

# H<sub>2</sub>O ONLY

10 DAYS. 100% WATER.



**GO ON**  
**just one sip**

**10 days without tea, coffee, wine, beer and fizzy drinks** – it's going to be a challenge. But if you can brave it for 10 days, you'll help our amazing lifeboat crews and lifeguards to save lives at sea. Can you deny the drinks you love? Team up with friends and colleagues and you'll be stronger together.

**2-12 June. Team up and take the challenge at [h2only.org.uk](http://h2only.org.uk)**



**Lifeboats**

The RNLI is the charity that saves lives at sea

Registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland.



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