

2026

WOMEN'S WAVE GUIDE



www.twomainmermaids.com



QUICK DETAILS

Saturday, March 7th

Willard Beach, South Portland, ME

Gather at 12:00pm

Dip at 12:30pm

Weather Date: Sunday, March 8th - We will communicate any changes via email & instagram! Make sure you're registered and getting our emails!

Everyone is Welcome!!

LOGISTICS

Parking

Park at Southern Maine Community College:
95 Campus Center Drive, South Portland

- Use the address above and park anywhere nearby. Arrive early to find parking and carpool with your besties! Follow the Spring Point Shoreway Path to entrances and stairways to Willard Beach.
- If you park on residential streets please obey all parking signs and stay clear of driveways. Willard Beach is a residential area so please be considerate of our neighbors! We need your help being good stewards so we can continue to grow this event. If you're not sure it's a spot - keep looking!
- **SHORE SUPPORT & SPECTATORS** - Kindly park in the lots farthest from the beach. We want to ensure dippers have quick & easy access to their cars!

Accessibility

- For accessible beach access, please use the traffic circle drop-off on Willow street and park at **46 Willow St #2, South Portland**. Please note this is a flat sand path to the beach. Paved access to view the Women's Wave is available at Southern Maine Community College (handicapped spots near the dining hall) and via the Spring Point Shoreway Path.



LOGISTICS

Schedule

12pm: Gather & Sparkle

- Come early and park at Southern Maine Community College. Stay warm in your car until 12pm, then head to the beach and visit a **Check-In Station**.
- The beach will be split into 4 different sections noted by colorful flags. The folks at the Check-in Stations will help direct you. **Please sign the Women's Wave banner!** Visit the **HotWorx Warmth Station** on the way to your section.
- In each section there is a **Sparkle Station** where you can put on FREE biodegradable glitter from our friends at The Good Glitter! **Volunteer Big Dippers** will answer any questions and help you prepre for the big dip!
- Stay cozy & dry! Lay out your extra towel or blanket and plan what you will put on first when you get out of the water. Your car is probably farther away than normal, so it is extra important to get warm and dry as quickly as possible once out of the water.

12:20pm: Welcome & Safety Talk with Ebb & Flow

12:22pm: Warm up with *Hustle & Flow* Hype Crew

12:25pm: Get Ready!

- Plan your post-dip process! Start taking off your warm layers, but don't rush. Volunteers with Cue Cards in each section will let you know when it's time to **get ready!**

12:28pm: Line Up!

- Watch for the cues to **line up! Ebb & Flow's will bring the hula hoop hype.** Spread out along the water line. This moment is electric so we'll pause hand in hand to feel the massive energy of the Womens Wave!

12:30pm: GO!

- On cue, we will all **GO!** together!
- We recommend taking a slow & steady walk into the water. Remember, during our winter dips we do not go under.

KEEP YOUR HEAD DRY & HAVE FUN!

LOGISTICS

Schedule Continued Post-Dip

- *Get dry & changed ASAP!* Wet stuff off & dry stuff on. Do not linger in your wet swimsuit. ***Your body will continue to cool after you are out of the water, so please do not go back in.*** Make sure you have your keys in hand before you head to your car!

1pm: YOU DID IT! GO HOME!

- We want to keep this event going and growing, so please respect our neighbors and **clear the beach by 1:00pm!**
- Check for left gear & trash - Carry in/Carry out! If you find something that's been left behind please bring it to a volunteer or Check-In Station.
- Soak in the solidarity! You just dipped in the ocean that millions of women all over the world are so deeply connected to!
- Head to a local coffee shop or restaurant for lunch! There are tons of great local options listed in the **[Women's Wave Passport](#)**.



LOGISTICS

SAFETY

EMTs will be on site. If you find that you or another attendee is in need of medical support, make sure someone stays with them, while another person gets the medical support on hand.

FIRST TIMERS

WELCOME! You'll be joined by other first timers and seasoned dippers alike! When you are on the beach ask folks nearby about their experience. Check out our list of things to bring, our [Dip Tips](#), and [Instagram](#) for some good resources, but know that your own intuition is your best guide. Go slow, know your post-dip plan, and enjoy the new sensations!

SEASONED DIPPERS

Ask the folks around you how they are doing. Offer to take their hand and lend some gentle encouragement! Today is a day of play, connection, and support not one for a PR on time spent in the water. ***If you notice that most folks are out of the water please go ahead and hop out even if you know you're safe and can stay in longer.*** First timers tend to want to go back in the water if there are still folks bobbing around, so please save your long dip for another day! Thank you in advance for helping us create a safe, supportive, and connected event.



WHAT TO BRING

- A swimsuit or whatever you're comfortable wearing in the water. We prefer a one piece for easy on and off.
- Water shoes or neoprene booties (if you don't have booties wear an *extra* pair of wool socks with your water shoes -crocs work well!)
- 2 towels (1 to lay your stuff on and 1 to dry off with; or a towel and a beach blanket)
- Warm socks
- Warm hat (or 2!)
- Mittens or gloves
- Layers you can easily get on & off (no spandex and don't bother with undies post-dip!)
- Coat or Dryrobe to fit over all your layers
- Shoes/booties that slip on and off easily
- A warm drink
- Hot water bottle and/or hand/feet warmers
- A large bag or bucket to carry it all in!

Get your Dip Kit Ready for the Women's Wave!

Dryrobe is our favorite changing robe and the Official Changing Robe of the Women's Wave! [Get a Dryrobe today](#) and level up your practice with the best gear on the planet. Use our exclusive code **TMM15** for **15% off** all [Dryrobe](#).

Keep your hands and feet warm with our favorite gloves and booties from [Barrel Point Surf](#)! We love their low cut [Water Socks](#) for easy on & off! Use code **TwoMaineVIP** for **30%** off through the end of March!

Women's Wave

WEEK SCHEDULE

BUILD THE WAVE with a whole week of awesome extras! Join in one or all to connect with other dippers and non-dippers alike!

Special giveaways at each event!

Sunday 3/1

Women's Self Defense Seminar

12:00-2:00 PM The Academy, 18 Ashmont Street, Portland

Monday 3/2

Craft Night with Portland Craft Circle

6:00-8:00 PM Shipyard Brewing Co, 27 Hancock St, Portland, ME

Tuesday 3/3

Ladies Night at Nomia

6:00-8:00 PM Nomia, 24 Exchange St # 215, Portland

Wednesday 3/4

Maine Needs "Minute for Mom" Kit Packing Party

6:00 PM Apres, 148 Anderson Street, Portland, ME

Thursday 3/5

MOFF Presents the 4th Annual Women in the Wild

6:00 PM 15 Casco Street, Freeport, ME

Friday 3/6

Official Women's Wave Party Presented By Austin Street

4:00- 8:00 PM 115 Fox Street, Portland, ME

SATURDAY IS FOR DIPPING!

Sunday 3/8

Women's Wave Flash Collab with Fortune Teller Tattoo

2pm start! FIRST COME, FIRST SERVE

WOMEN'S WAVE WEEK

WOMEN'S SELF-DEFENSE SEMINAR

When:
Sunday, March 1, 2026
12:00–2:00 PM

Where:
The Academy
18 Ashmont Street,
Portland, ME 04102

Instructor:
Bryanna Power
MMA fighter and purple belt
under Jay Jack and Amanda
Buckner.

Cost:
Donation-based
All proceeds will be donated
to a local women's shelter.



Scan to Register
<https://liveurl.com/seminar-march-2026>

Register Here!



presented by portland craft circle

**clay dish workshop:
beach finds**



shipyard brewing co **monday, march 2**
portland, maine **5:45-7:00pm**




tickets at portlandcraftcircle.com

Register Here!



LADIES' NIGHT @
nomia
a sexuality boutique

Tuesday, 3/3
Getcha Girls &
Celebrate!
6-8PM



Nomia Boutique 24 Exchange St., STE 215, Portland

FREE! No registration required!

**Women's Wave
for Maine Needs!**

Wednesday, 3/5 6-9pm at Après

minute for mom kit

- a handmade soap
- tea and chocolate
- a candle or essential oil
- facial mask or cleanser
- moisturizing lotion
- salt or sugar scrub
- pedicure kit
- mascara, nail polish or lip gloss
- headband, hair ties
- loofa, wash cloth, razor
- new, warm socks



Register Here!



WOMEN'S WAVE WEEK

MAINE OUTDOOR FILM FESTIVAL
presents

WOMEN IN THE WILD

films to celebrate
international women's day
and the World Premiere of TOGETHER AGAIN, a Maine Adaptive film

THURSDAY, MARCH 5

L.L. BEAN'S LEON GORMAN
CONFERENCE CENTER, FREEPORT



tickets at moff.film
production still from: THE GRAND SALMON

Tix Here!



OFFICIAL WOMEN'S WAVE PARTY

presented by Austin Street Brewery

4-8pm
FRIDAY, MARCH 6th 2026
Austin Street Brewery
free, no registration required

WOMEN'S DAY BEER RELEASE!


PICK UP YOUR PRE-ORDERED SHIRTS & FREE GOODIE BAGS!
EPIC RAFFLE! LIMITED EDITION WOMEN'S WAVE MERCH!
OYSTERS! MERMAID HAIR! SHARE YOUR WAVE STORY WITH
STORIES! MEET ON THE STREET FOOD TRUCK!
COLD JOY AUTHOR, LIBBY DELANA! PERMANENT JEWELRY!
AND MORE!

FREE! No registration required!

6th ANNUAL

Women's Wave

WILLARD BEACH
MARCH 7, 2026



gather at 12pm
dip at 12:30pm
register at twomainemermaids.com
[@twomainemermaids](https://twitter.com/twomainemermaids)

Register Here!



WOMEN'S WAVE FLASH COLLAB WITH FORTUNE TELLER TATTOO

2 PM Start
First Come,
First Serve!

FLASH TATTOO

SUNDAY
MARCH 8th



First Come, First serve!

OFFICIAL WOMEN'S WAVE PARTY



presented by Austin Street Brewery

4-8pm

FRIDAY, MARCH 6th 2026

Austin Street Brewery

Free, no registration required

Austin Street is tapping their WOMEN'S DAY BEER just for us! Pick up YOUR PRE-ORDERED SHIRTS & FREE GOODIE BAGS! EPIC RAFFLE with prizes from the Press Hotel, GoGo Refill, Barber Brothers, Cold Current Kelp, Motox Skin Science, Back Cove Books, Flowers & Candy, Nomia Boutique, Maine Art Collective, Dryrobe, Barrel Point Surf, Seabird Aromatics, and more! Limited Edition WOMEN'S WAVE MERCH! OYSTERS from Lady Shuckers! MERMAID HAIR by Two Salty Sisters! SHARE YOUR WAVE STORY with STORIED! Eat from MEET ON THE STREET Food Truck! Meet COLD JOY Author, Libby DeLana! Get your PERMANENT JEWELRY by Lady Fine! Tarot Readings by T & A with Heather! AND MORE!

MERCH



Pre-Order Now!



All the info about Women's Wave Merch:

- Pre-orders placed before 2/16 available for pick Friday at Austin Street Brewery
- We will have a limited number of Women's Wave shirts and Two Maine Mermaids merch available for purchase at the party - plus some limited edition Women's Wave items!
- If you pre-order on the website now we will ship those orders straight to your door. Pre-order will close on March 11th and we expect to ship early April.

Thank you so much for understanding our limited capacity!

WOMEN'S WAVE PASSPORT

Explore locally owned and women-owned businesses while you're in town! Download the Vibemap app from the App Store or Play Store and join the "Women's Wave Passport". There will be a **GRAND PRIZE** for the person who checks in to the most places!

Businesses offering specials for Women's Wave participants include:

MOTOX skin science, Flowers & Candy, Maine Art Collective Gallery, GoGo Refill, Rove Sauna, Bella Rouge Salon and Spa, Fortland Island Campground, Float Harder, and the Ecology School at River Bend Farm!

We are adding more businesses every day (check the app!) and specials are valid through March 31st.

FAQS

Are there bathrooms at the beach?

- Please plan ahead! There are **NO** bathrooms available once you arrive at the beach. There is a Shaw's and Hannaford nearby. We recommend stopping there before you get to the beach.

What if the weather gets tricky?

- We will be watching the forecast closely! Help us manifest ~42°F, no wind, no precipitation, and slightly overcast (for the photos and drone, obviously!!) If we need to move to our weather date (Sunday, March 8th) we will communicate via email and post on Instagram by Friday at 10am.

Who can participate?

- Our ∞WOMEN'S WAVE∞ welcomes anyone who is comfortable centering the experiences of women! Experienced dippers & first timers are welcome! Come solo or come with a crew! You will be welcomed and invited to join hands to walk in solidarity into the coldwater TOGETHER! If you need to access free registration use the code WAVE at checkout.

I'm coming as Shore Support. What do I do?

- If you're accompanying a dipper you can do offer the following:
 - Help them lay out their gear before they dip.
 - Use their phone to capture the moment so they can share the moment with friends & family!
 - Keep an eye on their kiddo (if applicable) while they go in the water.
 - Support them when they get out of the water by reminding them that they are strong and powerful and lend an arm for them to steady themselves as they get changed!
- Please drop your dipper near the beach and park in the lots farthest from the beach (and offer to go get the car after the dip)!

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changing robe



of the
Women's Wave



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WE are the grassroots nonprofit breaking the silence of domestic abuse and providing life-mending & heart-healing resources to our sister-survivors in Maine.



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FINDING OUR VOICES

Breaking the Silence of Domestic Abuse



PROUDLY SUPPORTED BY:

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