



DRINKING AND RIVER TUBING SAFETY

Fun in the summer sun can cause dehydration. Combining sun exposure with alcohol consumption may speed that up. Below is a **plan to stay safe** on the river.

SIGNS OF DEHYDRATION

- Feeling thirsty or lightheaded
- A dry mouth
- Tiredness
- Having dark colored, strong smelling urine
- Passing urine less often than usual

In 2022,
there were
18 alcohol-
attributable
deaths in
Green County*

Alcohol has a
dehydrating
effect on the
body



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*<https://www.dhs.wisconsin.gov/alcohol/deaths-county.htm>



Hydration Game Plan



Pre-Hydrate

Make sure you are well hydrated before getting on the river. A good indicator of hydration level is your urine: It should be a pale yellow.



Eat Before Drinking

Without vitamin rich foods in your stomach, alcohol is absorbed more quickly, which can bring on the symptoms of dehydration faster.



Alternate Water & Alcohol

Don't forget to include bottles of water in your cooler. For every alcoholic drink you have, drink a bottle of water.



Keep an Eye on Dark Liquors

Alcohols, like whiskey and brandy, have high levels of substances, which could dehydrate you more quickly.



Post-Hydrate

Don't forget to replenish hydration after drinking. Your body will thank you!

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