These tips and suggestions can help you prepare for an excellent Relay For Life experience. These suggestions are meant as guidelines only. Some may not apply, or you may wish to add to the list.

Relay For Life Packing Checklist

- Tent, Canopy or another kind of shelter
- Sleeping bags, blankets and pillows
- Lawn chairs and sleeping bags for your tent site
- Lots of sunscreen, sunglasses, hats, etc. AND an umbrella, poncho, etc. Anything is possible at Relay!
- Travel alarm clock
- Flashlights, lanterns, glow-sticks, etc. for safety at night
- Eating utensils, cups, etc as necessary – for the whole team!
- Comfortable walking shoes and a change of clothing in case of inclement weather
- Personal toiletries
- Small first aid kit to treat blisters, repel bugs, etc.
- Team banner for the Opening Ceremony
- Money to purchase luminaria, food, items from team fundraisers, etc.

Additional Suggestions

1. Decorate your campsite with a team banner and in celebration of our Relay theme.
2. Be prepared for all kinds of weather – rain, cold, wind, sun, heat – since this event is held rain or shine.
3. Think about activities to do while not walking such as playing games and sports (bring frisbees, balls, etc.), reading books or magazines, listening to music, etc.
4. Even though food will be available during the event, it is wise to bring some of your own food – fresh fruits and veggies, snacks, beverages, etc.
5. Make sure you stay hydrated and drink a lot of water. Some water will be available at the event, but please plan to bring some along for your campsite.
Relay For Life Rules

1. Only registered team participants or volunteers may stay overnight, limited to 15 participants per team. For the safety and comfort of all Relayers, please no overnight guests!

2. The team is responsible for obtaining any needed supplies (i.e. tent, food, water, sunscreen, rain gear, etc.) as well as securing their belongings. Neither the American Cancer Society nor the site host (school, etc.) will be held responsible for damage, loss or theft of personal items.

3. All youth teams must have at least one chaperone (21+ years of age) present during the entire 24 hours.

4. The event will be held rain or shine; please prepare accordingly.

5. No tobacco or alcoholic beverages are allowed at any time, for any reason.

6. Please be responsible for the area around you and clean up any trash you may find. Please take any large trash items with you. Trash and recycling receptacles will be provided and maintained.

7. Radios are permitted, but please be mindful to the people around you who may be resting or sleeping.

8. For safety reasons, NO animals are allowed at the event! (Please note: this rule applies even if the facility where Relay is held allows pets!)

9. Wheelchairs, strollers, and wagons are allowed on the track, but we ask that you please be mindful and courteous to other participants.

10. Luminaria orders must be turned in no later than 1 ½ hours prior to the start of the luminaria ceremony.

11. No charcoal barbecues or open flames allowed. Gas grills are permitted. In most cases, electricity will not be provided, but please see your Logistics or Event Chair for more information if you have questions.

12. All participants must report to the Registration table to register and sign the waiver, if they have not already done so. At the very least, all Team Captains must sign-in at Registration upon arrival so we know who is at Relay, and can give you any additional information or supplies you may need.

13. Celebrate and have lots of fun!