

Items to Bring:

- o Comfortable Shoes/Extra Socks
- o Sunglasses and Sunscreen
- o Gloves and Hat
- o Ear Plugs
- o Pillow
- o Extra Blankets/Sleeping Bag
- o Tent(s)
- o Layers of Clothing
- o Kleenex
- o Rain Gear
- o Flashlight
- o Games/Nerf Balls
- o Walking Schedule
- o Chairs
- o BBQ lighter-to light luminaria candles
- o Garbage bags-to take all of your garbage with you
- o Snacks/Water/Water Bottle
- o First Aid Kit (one will also be on site)
- o Tent Decorations
- o Team Theme Items
- o Extra Cash for Fundraising Activities
- o Camera/Video Camera
- o Enthusiasm and Team Spirit

Bring lots of extra money!

Please Leave at Home:

- o Tobacco
- o Alcohol
- o Firearms
- o Pets (this includes DOGS!)
- o Skateboards
- o Bicycles
- o Grills/BBQs
- o Candles

Relay Paperwork: Please bring and make sure the following is turned in...

- o Missing Registration Forms
- o Luminaria Forms and/or Bags
- o Donation Envelopes
- o Youth Forms (if under 18)
- o Chaperone Forms

Relay for Life's Dos and Donts!

Relay for Life's Dos and Donts!

Relay for Life's Dos and Donts!

Relay for Life's Dos and Donts!

Relay for Life's Dos and Donts!

