

# Relay For Life of East Tampa May 15, 2015

## What Should I Bring to Relay???

- Tent
- Tables
- Decorations for your campsite
- Sign promoting your organization/team
- Lawn chairs
- Blankets.
- Coolers
- Grill
- Towels
- Radio
- Grill lighter for Luminaria
- Water
- Games
- Sun visors or hat
- Flashlight, extra batteries
- Stake coverings
- Garbage bags
- Sunscreen
- Bug spray, ant killer
- Extra clothing
- Rain gear
- Personal articles
- Cash box
- Money (lots of raffle, food, and items for sale)

### **REMEMBER TO:**

- Wear comfortable, lightweight clothing
- Bring a sweatshirt/sweater – it will get cool in the evening (Yes, even in Florida)
- Wear sturdy, comfortable shoes for walking
- Bring a hat or some type of head covering and sunscreen to protect you from the sun

**We want everyone to have a fun and safe time, so bring what you think you might need to be comfortable during the event.**

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## Event Day Survival Tips

1. Choose loose-fitting clothing, sweatshirts, shorts, sweatpants
2. Bring extra clothing for the evening hours when temperature may drop
3. Practice running or walking (prior to Relay) to prevent an injury
4. Bring blankets, lawn chairs, tents
5. Bring along garbage bags to handle trash
6. The American Cancer Society advocates preventions. Please prepare for sunny weather by wearing sunscreen, protective hats and sunglasses.
7. Use of alcoholic and tobacco products are not allowed
8. Plan to have FUN, FUN, and more FUN!! Bring Frisbees, beach balls, badmintons sets, board games, and cards to provide more activities for team members, especially in the overnight hours.
9. If you need assistance or have a questions, look for an Event Leadership Team member (Green T-Shirt identified with "Event Leadership")
10. You are responsible for your own belongings while at Relay. Security will be on site, but cannot be everywhere, so "be aware of your own belongings."
11. Take advantage of the time to get to know people in your community who are coming together for this event.
12. NO PETS ALLOWED! This is a liability for ACS and the school.

### **Supplies for Activities & Themed Laps:**

- 1960s hippie attire
- 1970s disco attire
- 1980s fashion attire
- 1990s hip hop attire
- Current attire ☺
- Purple attire