

# LVSCT Leprechaun Leap

## Tips and Packing Information 2023

**Date:** Saturday, March 18, 2023

**Time:** Check-in starts at 9:30am, then we LEAP at 10:00am!

**Location:** Walnut Beach, 113 E. Broadway, Milford, CT

Register online at [RunSignUp.com](https://RunSignUp.com) or find the Leap link at [LVSCT.org](https://LVSCT.org)

### What to bring:

- Registration fee/forms and pledge money
- Your courage and a positive attitude – you're going to have fun!
- Costume (prizes to be awarded!)
- Swimsuit and towel
- Water shoes or old sneakers to wear into the water
- Something warm to drink BEFORE you leap
- Items to get you warm *after* you leap:
  - Warm clothes (sweatpants, sweatshirt, hat, mittens – avoid buttons and zippers)
  - Boots or shoes that are warm and easy to slip on
  - Blanket or comforter

### Arrival:

- Arrive early enough to let your body acclimate (check-in starts at 9:30am)
- Visit the check-in desk to check in or register (if you haven't already) and sign the waiver
- Stay bundled up and keep moving until it's time to leap

### Tips for going into the water:

- Stay positive – Don't psyche yourself out!
- Go in only as far as you like – up to your ankles, knees, waist, or go ALL-IN – whatever works for you!

### Tips for getting out of the water:

- Dry off with a towel
- Dry your feet and put on socks and shoes – warm feet will help the rest of you warm up faster
- Remove your wet swimsuit and bundle up in warm clothes as quickly as possible (the Walnut Beach restrooms will be open)

