**Helpful Tips to Having Fun at Relay**

The following is a list of things to bring and be prepared for when participating in Relay For Life of Langley/McLean.

For Extra information please visit [www.RelayForLife.org/](http://www.RelayForLife.org/)Langley/McLeanVA.

What to bring to Langley High School: RAIN OR SHINE

* **Tent and/or Canopy**- NO stakes as the field at the school is Astroturf and can be easily destroyed. Bringing a **plastic tarp** to lay under your tent is MANDATORY, 12 X 12 is the size limit **(If for some reason we do have rain – you will be able to move to the Gymnasium or the main hallways of the high school)**
	+ The canopy will be your kitchen and family room during Relay where everyone will hang out while they are not walking.
	+ What else do you need in a home away from home- **chairs, pillows, blankets, sleeping bags, yoga mat, a folding table-**Things to make your out door space more comfortable
* **Water/ Snacks**- although you are not allowed to have food/drink on the turf field we will have areas for your eating sites. We will have some concessions but make sure you bring things to keep your and your teams energy up. Water is a must anytime!!
	+ Bring a **cooler and ice** I would suggest one full of waters and one full of fruit and other nourishing foods. Also, a **refillable water bottle** there will be coolers on site for refilling
	+ Split up items throughout the team so not one person is bringing all food items and everyone has something they like.
	+ After all this snacking and drinking please make sure to clean up after your selves by bringing an extra roll of **paper towels &** **trash bags** to dispose of everything.
	+ **Clothing/Attire**- Besides your new 2014 Relay shirt or Team shirt, here is what you may need or want to bring.
	+ **Rain Gear-** This is self explanatory but we do walk rain or shine so better to be prepared. Please note that Thunder & Lightening is cause for possible closing of the event – that will be made onsite/real time.
	+ **Comfortable Walking Shoes** for the many laps you will be strolling and hang out at camp shoes such as **flip flops/sandals** to keep your feet cool.
	+ **A HAT or something to block the sun-**whether it be big and floppy, your favorite baseball cap or if it looks like cat in the hats.
	+ **Extra socks and clothing:** In case you are walking so vigorously you work up a sweat or in case of rain extra dry clothing is always welcome. **Pajamas** if you want to be extra comfy and a **sweatshirt/sweater** if it is a cooler night.
	+ Since we will be there day into night some personal items we find useful to have on hand are: **a small toiletry bag of your essentials, sunscreen and a towel.**
* **Extras to have at Camp:** These are the items you might like to have to keep you entertained, help todonate more, and have more fun throught the night.
	+ **Cash for onsite fundraisers-** Each team can have an on site fundraiser and you don’t want to miss out on your bead necklace (which will be housed on outside of the fence, an amazing raffle or bidding on the classiest Mr. Relay!
	+ Speaking of Mr. Relay make sure to bring **costumes and props for the themed laps** (more information on these when the event gets closer to Relay).
	+ **Games, Cards, iPods, Frisbee, Football, Volleyball-** Things to keep you the masses entertained when they are not walking. And to catch all the important moments and funny ones too a **Camera**!
	+ **Campsite Decorations-** Decorate your campsite with a theme and have a **team sign or banner** so everyone knows what team belongs to which site. There may even be a competition!!
	+ **Baton**- This is a Relay after all so make sure your team has a baton to pass along from member to member as we walk thru the night.

The most important item to bring to Relay besides **Bug Repellent ….**

 is a **Hopeful** and Positive attitude!