



TO OUR NEW BRAVE 1ST TIME PLUNGERS....

Welcome and here are some first timer tips.

Bring a BIG towel(s), blanket, or heavy robe to wrap up in after completing the plunge.

Wear layered, loose-fitting clothes ... they're easier to get into and out of when the fingers are freezing cold. Avoid clothes with zippers and/or buttons; go for those easy to pull on sweats and sweatshirts.

Bring a loose pair of shoes to wear after the plunge. Slip on shoes are the best, your feet will be very cold and maybe even a little numb.

Bring a backpack and a FRIEND. The backpack is for all your dry belongings. The friend, not only for support, but to hold on to your backpack while you take the plunge.

Remember you must wear shoes into the river, so bring a pair of flip-flops or river shoes to wear into the water.

Don't over react to all the excitement and get in the front line for the plunge. Stay back a little, remember 1st in LAST out.

Bring a water proof camera to capture your first plunge day. Remember, you can use some of those pictures next year on your online registration page.

You are helping to raise funds for the Athletes of Special Olympics. We thank you for that. Enjoy your first PLUNGE experience!

BRING A FRIEND TO PLUNGE IT'S WAY MORE FUN!!