

Polar Bear Dip

Afghanistan 10:00 hrs 5 January 2005

Location: Kabul River 34 kms east of Kabul City

(Lat/Long: N: 34.33.12 /E: 69.28.32)

Air Temperature: 3 Degree Celsius

Water Temp: Cold and Murky

Altitude: 1800 meters











**Wishing Commander Sultan UN Protection Unit
Happy New Year**

















**Happy New Year and Congratulations
Perth Polar Bear for another successful Plunge**