

Dare your friends

Challenge the friends who'll find H2Only the hardest. Give them a sticker, ask them to be in your crew, and pool your will power to help save lives at sea.

You'll **NEVER**
go H2Only
WILL YOU?

H₂ONLY.org.uk

You **WITHOUT**
wine? I'd like to
see that.

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Coffee **RUNS**
your life

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Water only?
YOU WISH.

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10 Days.
Water only.

I DARE YOU.

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Go on
say **TA TA**
to tea

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I BET you
can't go
BEER-FREE

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10 days,
100% WATER.

I'd like to see you try.

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H₂ONLY


Lifeboats

S/H2ONLY/15