

Frequently Asked Questions Dip In the Nip (FAQs)

1. What is the Northeast Dip in the Nip?

It's a unique, women-only fundraising event where participants take a refreshing dip in the sea to support NECRET, aiding the oncology unit at Our Lady of Lourdes Hospital, Drogheda.

2. What age must I be to participate?

Participants must be strictly over 18 years of age.

3. Can I bring my children with me?

No. This event is exclusively for registered participants.

4. Is it female-only?

Yes, the Dip in the Nip is strictly female-only.

5. Will I be completely naked during the dip?

Yes, for the actual dipping part it's just you and your beautiful body — or adorned in body paint if you prefer. You can pop your robe back on straight after the dip.

6. Do I get changed at the beach?

You can choose to change at the hotel or at the beach.

7. What happens to my belongings during the dip?

Your belongings will be securely stored in the function room until we return. Please avoid bringing valuables.

8. Do I have to pay for the bus?

No, the bus is free. However, you must wear the wristband provided at the registration desk.

9. Do I need to bring anything to get into the hotel?

Yes, please bring the personalised registration card we sent you.

10. Do I have to queue to get in?

No, if you have pre-registered, simply show your registration card and head on in.

11. What happens after the dip?

Enjoy a hot breakfast on the beach with music. Upon returning to the hotel, optional tea, coffee, and scones will be available.

12. Will there be spot prizes?

Yes, there will be spot prizes. Dippers and sponsors often donate prizes for the event.

13. What happens to my sponsorship money?

All funds raised go directly to NECRET (North East Cancer Research & Education Trust). The oncology team uses these funds to:

- Purchase state-of-the-art equipment
- Support clinical cancer research
- Provide advanced training for medical staff
- Enhance patient comfort with items like heat blankets and recliner chairs

14. What if I have more money to collect after the event?

No problem! Just let us know, and we'll note it. You can take your sponsorship card back to collect the remaining donations.

15. Can I set up an online fundraising page?

Yes, we use iDonate as our chosen platform. It's easy to set up and share your page with friends and family. Visit [iDonate.ie](https://idonate.ie) to get started.

16. Can I wear a feather boa?

No, we kindly ask that you don't wear one. As fun as they look, feather boas are not marine friendly and we want to respect the sea and shoreline environment.