

## FIRST TIMER TIPS

You've finally decided to take the Plunge?! Congratulations--- You have signed up for an unforgettable experience, both in and out of the water!

We hope that you find these words of wisdom from former Washington Winter Warriors helpful throughout your plunging journey.

### Do

Bring a pair of aqua-socks or old shoes to wear when plunging

Bring a loose pair of shoes to wear after the plunge- something that will slip on easy

Wear your plunge outfit under the clothes you wear to the event

Choose your "plunge day" outfit keeping in mind that you will be very cold Loose fitting, easy on/off clothes without a lot of snaps, zippers, or buttons are best

Carpool, with family, friends, or your fellow plunging teammates. Parking can be crowded, so help us out by coming as a group or taking advantage of the Plunges shuttle service where available

Bring another Plunger—It's always more fun with friends

### Do Not

Approach the plunge area or any other restricted points which may be lined off prior to the plunge

Attempt to dive into the water under any circumstances

### Don't Forget

Aqua-socks or a pair of shoes to plunge with, and loose fitting shoes for after

Two medium size towels; one to dry off with, and one to stand on

A plastic bag for your wet clothes and/or towels

A backpack to hold your dry clothes/shoes, and your official Polar Plunge merchandise item

A dry partner to hold your valuables