

## 2014 Relay for Life of Onslow County Checklist

You may want to take these items to aid you during your 24 hours at Relay For Life:

- Money for on-site fundraisers
- A good book
- A great attitude
- A rested body
- A smile
- Aspirin and/or Motrin
- Band-Aids
- Your spirit sticks! (yard sticks for sale for \$5 each)**
- Ribbons, rubber bands, duct tape or whatever you want to use to put on participant spirit (yard) sticks.**
- Banner (or sign) with Team Name
- Blanket
- Camera
- Campsite Map (provided by committee)
- Chairs and Cots
- Cooler with refreshments
- Costumes (You just never know!) ☺
- Duct Tape (Again, you just never know!) ☺
- Extra Shoes & Socks
- Fire Extinguishers
- Flashlight & Batteries
- Food
- Games
- Gloves (if selling food/perishable items)
- Hand Sanitizer
- Hats and/or Visors
- Luminaria forms**
- Money!
- Multiple Changes of Clothes (to accommodate weather changes – the night is usually much cooler on the field and the wind is typically stronger, if there is one).
  - Ponchos
  - jackets, sweats, coats
  - t-shirts, shorts, flip-flops

- Pajamas! (For comfort and the “Jammie Jamborie”)
- Picnic Supplies
- Pillows
- Playing Cards
- Rain gear (hopefully we won’t need that this year!)
- Scissors/pocketknife/hammer/ tools for random tasks
- Sleeping bags
- Slippers (Silly Slipper Walk)
- Stick Lighter (to light luminaria)**
- Sunglasses
- Sunscreen and bug spray**
- Tape
- Tent
- Tent Decorations!
- Toilet Paper (Supplied by Relay; however, you may want to have some....just in case of emergency.)
- Toothbrush and Toothpaste
- Towels and Soap
- Umbrella
- Water Bottle (to use while you are walking)
- Wagon or Dolly (something to help you haul all of your supplies to and from your campsite.)

### First Aid:

First aid supplies, such as bandages, ice and aspirin, will be available at the Medical Tent. There will be qualified people on site to deal with any other first aid requirements or injuries.

### Clothing:

Throughout the 24 hours you will experience changes in temperature. Be prepared with a few changes of clothing and dress in layers so you can change with the temperature. Bring sun block SPF+15, hats, and clothes for both warm and cold weather. Bring two pairs of comfortable walking or running shoes in case of rain and a few pairs of socks. See check list above for other items you might wish to bring.

### Restrooms:

Restrooms are available on site at the concession stand area. Portajohns are located around the field.

### Food, Drinks, Water:

You may want to bring some of your own food. Some food will be available for sale on site. Water is also available for sale on site. \*\*FOOD must be sold for TICKETS only. Tickets are sold at

the concession stand for 50 ¢ so price your food items accordingly.

### Prizes and Awards:

Several prizes will be given away in many different categories including: best team theme, best tent area theme, team spirit, rookie of the year and others to be announced day of the event. There will be awards for the teams walking and running the most laps.

### In Conclusion:

You and your teammates have joined a terrific group dedicated to the fight against cancer. Your team's effort in fundraising will help in the following areas: prevention and early detection programs, patient services, and research. All of these will help to eliminate the threat of cancer as a major health concern in the United States.

### YOUTH REQUIREMENTS

The American Cancer Society Relay For Life encourages young people to form teams, raise money and participate.

Youth participants must meet the following criteria to participate.

1. Only registered participants may be on site between hours of 11pm-5am. Anyone not signed up on a team will be asked to leave.
2. Youth participants will be required to wear a colored wristband at ALL times regardless of age. Wristbands are the captain's responsibility and must note the team name, site location, captain name and phone number to contact in the event the child loses sight of his/her chaperone, captain and/or parent.
3. All youth participants must abide by the general Relay For Life rules and guidelines.

**NOTE** –In the event of dangerous weather conditions, please find shelter immediately in your vehicle or return home & wait for further instruction. Do NOT remain at your site during dangerous winds or lightening. Watch for our mobile text, Facebook post, a tweet on Twitter as well as our very own website:

[www.RelayForLife.org/OnslowNC](http://www.RelayForLife.org/OnslowNC) to determine when it is safe to return. **\*Text the number 5818 to 22723 on your mobile phone to receive mobile updates. Standard Carrier messaging rates may apply.**