



WILDLANDS LEAGUE
A chapter of the Canadian Parks and Wilderness Society

Important Tips for your Polar Bear Swim

Here is a list of items to bring with you to the swim:

- Wear clothes and shoes that are easy to remove quickly without clinging. We recommend slip-on sandals, t-shirts and shorts.
- At least one beach towel.
- A robe or house coat – an item you can put on immediately after getting out of the water to help with warming.
- Post swim clothes that can be layered are a good idea, with hats, scarves and gloves.
- A blanket or sleeping bag is a good idea as well.
- A coffee mug – help lower the footprint of our event!

A garbage bag will be provided to place your wet items in.

Wear a hat and keep your head warm at all times.

Bring all your friends and get them to help warm you up!

NOTE: We will be constructing his and her changing areas this year, rather than small tents, in hopes we can make it easier for you to get your woollies on after your swim!