

# Fundraising A -Z



**A** Abseil  
Aerobics

**B** Boxing  
Bus pull  
Bungee jump  
Baked bean bath

**C** Cycle  
Cook-a-thon  
Chocolate ban

**D** Dance  
Dress up  
Do a dare!

**E** Eating competition  
Expedition

**F** 5K  
Fun run  
Facepaint

**G** Golf  
Give up something you love

**H** Hike  
Head shave  
Half marathon

**I** Ice bucket challenge

**J** Juggle  
Jailbreak

**K** Knit-a-thon

**L** Local race  
Log throw

**M** Mud assault course  
Marathon

**N** Night walk  
No swearing

**O** Onesie day  
Office dare/activity

**P** Pledge  
Pyjama day

**Q** Quiet time  
Quit a habit

**R** Run  
Row-a-thon

**S** Swim  
Sky dive  
Sleep out

**T** 10K  
Triathlon  
Three peak challenge

**U** Underwear day (on the outside)

**V** Be a vegetarian /vegan for a month

**W** Wax  
Walk  
World record attempt

**X** X-plain why your chosen cause needs money

**Y** Yo-Yo competition  
Yoga day

**Z** Zorb  
Zumbathon

Happy fundraising! [fundraise.localgiving.org](https://fundraise.localgiving.org)