



POLAR PLUNGE



FOR SPECIAL OLYMPICS
NORTHWEST TERRITORIES

Polar Plungers First Timer Tips

So you've finally decided to grin and bear it and take the Plunge?!

Congratulations – you have signed up for an unforgettable experience, both in and out of the water! In order to help you successfully navigate your very first Plunge, we have asked a veteran Plunger to offer some words of wisdom:

DO

- Wear your plunging suit under the clothes you wear to the event – then you don't have to change into it just to change right back out of it!
- Choose your "Plunge Day" outfit (or post-Plunge gear) with this in mind – you will be cold and possibly numb, so loose-fitting, easy-on clothes without a lot of snaps, zippers or buttons are best. When your fingers and toes don't work so well, it's not so easy to get some of that stuff back on!
- Bring a pair of waterproof shoes to wear into the plunge pool, easy to get on but will stay on when making your way through the plunge pool – crocs, water shoes.
- Wear a costume, team costumes encouraged.

THINGS TO BRING

- A plastic bag for wet clothes.
- A backpack to hold your change of clothes and your wet things post plunge.
- Two medium size towels, one to dry with and one to stand on.
- Beach shoes or old sneakers for going into the water, the ground is very cold on bare feet.
- A change of loose fitting, warm clothes to wear after Plunging.