The H2Only guide

How it works.

1. Give up all drinks except for water for 10 days (or more).
2. Pick a date throughout the year that suits you.
3. Build a team or go it alone. You can also join the H2Onlies Facebook group.
4. Set your fundraising target, be it £/€50 or £/€500 it will all make a difference.
5. Fundraise using the downloadable sponsorship form, or create an online one via JustGiving or similar.
6. Start at 5pm so you can finish at 5pm for an evening of celebrating post H2Only.
7. Pay in online RNLI.org/H2OnlyPayIn

Take it to another level.

Two weeks or one month? Challenge yourself and go for longer! Simply spread out our 10 day guide if you want to do longer or add your own ideas to it.

Surviving without breaking a sweat.

We are the H2Onlies.

When you’re struggling with the fizzy pop shakes and can’t stop staring at the kettle, you need to know you’re not alone. Whether you are braving it by yourself or with your own specially selected crew of comrades. You can join the H2Onlies on Facebook for support.

Where your money goes.

By taking part in H2Only you are directly helping to maintain our lifesaving service. Your valued donation could help pay for:

- A pair of sea-going gloves: £25/€29
- A full lifeguard wetsuit: £245/€285
- A safety helmet: £263/€306
- Annual crew member training cost: £1,600/€1,860
- The cost of a new Shannon class lifeboat: £2.2M/€2.5M

Follow us!

The H2Onlies are your support group. Follow us on Facebook and we’ll be with you all the way. facebook.com/groups/H2Onlies

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Need some inspiration? See how your hard work will help our lifesavers...

Newly qualified lifeguard Beau Bromham was off duty – and about to start a game of beach football – when he spotted a woman and her children in trouble out to sea.

‘I had no rescue equipment,’ Beau told us ‘so it was challenging’. But that didn’t stop him heading out and tackling the stretch to save them. The family were terrified and struggling against the tide, but Beau stayed with them – he used their bodyboard to keep them afloat until they were safely back to shore.

H2Only Hero.
Lifeguard Beau isn’t afraid of a watery challenge. Are you?

Want more help with your fundraising or further resources?

register with our support team at RNLI.org/register

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution, a charity registered in England and Wales (209603) and Scotland (SC037736) Registered charity number 20003326 in the Republic of Ireland