

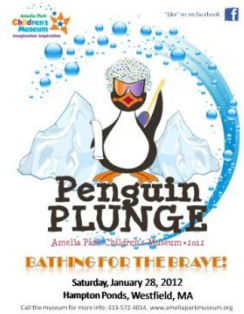
# Penguin Plungers

## First timer's tips

Are you ready to take the Plunge?!

### ***Congratulations!***

You have signed up for an unforgettable experience while supporting the Amelia Park Children's Museum!



For you first time plungers here are some helpful tips:

### **DO...**

- Choose your "Plunge Day" outfit or costume with 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 are cold and wet it's difficult to maneuver zippers, etc. and you'll want to get your dry clothes on quickly;
- Wear your plunging suit under the clothes you wear to the event – then you do not have to change into it, just change out of your plunging outfit/costume;
- Bring a loose pair of shoes to wear after the Plunge – something that will slip on easily and doesn't have tricky laces...think Crocs or slip-on boots; and
- Know that it's okay to change your mind if you're not feeling well or not comfortable.

### **DO NOT...**

- 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.
- Do NOT run into the water, there might be things in the water you cannot see. You might step on them or kick them and trip.
- Do not be the first to go into the water if it is your first time.

### **THINGS TO BRING:**

- A plastic bag for wet clothes.
- A backpack to hold street clothes and your Plunge t-shirt!
- Two medium size towels – one to dry with one to stand on.
- A dry partner to hold your valuables while you are in the water.
- Clean dry under garments to wear after Plunging.

If you still have questions please feel free to call the museum, 1-413-572-4014. We will contact more experienced Plungers to help with the answers.