POLAR BEAR PLUNGE TIPS

THINGS TO REMEMBER:
- Registration is inside from 11 am to 12:30 pm – the Plunge starts at 1:00
- Registration fee is $50 (or more) – all monies collected must be turned in at the time of registration. All checks must be made out to: **Ogdensburg Chamber**
- Wear your costume/plunging suit under your clothes
- Make sure your plunge day clothes are loose fitting – easy on/easy off
- We will have the awards and presentations BEFORE we start the plunge
- The Ogdensburg Volunteer Rescue Squad will be there the whole time – they will man the harness and get you safely in and out of the **"Plunge Zone"**
- We will have a hot showers available inside for all of the plungers
- We will have hot cocoa and coffee for your enjoyment after the plunge to help you get warmed back up

THINGS TO BRING:
- Easy on/easy off shoes – no laces – think crocs
- A plastic bag for your wet clothes
- Maybe river shoes for wearing to and from the **"Plunge Zone"**
- A backpack for all your essentials
- Two medium size towels – one to dry off with – one to stand on!
- Clean, dry undergarments to wear after Plunging
- A disposable, waterproof camera or GoPro to carry into the **"Plunge Zone"**

FUNDRASING IDEAS:
- Sponsor yourself for $25
- Mail a fundraising letter to your friends, family and neighbors with a self-addressed, stamped envelope
- Ask (3) family members to each match your donation
- Ask your best friend to match your donation
- Ask your boss for a company sponsorship
- Ask family & friends to sponsor you
- Ask businesses you frequent to sponsor you
- Ask co-workers to sponsor you
- Ask neighbors to sponsor you
- Ask people from your church/temple/social club to sponsor you
- Form a team at work or with friends – select a captain – choose a team theme – dress in costumes – wear matching shirts or hats
- Talk about your plunge on Facebook; Twitter or send an e-blast
- Challenge a friend or co-worker to plunge
- Remember to follow up via phone and/or email
- Send thank you letters or note cards (include a picture of you plunging!)