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My Top 10 Tips for the Susan G. Komen 3-Day for the Cure



#8 COOL OFF. I may have stumbled across the ultimate must-have for those 3-Day for the Cure walks that take place in the hot summer months – COOL OFF Wipes. They are incredible! They resemble baby or hand wipes and come in small packages that are easy to toss into your backpack or fanny pack. You open the package, take out the wipe, shake it, and the coolness is instantly activated. It was such a breath of fresh air to have these wipes along when the afternoon sun was hitting its peek. They stayed cool for 20 minutes or so and were so luxurious to rub on the back of my neck, place against my forehead, or to simply hold in my hands. At one point, on Saturday after I returned to camp, I grabbed a bite to eat, showered and came back to my tent. The sun was even stronger at this point and my tent quickly became a greenhouse. I started to get a little woozy and grabbed a COOL OFF Wipe. Almost instantly as I held it to my face and put it on my neck, I started to feel better. I then guzzled a lot of Gatorade and the dizzy feeling passed. If you will be on a 3-Day for the Cure walk and the weather is expected to be warm, pick-up a couple of COOL OFF Wipes - they really are amazing.

