

FIVE MILE

“Creek Tubing Checklist”

- 1. TENNIS SHOES, WATER SHOES, OR SANDALS** with straps or other secure footwear are needed to protect your feet against sharp objects, cuts, scrapes, bruises and the rocky and often slippery creek bottom while walking to and from the entry/exit points for tubing Five Mile Creek. **Note: Flip Flops are not recommended for Tubing the Creek.**
- 2. SUN BLOCK OR SUN SCREEN** should be applied both BEFORE and DURING each float trip or anytime you are in the sun for extended periods. It's a good idea to bring a large T-shirt and put it on if you begin to sunburn. We also sell sun screen if you forget yours.
- 3. A CAP, HAT, OR VISOR, and SUNGLASSES** will help shield your face, eyes and head from the rays of the hot & humid Alabama sun,
- 4. CHILDREN MUST** be at least five (5) years old or older and **MUST BE ACCOMPANIED BY AN ADULT** for tubing on the creek. Life jackets/vests are recommended for all children and all non swimmers and are provided upon request at no charge with your tube rental. There are **NO LIFE GUARDS ON DUTY**; you will be on your own, use caution, think safety first!
- 5. DRINK PLENTY OF WATER** while tubing on the creek to help prevent dehydration. Five Mile Creek Canoe & Co has bottle water for sale at the rental office.
- 6. ALCOHOLIC BEVERAGES ARE PROHIBITED** while tubing on the creek!
- 7. DO NOT LITTER!** Dispose of all trash in litterbags. Dump all trash in designated receptacles. Help keep our creek, park and Alabama Beautiful.
- 8. PARK** in designated areas, vehicles in undesignated areas may be towed at the owner's expense. Parking at Five Mile Creek Canoe & Co is **FREE** with your tube rental.
- 9. DO NOT TAKE YOUR CAR KEYS**, house keys, or any other keys on the creek....**keys don't float.** We have a safe place to keep your keys. You can always leave your keys at the Five Mile Creek Canoe & Co. rental office.
- 10. DO NOT TAKE VALUABLES ON THE CREEK EITHER!!!**
- 11. ATTACH & SECURE PRESCRIPTION EYE GLASSES AND SUNGLASSES**

- 12. Rope Swings, Bridges, Trees, Rocks, and Cliffs can be found along the banks of Five Mile Creek. We recommend to our customers to bypass or avoid any of these High risk ventures for their own safety. We urge everyone to exercise common Sense while on the creek.**

- 13. People with Medical Conditions should consult their doctor before going tubing and subjecting themselves to lengthy exposures to the hot Alabama sun. Tubing is an outdoor activity that can be taxing on certain individuals with Medical Conditions.**

Thank You! Have Fun, Be Safe & Enjoy!