



**we INSPIRE**

## SPONSORED EVENTS FOR INDIVIDUALS

Are you keen to raise money for ShelterBox but short of ideas? We're here to help. From shaving or dying your hair to long-distance walks, runs or swims are lots of different sponsored challenges to choose from.

### Off the grid

**Estimate £80 - £200**

Unplug for 24 hours and see how you would cope without electricity. That means no TV, no phones, no laptops, no lights and no social media. Find out more at [shelterbox.org/grid](http://shelterbox.org/grid)

### Swim/run/cycle

**Estimate £250 - £1,000**

Challenge yourself to swim, run or cycle a particular distance. Or organise families and groups of friends to form relay teams to share out the miles.

### Sponsored shave

**Estimate £50 - £100**

A radical change of appearance is a great way to raise money through sponsorship. It's worth getting it done properly by asking a local hairdresser if they will shave your hair or cut your beard off in return for some publicity.

### Endurance hobbies

**Estimate £75 - £150**

Turn any of your hobbies into an endurance event by spending 24 hours doing them non-stop. For example video gaming, knitting, cooking, playing an instrument or dancing. Get family and friends to sponsor you for every hour you complete.

### Bungee jump

**Estimate £300 - £800**

If you're a daredevil then a high-adrenalin activity like a bungee jump, abseil or skydive is a popular way to encourage sponsors to dip into their pockets – and it's lots of fun too!

### Poverty challenge

**Estimate £250 - £650**

Challenge yourself to live below the poverty line for a set period of time. How long could you live with just £1 a day to spend on food?



*Fiona ran the 5K Skipton Santa Run in aid of ShelterBox!*



*Florence ran the Brighton Marathon and has raised over £1000*



*Take on a cold-water swim for ShelterBox!*

*Don't forget to share your event with us.*

**TAG US ON FACEBOOK, TWITTER OR INSTAGRAM WITH**

**#TEAMSHELTERBOX**

