

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.

