

December 2025
**12 Dips of
Christmas**

Your fundraising guide



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

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.



12 Dips of Christmas Challenge tips

If you're new to dipping into cold water, or even taking a cold shower, these top tips will help you with your 12 Dips of Christmas Challenge.

Go with a friend

If you're taking the plunge into open water and you're not a strong swimmer, be sure to take a friend along with you. If you feel nauseous, disorientated, dizzy or faint, make sure you seek help immediately.

Wear the right kit

Immersing yourself in cold water can be a shock to the system, so wear the correct kit to prepare yourself, including your challenge bobble hat. Goggles are also pretty handy and we recommend brightly coloured clothing that's easy to see.

DIY dips

If you can't make it out to open water, take a cold shower or run yourself an ice bath to complete your festive dip.

Plan every plunge

Use our calendar included in your pack to jot down when and where you'll take your 12 Christmas dips to keep you on track.

Have fun

Get your friends and family involved and share your videos and selfies on our [**Facebook group**](#) to show off your progress. Don't forget to celebrate every fundraising milestone too!



Take it slow

Acclimatise to the cold, get in gradually and don't jump straight into cold water. If you're not used to immersing yourself in cold water, we recommend 10-20 seconds initially.

Warming up

It's important that you warm up gradually after your dip by wrapping yourself in warm layers and having a hot drink. Avoid standing around or jumping into a hot shower immediately after.

Do your research

Be safe and check local advice when choosing swimming locations. If you're heading out to open water, check the current and gauge the depth before you take the plunge.



Fundraising ideas

You're ready to take the plunge
to power progress.

What's next?



Make a donation

Show potential supporters that you're committed and kick off donations with a contribution to your own fundraising page.

Promote yourself online

Whether you're getting into a lake, loch, the sea or taking a cold shower every day, let everyone know about your challenge. Share your fundraising page and official challenge badge across your social networks for instant results.

Create your challenge team

Encourage your friends to sign up too and help motivate each other to brave the cold and raise money for life-saving research.

Fundraising boosters



Take a selfie

Snap a selfie in your challenge bobble hat, and share it across social media to let friends and family know why you're supporting Cancer Research UK.

Film a video

Film a video of yourself taking a dunk and share it across socials with a link to your fundraising page to encourage donations.

Clear out the old

If you're a shopaholic as well as a fundraising hero, why not have a clear out and sell off your old clothes to donate the profits to your fundraising page?

Ask your employer

Ask your workplace if they'll support your challenge by matching the funds you raise or making a donation.

Host a festive quiz

Everyone loves to get competitive – host a quiz and make sure some questions are swimming or cold water related to remind people what you're trying to achieve.



12 Dips of Christmas Challenge Totaliser



Name

.....

is taking the
plunge into
cold water for
12 days this
December to
support life-
saving cancer
research.

Donate to their online
Giving Page to help them
smash their target

Your online Giving Page URL

.....

Visit cruk.org/12dipsofchristmas

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

12 Dips of Christmas Challenge Calendar

Keep track of your progress
and tick off the days after
each dip.



Are you ready to brave the cold?							
1	2	3	4	5	6	7	
8		9	10	11	12	13	14
15	16	17	18	19	20		
22	23	24	Merry Christmas! 	25	26	27	28
29	30	You've done it! Run yourself a nice warm bath!					
		31					

Visit cruk.org/12dipsofchristmas

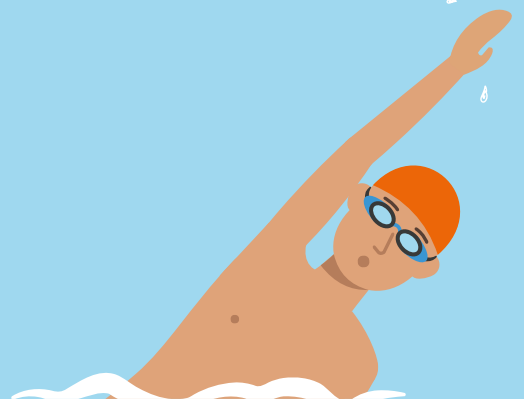


Together we are
beating cancer

12 Dips of Christmas Challenge

Pledge card

Add your story of why you're taking part and share across socials alongside your online Giving Page.



I'm taking
on the 12 Dips
of Christmas
Challenge
this December
because...





I'm fundraising for Cancer Research UK

Challenge
name

When

Information



In aid of

**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Congratulations 12 Dips of Christmas Challenge

Finisher 2025



This December

Your name

braved the cold 12 times
and raised



Fundraising total

for Cancer Research UK

Thank you for your support!

Every pound raised will help bring about a world where everybody lives longer, better lives, free from the fear of cancer.



12 Dips of Christmas Challenge Sponsorship form



- Please make sure you fill out each section in full.
- Please make sure the details of each donation are recorded accurately in your sponsor's own handwriting. Forms in the same handwriting or printed aren't valid for Gift Aid purposes.
- Please make sure each sponsor ticks the Gift Aid box next to their address below if eligible.
- Please note we can't claim Gift Aid on business addresses or multiple sponsors e.g. Mr and Mrs Jones.
- Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.
- If you change your mind, you can tell us anytime by contacting 0300 123 3379 or emailing preferences@cancer.org.uk

Gift Aid –
very important

giftaid it

**Boost your donation by
25p for every £1 you donate**

I want to Gift Aid my donation, and any donations I make in the future or have made in the past four years, to Cancer Research UK.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all of my donations in that year, it is my responsibility to pay any difference.

Your details

Title:	First name:	Last name:
Address:		
Postcode:		Telephone:

Please use blue or black pen and write in CAPITAL letters. All fields are mandatory. Tick here for Gift Aid

Full name + Home address + Postcode + Date collected + ✓ = Gift Aid

Title	First name	Last name	Postcode	Home address – not your work address (This is essential for Gift Aid)	Amount	Gift Aid	Date collected
MISS	ANNE	EXAMPLE	ABI 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	✓	DD/MM/YYYY
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /

I've raised a total of £

Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to: Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/12dipsofchristmas

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ. © Cancer Research UK 2025.



Thank you for powering progress

Thanks to the generosity of supporters like you, in the last 50 years, our work has helped double cancer survival in the UK.

We're the world's leading cancer charity, dedicated to saving and improving lives with our research. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer. And, backed by your support, step by step, our researchers are making this vision a reality.

More than

8 in 10

people who receive cancer drugs in the UK receive a drug developed by us, or with us.*

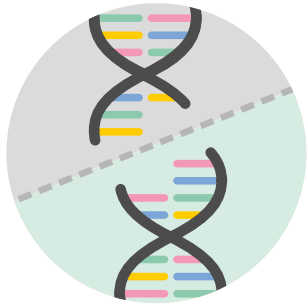
1 million

Thanks to progress in cancer prevention, diagnosis and treatment, over **one million lives have been saved** from cancer in the UK since the mid-1980s.**

x2

In the last 50 years, our work has helped **double cancer survival** in the UK.

The difference your money makes



£65

could buy special restriction enzymes

These act like molecular scissors to cut up the long strands of DNA in our cells, helping us to learn about more than 200 types of cancer.



£170

could fund one day of the ABC-07 clinical trial

This is testing innovative radiotherapy techniques for treating people with rare bile duct cancer.



£200

could fund our team of nine cancer nurses for one hour

Our expert team of cancer information nurses are on hand to offer confidential support and guidance to people affected by cancer.

*Estimated based on Cancer Research UK analysis of England data

**cruk.org/millionlives

Visit cruk.org/12dipsofchristmas

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