes/shoes and plastic bag for wet clothing/shoes
- Valuables (hide them): jewelry, wallet, smartphones
- Leave your car keys with your outfitter

REMEMBER:

- Do not trespass on private property along the river, not even for photos, except during an emergency
- Seek shelter in storms and stay off the river; please do not take shelter under trees during a thunderstorm