

# Philadelphia Polar Plunge: Plunge Day Checklist

Before leaving your house on plunge-day, make sure you have everything you need!



## Plunge Day Checklist

- A backpack/bag to hold street clothes and your new shirt!
- Extra clothing to keep warm
- A plastic bag/wet bag for your wet suit/clothes/costume
- Two towels
  - One to dry yourself off with and one to stand on
- Clean, dry under garments to wear after Plunging
- Any extra donations you have collected
- Cash/credit card (for the costume contest, raffles, etc)

### Optional:

- A waterproof camera
- Costumes
  - \*\*Please no glitter or feathers. Please be mindful of things that might come off of your costume when you plunge)



**PHILADELPHIA  
POLAR  
PLUNGE**

## Things to keep in mind when selecting your plunge outfit/post-plunge outfit.

- **Plunge outfit:** we recommend a bathing suit and if you want, dri-fit/polyester clothing on top. Cotton tends to stick to you once you plunge, and can be hard to remove. Dri-fit/polyester clothing does not stick to you and it is easier to remove when changing into your post-plunge outfit. Less is more when plunging, but please make sure you are covered up appropriately.
- **Post-Plunge outfit:** 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 work zippers/buttons.

If you have any questions, don't hesitate to ask. Contact Kristin at [kcraven@specialolympicspa.org](mailto:kcraven@specialolympicspa.org) or 610-630-9450 x252