

## **GET READY TO TAKE THE BEMIDJI JAYCEES BRRRmidji PLUNGE!**

**February 3, 2024 , on Lake Bemidji!**

**REGISTRATION begins at 11:00 am      PLUNGE begins promptly at 1:00 pm**  
**AVOID lines and pre-register by mailing in your registration form and pledges by**  
**January 25<sup>th</sup>, 2024.**

**Plunge BEGINS at 1:00 pm on the ICE out from the Tourist Information Center.**

### **TIPS when taking the PLUNGE!**

#### **Prepare Your Post-Plunge Supplies**

There is some strategy to preparing the change of clothes that will greet you after you emerge from the waters, dripping with cold water. The first item you should reach for is a big, dry towel. Underneath the towel, have a good base layer to change into. Stay away from fabrics like cotton, which will hold the moisture. Instead, fabrics like polypropylene will keep the warmth in and moisture out. Next, have a warm sweater or sweatshirt, pants, a hat, and dry socks and shoes to change into. The last two items are crucial; cold, wet feet will make it hard for the rest of your body to warm up.

#### **Don't Forget a Bag**

You'll need something to place your sopping wet plunge clothes in, so bring a bag to keep the wet material contained. A garbage bag will do in a pinch. Just don't forget to wash the contents once you get home, or you're in for a mildew-y mess.

#### **Plan Your Plunging Outfit**

The bravest will plunge in only a bathing suit, but most people will layer up a little more than they would in the middle of summer. Bring a pair of shoes to wear in the water (loosely tied old running shoes will do the trick, but sandals will probably be too slippery), and bring a shirt that you can wear in the water. You can always choose to leave these items onshore, but it's nice to give yourself the option.

#### **Bring a Cheer Squad**

It's more fun to have some friends and family there to support you—and they do a great job of having everything ready for you when you emerge from the water. Encourage them to come along to take photos and cheer. These events often have other (drier) activities for supports to partake in, so everyone will have a good time.

#### **Stay Warm Until the Last Possible Minute**

You're going to get very, very cold—there's no need to prolong that experience, so keep yourself warm before you plunge. The best way to do this is to move around. Jump around on the spot, or if there is space, walk or jog along the shore until the event officially gets underway.

#### **Walk, Don't Run!**

It's actually more bearable to walk into the water at a slow and steady pace, than it is to run into the water at full speed. Not only will you find it easier to acclimate to the water, but you'll reduce the risk of slipping on rocks or bumping into the other participants.

#### **Resist the Urge to Imbibe in a Few Beforehand**

Sure, you might think a few drinks before your plunge will warm you up and make the frigid waters seem slightly more bearable. In fact, consuming alcohol before the plunge can be dangerous. Alcohol makes you lose heat quicker, and also makes it harder to heat up afterwards. Save it for a celebratory, post-dip drink.