

We Won't Drink To That!

5 Epic Things To Do During Dry July

Your boozy sacrifice will help thousands of Australian families through the scary moments that follow a blood cancer diagnosis.

To help you get started, we've put together this guide to making the most of your Dry July.



Go Dry this July and help Aussies facing blood cancer.

Sign up now!

DRY JULY
FOUNDATION

**Leukaemia
Foundation**

Head To The Hipster-est Cafe In Town For A Latte' & Some Brunch



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Australia is known all around the world for quite a few things. Some, rightfully so (think amazing beaches and shrimps on barbies) ... Others, not so much (we're not riding to school on Kangaroos!).

But amongst the most popular things that people around the world know Australia for, there's Crocodile Dundee, our amazing wildlife, our beaches... and coffee.

While Melbourne can claim that they may have the biggest coffee scene, it doesn't mean that other Australian cities can't give them a run for their money.

Whether you're a traditionalist who likes their regular latte...

Or a self-confessed coffee hipster who has a double ristretto half latte with almond milk...

You're sure to find the caffeine kick you're looking for at one of Australia's amazing cafés.

And better yet, most café's also offer some truly amazing breakfast (and don't forget brunch!) options, like acai bowls, oatmeal, French toast, and of course... the famous smashed avo on toast to go along with your coffee.

Grab Your Picnic Rug And A Finska Set And Head To The Park With Some Mates

If there was one particular activity that surged in popularity throughout the 2020 lockdowns, it was meeting your mates at the park to hang out (who remembers those social distancing circles!?)

Why not go one further and bring a couple of game sets and bring out your competitive spirit with your friends or family? Popular game sets to bring to the park include Finska, Bocce, Ring-Toss, Spikeball, and Outdoor Bowling.



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Pack The Car (Or Kayak), Gather The Troops, And Venture Out On An Epic Camping Trip

Muddy four wheel drives. Crates of water. Wood. Campfires. Marshmallows. Guitars. Stories. The stars. Sleeping bags. Horror movie-esque screams when a spider crawls into your tent. These are all one of many camping cliché's that make it one of the best things you can do with your mates or your family to escape the hustle and bustle of the big city.

If lockdowns have taught us anything, it's that time spent in the great outdoors to clear your mind and get some good ol' fresh air is so important for your mental and physical wellbeing, and it's also great bonding time!

Camping is for absolutely everybody - whether you're Bear Grylls, or you've never even seen a tent before! New to camping? Here's a quick breakdown of how to get started...

Australia is full of both free and paid campsites. Paid campsites need to be pre-booked online and you get designated a spot at the campsite.

There are no bookings for free campsites – so it's free for all! Just make sure you get there early to get your spot...

You can find so much information on local campsites online – so do some research to find something amazing near you.

So grab some mates, pack the four wheel drive and go and enjoy the great outdoors (and what better country to do it in!?) Happy camping!

Gather Some Friends At Your Place For A Fresh, Homemade Pasta Making Night!

Now this one is going to get you extra points for creativity. Another fantastic way to spend a night with your mates or family is to host an Italian themed homemade pasta making night! And don't worry Vegans, contrary to popular belief, you don't need to use eggs to make your homemade pasta taste delicious!

So get out the pasta maker, the fancy aprons, some funky Italian tunes on the speaker, and a hell of a lot of flour and get making some mouthwatering homemade pasta!

P.S. Don't-a forget-a to get-a some-a bruschetta for the table when you cook-a! (You read that in an Italian accent, didn't you?)



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Get Fundraising And Make A Difference

When you sign up to Dry July and fundraise for the Leukaemia Foundation, you're helping the 47 Australians who just today have learnt that their lives have changed forever.

You'll get heaps of fundraising tips and tricks when you sign up to Dry July, but the best way to get started is by telling everyone that you're going Dry for Aussies facing blood cancer... and why it's important to you.

Tell everyone! Your workmates, your family, friends, the local shops...

You'll be blown away by how many people will jump in to support your cause and cheer you on!

The average raised by someone taking part in Dry July is over \$400.

\$400 funds the work of a Blood Cancer Support Coordinator for more than a day, as they reach out and provide specialist care in every scary moment that follows a blood cancer diagnosis.

And in times like these – we need passionate, selfless people like you to come together and take on a challenge like Dry July.

Go Dry this July in support of Aussies who have had their lives turned upside down by blood cancer.

We hope we've given you enough ideas and inspiration of things to do during Dry July, so you can rest assured knowing that even without the booze, you can still make the most of life!

Because while you're doing something incredible to help families manage the scary reality of a blood cancer diagnosis, it's an opportunity to try new and amazing things.

So go Dry this July and do something wonderful for yourself and for thousands of Australians facing blood cancer.



Pictured (top left) Diana Brown, aged 65, diagnosed with chronic lymphocytic leukaemia.

Pictured (bottom right) Courtney Hughes, aged 30, diagnosed with acute myeloid leukaemia.