

# Polar Bear Plungers

## First timer's 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 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 loose pair of shoes to wear after the Plunge – something that will slip on easily and doesn't have tricky laces...think Crocs or slip-on boots.
- Carpool to the shuttle bus location or even better, charter a bus with a whole group of friends. The park is only open to those with parking permits. You may be one of the lucky ones to be awarded one in the lottery draw, but if you're not, try to get a group together to go by bus. Buses are granted parking permits. Don't know that many people who are Plunging? Ask around on Facebook or other social media sites – there were several teams last year offering spots on their buses for a small fee.
- Visit the merchandise tent and see the other entertainment there. It's worth it!
- If you are a veteran offer up some help to the Plunge rookies – first-timers are easy to spot!

### **DO NOT...**

- Do NOT dive in – this is a safety regulation and will be enforced by the safety team!!! Beyond that, remember that a Plunge is whatever you want it to be, so there is no pressure to fully submerge yourself. I recommend you do not go into the water above your abdomen. The water is cold (it is January after all!) and will take your breath away.
- Do NOT run into the water, there might be things in the water you can not see. You might step on them or kick them and trip.
- Do not be the first to go into the water if it is your first time. Remember there will be many people behind you and if you get in there and decide you do need out immediately, it will be very difficult to do so quickly.
- Do not worry about "missing" the Plunge – there were almost 11,000 of us that went in the water last year, so even if you wait 10-15 minutes until the crowd thins out, you'll still get the full Plunge experience...but in a less congested way. This also makes it easier for your entourage to bear witness to the big event and snap your photo. Just remember that you must stay within that Plunge Zone so that the safety divers can see you.

### **THINGS TO BRING:**

- A plastic bag for wet clothes.
- A backpack to hold street clothes and your new sweatshirt!
- Two medium size towels one to dry with and one to stand on.
- A dry partner to hold your valuables while you are in the water.
- River shoes for going into the water, the sand is very cold on bare feet.
- Clean dry under garments to wear after Plunging.
- A disposable and/or waterproof camera that you can carry into the Plunge Zone with you...even if your "handlers" can't get a close-up of you in the water, feel free to ask a fellow Plungers to capture your big moment on film or video.