



# Leprechaun Leap Tips & Packing Information

Registration at 10:00 am

Leap at 10:30 am

Register Online at [RunSignUp.com](http://RunSignUp.com)

Questions?

[milfordleap@gmail.com](mailto:milfordleap@gmail.com)

## Before You Leave Your House:

- Registration or pledge money.
- Bring a positive attitude! You are going to have fun!
- Be sure you have packed all of the items listed below!

## What to Wear/Bring:

- Costume- refer to categories on brochure or web site.
- Bathing Suit underneath costume if you plan on taking your costume off before entering the water.
- Water shoes or sneakers to go into the ocean with.
- Something to drink to keep you warm BEFORE jumping in the water (keep in coffee cup or something not conspicuous if bringing a cocktail)

## Arrival to the Event:

- Arrive early to allow your body to acclimate.
- Don't walk around shivering if you are that cold. We don't want hypothermia.
- Sign Waivers at Registration Desk

## Tips for Going into the Water:

- Be positive! Don't psych yourself out!
- Wear water shoes to protect your feet!!!
- Everyone goes in at their own ability – up to the ankles, knees, waist and some swim ... it's up to you and what you think you can handle.

## Tips for Getting Out of the Water:

- Dry off in a towel.
- Dry your feet off and put on socks & shoes – warm feet will get the rest of you warmer faster!

## What to Bring to the Beach with You:

- DO NOT BRING YOUR PURSE – LEAVE VALUABLES ELSEWHERE.
- Water proof camera if you want to take photos.
- Towel to dry off with.
- Blanket, comforter, etc. Something to get warm with and you don't mind having in the sand.
- Sweatpants, sweatshirt, etc. – if you choose – just be sure they are loose fitting – cold fingers are numb and it's too difficult to deal with zippers, buttons, etc.
- Warm boots with fur inside; crocks to slip on, etc. Be sure they are easy to slip on.

## Place to Change After the Leap:

- There WILL be a porto potty.
- Or change in your car under a blanket.

## What to Have Ready in the Car - After Leap:

- Plastic bag for your wet clothing and wet shoes (Garbage bag, Stop & Shop bag, etc).
- Have change of clothing ready in the car.