



Here are some tips for a great Plunge:

- ✓ Leave early! Allow enough travel time to reach Pier Park, find parking, check in, get your prizes, and get ready to Plunge!
- ✓ Bring dry clothes to change into, a bag for your wet clothes and a towel or bathrobe for when you get out. Shoes that are easy to slip off at Plunge time are a plus.
- ✓ Wear a costume!

Address: Pier Park, 600 Pier Park Drive, Panama City Beach, FL 32413

Parking: Street-side parking will be reserved for our Plungers, plus there is ample parking in the lot behind the shops at Pier Park.

Hotel: While we are not holding a block of rooms, there are several great hotels in the area. Many can be found on the beach with amazing views of the Gulf of Mexico and St. Andrew Bay.

Schedule:

- 9:00 a.m. Check in, shirt & prize pick-up, costume judging, sunscreen distribution, music on the beach
- 10:00 a.m. Kick-off of Polar Plunge
- 12:00 p.m. Event ends

Food & Beverage: There are no vendors at Polar Plunge, but there are restaurants at Pier Park.

Spectators: There are no spectator passes needed for the Panama City Beach Plunge, so invite your friends and family to cheer you on!

Registration: Not registered yet? Online registration ends at 7:00 p.m. on Friday. Paper registration forms will be available at check-in.

Donations: Participation in Polar Plunge requires a minimum of \$100 in donations. Cash, checks, and credit cards will be accepted at check-in when you arrive. Online donations received after 5:00 a.m. on Plunge day will not be counted for your incentive prizes until next week. If you then qualify for the next incentive level, your extra prize will be mailed to you.

Plunge Waves: Teams will plunge according to their fundraising level, starting with our top teams!

Costumes: The theme is "Surf's Up!" so have fun and show us your Polar Plunge spirit! Awards will be given for Best Individual Costume and Best Team Costume. Judges will be roaming from 9:00 - 10:00 a.m. to check out your costumes. Teams must be together to be considered for Best Team Costume.

Weather: At this time, we are anticipating 72 degrees and a mostly sunny day.

WE CAN'T WAIT TO SEE YOU AT POLAR PLUNGE!