

YOUR WEEKEND AT A GLANCE

Rainbow River Weekend Guide and Checklist

A little planning leaves more room for slow mornings, clear water and time together. Use this guide to plan your stay, pack well and head to the river prepared.

A relaxed three day plan

01 Arrival day

Settle in after your confirmed check-in time. Unpack, pick up groceries and enjoy the waterfront before dinner. Review tomorrow's route and return ride together.

02 Your full day

Choose a float, paddle or a visit to the headsprings around the forecast and your group's abilities. Leave generous time for the river, then unwind over dinner in Dunnellon.

03 Departure day

Enjoy breakfast, pack and follow your checkout instructions. If your travel plans allow, browse Dunnellon's shops or stop for lunch before heading home.

Before you go

- ☐ Confirm dates, guest count, check-in details and house rules for your chosen home.
- ☐ Check the property FAQ for water equipment, life jackets, parking and pet policies. Equipment and amenities vary by home.
- ☐ Reserve headsprings day-use entry if visiting Rainbow Springs State Park. Check current park alerts, hours and parking before leaving. [1]
- ☐ Confirm tubing season, rental availability, age and ability requirements, last launch and shuttle times directly with your operator.
- ☐ Choose your launch and exit, arrange the return ride and leave a weather backup plan.

Find your riverfront home and check available dates.

RainbowRiversRental.com

PRINT IT, PACK IT, KEEP IT HANDY

Your packing checklist

Check the rental details before packing duplicates. Keep river essentials together so you can get out the door without the last-minute search.

For the river

- ☐ Swimsuit and quick-drying clothes
- ☐ Sun shirt, sunscreen and a hat
- ☐ Sunglasses with a retainer strap
- ☐ Water shoes with a secure fit
- ☐ Towel and dry clothes for afterward
- ☐ Refillable, non-glass water bottle
- ☐ Reusable food containers, if bringing snacks
- ☐ Dry bag and waterproof phone pouch
- ☐ Secure pouch for keys and ID
- ☐ Properly fitted life jacket for each paddler; confirm sizes and availability

For your stay

- ☐ Booking and arrival instructions
 - ☐ Comfortable shoes for town or trails
 - ☐ Light rain layer and an extra layer
 - ☐ Toiletries and personal essentials
 - ☐ Chargers and a power bank
 - ☐ Meals, groceries and reusable bags
 - ☐ Reservation receipts and rental ID
 - ☐ Favorite book, cards or a small game
 - ☐ Any group-specific gear you need
- Leave alcohol, glass and disposable food or drink containers off the river. Pack out everything you bring. [2, 3]

Write down your river day plan

Launch point

Exit point

Return ride or shuttle and pickup time

Driver and key holder

Expected return and shore contact

Weather backup plan

- ☐ We have enough return transport for everyone and our gear.
- ☐ The driver has the return vehicle keys, secured for the water.

RIVER DAY QUICK REFERENCE

Know before you launch

Choose the access that matches your day. Headsprings swimming, state park tubing and KP Hole are separate arrival points.

Head to the correct entrance

For headsprings swimming, plan a day-use reservation at the state park's Main Entrance: 19158 SW 81st Place Road. Tubing uses a different entrance and seasonal arrangements. [1]

Check your launch provider

KP Hole is at 9435 SW 190th Avenue Road. Its current rules prohibit personal tubes. Verify the season, rental rules and return arrangements before choosing this launch. [2]

Floating from your rental

Our [Things to Do guide](#) describes floating to Blue Run of Dunnellon Park. Confirm current access, parking and closing time; stage sufficient return transport before launching. Travel time varies with route and conditions.

Take care on the water

- ☐ **Use reusable containers.** Alcohol and disposable food or drink containers are prohibited on Rainbow River. Leave paper packaging and breakable items behind. [2, 3]
- ☐ **Wear your life jacket and stay together.** Choose an activity that fits everyone's swimming skills. Closely supervise children; a tube is not a life jacket. [4]
- ☐ **Respect the depth and current.** The headsprings swimming area averages 10 to 18 feet deep. Stay within designated swimming areas and follow posted instructions. [5]
- ☐ **Plan around storms.** If you hear thunder, leave the water for a substantial building or enclosed hard-topped vehicle. Wait at least 30 minutes after the last thunder. [6]
- ☐ **Protect the river.** Keep clear of wildlife and plants, take your belongings and litter with you, and use authorized access points. Give other river users space.

Sources and current information

[1 Florida State Parks - day-use reservations](#)

[3 Park concessionaire - guidelines](#)

[5 Florida State Parks - the springs](#)

[2 Marion County - KP Hole and river rules](#)

[4 FWC - paddling safety](#)

[6 National Weather Service - lightning safety](#)

Updated October 12, 2026. Recheck official alerts and operator details before each visit. This guide is a planning aid; current rules and on-site instructions take priority.