

12 Dips of Christmas Challenge

Challenge guide



Important:

Please read our [cold-water safety guidance](#) before starting your challenge.



Make a plan

Use your challenge calendar to plan where and when you'll complete your dips.

Team up

Taking on your dips with others can help keep you motivated and make each one more enjoyable. Whether you dip together or go solo, encourage friends and family to get involved and cheer you on.

How to dip

There are plenty of ways to complete your 12 cold-water dips, whether you're near open water or taking part at home. Choose what works best for you and take the plunge your way.

Take a dip in the sea

If you're lucky enough to live near the coast, enjoy a refreshing sea dip and embrace the winter waves.

Visit a local lake, loch or lido

Head to a nearby outdoor swimming spot and take on your challenge surrounded by nature.

Plunge into a paddling pool

No open water nearby? Fill a paddling pool with cold water and complete your dips in your garden.

Have a cold shower

A cold shower is a simple way to take part, especially if you're short on time or can't easily get to open water.

Try an ice bath

Fill a bath with cold water and add ice for an extra-chilly challenge. Make sure you follow our cold-water safety guidance.

Get warm

It's very important to warm up after your dip. Pack warm, dry clothes, plenty of layers and a blanket or towel.

What to bring

1. A swimming costume or wetsuit
2. Warm, dry clothes to change into
3. Extra layers, such as a jumper, blanket and hat
4. A hot drink in a flask

