

Plunge Day Checklist

- Signed waiver and pledges, if you have not already turned them in
- Water shoes for going into the water (the sand is very cold on bare feet) – NO FLIP FLOPS!
- A plastic bag (for wet clothes)
- Extra clothing, robe or blanket to keep you warm while you are waiting to plunge
- Two medium sized towels (one to dry and one to stand on)
- Clean, dry undergarments and dry shoes to wear after plunging
- A backpack to hold everything
- Costumes (optional)
- Food and drinks
- Tent decorations or banners to show your team spirit
- A disposable and waterproof camera that you can carry into the Plunge Zone
- Leave valuables at home



www.plungeks.org

Special Olympics
Kansas

