



Do...

- Wear your plunge 'attire' under your clothes - then you don't have to change into them at the plunge.
- Remember that you will be exiting the water quickly, so do not wear anything that may be heavy when wet. Be creative with your plunge attire!
- Bring a robe, blanket, towel or jacket to wear while waiting to plunge and for when you get out of the water. A towel to dry off as well as an extra towel to stand on is also a good idea.
- Wear tennis or water shoes. Not only is the ground freezing, but your feet will be numb in the water and it's good precaution.
- Bring loose fitting easy-on clothing and shoes to change into after the plunge. Your fingers and toes won't be working so well!
- Bring your signed waiver and all money collected *not* on firstgiving with you to the plunge. Have your firstgiving amount available also.
- Bring a plastic bag for wet clothes.
- Have a dry partner to take care of your belongings and take pictures while you're in the water.

Don't...

- Don't plunge if you have any heart or serious medical conditions.
- No diving or somersaults. The water is shallow!
- No wet suits or dry suits are allowed - that would be cheating!
- Don't show up at the plunge right before the start time. You will need time to check-in and prepare for the plunge.
- Don't stay in longer than 15 minutes. Body heat is lost 25 times faster in water than in air.
- Don't drink alcohol prior to the plunge. Despite what you think, alcohol does not warm you up it accelerates hypothermia.
- Don't forget to smile and have fun! Photographers are on hand to capture your moment of fame!

Polar Bear Plunge Checklist

- Two Towels
- Blanket, Robe or Jacket
- Tennis or Water Shoes
- Change of Clothes and Shoes
- Camera
- Plastic Bag
- Signed Waiver
- Collected Money