



Tips for Dippers

Polar Bear Dip

January 1

Hollywood Beach, Port Angeles

Fundraiser for Volunteer Hospice of Clallam County

You will be asked to go 3 times in the water. But it is all in good cheer and any amount of dipping will do! You can also choose to have ice water poured on you from a bucket above you!

- Bring water shoes or any kind of shoes that can get wet to protect your feet from rocks, slippery seaweed, or any other gunk, etc.
- Bring latex gloves if you want (to protect from the cold and to avoid touching seaweed with bare hands)
- Bring warm – not hot! -- water in a container (thermos, hot water bottle, etc.) When you get out and are done dipping, pour it on your feet or hands, it will warm you up right away.
- To get rid of sand between your toes, pack a jar of cornstarch (or baby powder) and apply liberally. Rub the cornstarch in gently and brush off both sand and starch with your hands or a towel.
- There are public restrooms near the Feiro Marine Life Center where you can change into dry clothes after your dip.



Donations can be sent to VHOCC, 829 E. 8th Street, Port Angeles, WA 98362 or made online at volunteerhospice.org or brought to the VHOCC canopy tent at Hollywood Beach, on January 1, 10-11 AM.