

How to complete your challenge



It doesn't matter if you live near open water or if you'll be taking part from the comfort of your home, there are lots of ways to complete the challenge and raise money to help life-saving research.

Plunge into a paddling pool

Summer seems like a lifetime ago, but you can still put that paddling pool to good use by filling it with cold water.

Take a dip in the sea

Get your Santa hat at the ready and brave the sea. Don't forget to follow our cold water safety tips below.

Have a cold shower

Commit to 12 days of cold showers or on the days you can't make it to open water, turn that dial on the shower right down.

Visit your local lake or loch

Get your household or group of friends together and immerse yourself in your local area – quite literally!

Run yourself an ice bath

Grab the ice and fill your bath with cold water. Remember to ease in gradually to acclimatise to the cold and don't stay in too long.



Please remember to read our **cold water safety tips** when completing your challenge.

