



POLAR PLUNGE



FOR SPECIAL OLYMPICS ARKANSAS



LAW ENFORCEMENT
TORCH RUN[®]
FOR SPECIAL OLYMPICS
ARKANSAS

Plunge Day Checklist

Don't forget these "bear necessities" on Plunge day!

- Extra clothing to keep warm
- A plastic bag for wet clothes
- Aqua/scuba shoes or an old pair of tennis shoes for going into the water; the ground can be very cold on bare feet!
- Clean, dry clothing to wear after your cold dip
- Hand warmers
- A backpack to hold your street clothes and your new Plunge shirt!
- Two towels; one to dry off with and one to stand on
- A costume, if you're feeling creative
- Banners or signs to show your team spirit
- A dry partner to hold your valuables while you're in the water
- A disposable 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, ask a fellow Plunger to capture your big moment
- Bring your signed Polar Plunge Waiver form
- Bring with you proof of your total fundraising dollars both online and offline that you have collected