



H₂ONLY

10 DAYS. 100% WATER.

A photograph of three people (two women and one man) looking shocked or surprised. They are positioned behind a stack of items: a red can on the left, a large stack of white coffee cups in the center, and a glass of white wine on the right. The man is in the middle, flanked by the two women.

GO ON
just one sip

2-12 JUNE

h2only.org.uk

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H₂ONLY
10 DAYS. 100% WATER.

Can you **deny** the drinks you love for 10 days?

Take the H₂Only challenge and say no to tea, coffee, wine, beer and fizzy drinks to help the RNLI save lives at sea.

Our lifesaving crews challenge themselves every day, dropping everything to go out on the water and save lives. Many of our lifeboat crew and lifeguards are volunteers, so they rely on your ongoing support. If you're inspired by their dedication day after day, take the chance to show your support in a different way.

Challenge yourself to go H₂Only. Team up with your own crew of friends, family or colleagues. You'll be stronger together – and you'll raise even more money.

10 days. 100% water.

Take the
challenge at
h2only.org.uk



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.



Lifeboats