



Together we are
beating cancer

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Chief Executive Michelle Mitchell OBE

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Registered Address 2 Redman Place, London E20 1JQ

Relay For Life is organised by volunteers from a Relay For Life Committee on behalf of Cancer Research UK. The Cancer Research UK name and logo is a registered trademark of Cancer Research UK and the Relay For Life name and logo is a registered trademark of the American Cancer Society.

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FUNDRAISING
REGULATOR

Relay For Life checklist



We can't wait to welcome you to your Relay For Life weekend. To make sure you've got everything you need, we've pulled together the below handy checklist.

We've also left space at the bottom for you to add in your own personal extras or home comforts!



Tent



Sleeping bags, blankets and pillows



Camping chair



Your Relay T-shirt



Sun cream, sunglasses, hats and umbrella/raincoat (just in case!)



Warm and comfy clothes, spare socks and shoes



Back sign and safety pins



Team banner (if you have one)



Food and drink – don't forget your eating utensils and cup



Torches, lanterns, glow-sticks for safety at night



Spare change



Any materials that you need for fundraising on the day









If you would like to change the way in which we communicate with you about our latest breakthroughs, campaigns and how you can support our lifesaving work, please contact us on 0300 123 3379 or email preferences@cancer.org.uk

More questions?

Visit cruk.org/relay Call 0300 123 1026

Please talk to your local Committee, their contact details can be found on your local Relay event page at cruk.org/relay