



SPECIAL OLYMPICS ILLINOIS
IMPORTANT ITEMS TO BRING

Below is a list of some essentials for this 24-hour SUPER Plunge event. Please keep in mind that space in our tent is always at a premium, so pack as lightly as possible.

For Your Comfort

- Zero Gravity Chair, Bag Chair or Cot
- Sleeping bag/blankets and pillow
- Hangers or Drying Rack for your wet clothes. You are NOT ALLOWED to place items directly in front or on top of the tent heaters
- Items to keep you warm and comfortable
- Garbage bag or sack for your wet clothes
- Any additional snacks/food/drink that you'd like to have on hand
- Sleep mask – to help catch some sleep between plunges

Attire

- 3 – 4 bathing suits (to ensure you'll always have a dry one!)
- 2 – 4 beach towels
- Costumes or “logo’d” apparel from any sponsors supporting your efforts
 - Costume hours will be announced at the beginning of February. If you have suggestions on a costume theme, please email snash@soill.org.
- “Easy on, easy off” clothes are ideal
- Sweatpants/fleece pants, gloves, stocking hat
- Heavyweight jacket, wool socks, snow boots and other winter gear
- Scuba Boots will be provided to all SUPER Plungers

For your Entertainment

- Book/Kindle/Magazines
- Tablet
 - The tent will not have internet access. Please bring your own hot spot if needed for your tablet
- Headphones
- Cards/games/etc.
- Radio/Speaker – please be considerate of your neighbors when playing music