

# Philadelphia Polar Plunge: Plunger First Timers' Tips

So you've finally decided to take the Plunge?! Congratulations – you are a plunge away from a very rewarding and unique experience, both in and out of the water!

Here a few tips to help you successfully navigate your very first plunge!

## **Plunge DO's**

- Wear your plunge gear 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!
- **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:** keep 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 work zippers/buttons.
- Bring a loose pair of shoes to wear after the Plunge – something that will slip easily on and doesn't have tricky laces (think Crocs)
- Carpool, or even better, charter a bus with a whole group of friends. Help actual polar bears by reducing the number of cars used to get to and from the event, reducing carbon and other gasses that pollute the air!

## **Plunge No No's**

- 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. If you're nervous about the plunge, we recommend you do not go into the water above your abdomen. The water is cold and can take your breath away.

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

