



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](https://www.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.

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

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

Your 10 days of H2Only.

Here are some watery ways to raise even more money during H2Only.

DAY 1 Put up the downloadable posters all around the office, and start spreading the word.

DAY 2 Grab a tea pot, wipe away the tears and pass it around the office as a collection pot instead. Every penny counts – and it'll stop you filling it up with tea.

DAY 3 Share your challenge on social media. 48 hours in is the perfect time to remind followers of your plight. Include your JustGiving link, and a sad-face selfie for a bit of extra oomph.

DAY 4 Man the water cooler. Offer gossip, or lend an ear in exchange for dosh.

DAY 5 Every hour of H2Only is an achievement. Ask colleagues to donate their usual lunch money or the cost of a coffee from your local café.

DAY 6 Cocktail time with the crew! Celebrate being halfway there with your crew by getting together for a glass of water – complete with cocktail glasses and umbrellas.

DAY 7 Wear your wellies to work. Our lifeboat crews don't go anywhere without their wellies. Dress up in exchange for donations.

DAY 8 Blog day. Nominate your chattiest crew member to share a blog entry about the trials and tribulations of H2Only, along with your JustGiving link.

DAY 9 Office ice and spoon race – think egg and spoon race, with an H2Only twist. Suggest a donation amount to enter and a prize of your choice (anything but a round of drinks)!

DAY 10 Post a picture of your final, pitiful glass of H2Only as a last chance for donations. Show them how well you've done!



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](https://www.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

