



2026
TEAM CAPTAIN KIT

Your fundraising improves lives.



\$10

can help people find hope and support online through our **Cancer Survivors NetworkSM**.



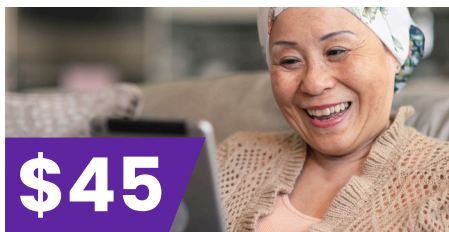
\$10

could help put **free cancer education** in the hands of those who need guidance.



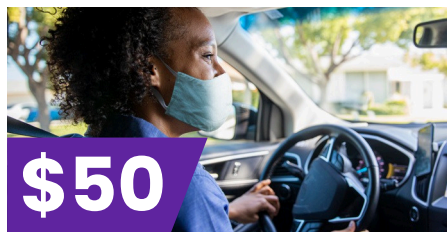
\$25

could help 1 person get connected to much-needed services and support resources **at no cost** through our **24-hour helpline**.



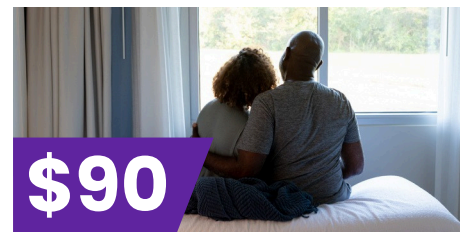
\$45

can help someone find **free answers about cancer** through a cancer information specialist.



\$50

can help provide **1 free ride** to treatment through our **Road To Recovery[®]** program.



\$90

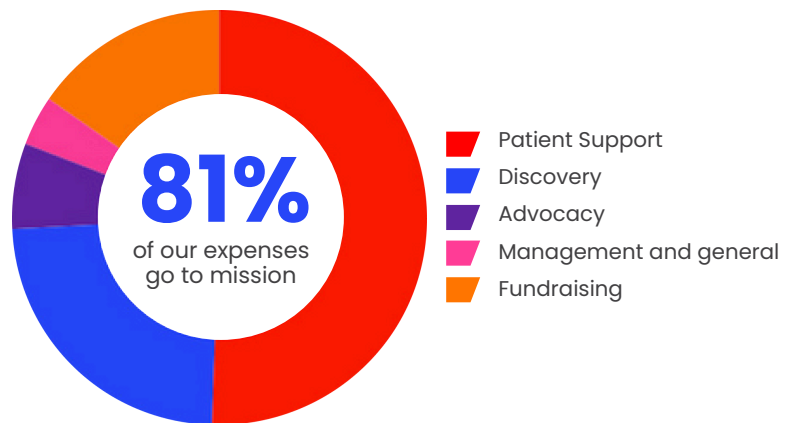
can help provide **1 night of free lodging** at a **Hope Lodge[®]** community for people with cancer and their caregivers.

Give with confidence.

Every year, 81% of our expenses go directly toward funding our mission to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

The American Cancer Society is proud to hold top ratings from Charity Navigator, the Better Business Bureau Wise Giving Alliance, and Candid. High ratings from these widely recognized and respected charity rating and watchdog groups demonstrate our continuing commitment to accountability, transparency, and ethical practices.

You can give with confidence, knowing that we have been independently evaluated for effectively stewarding donations.



Hello, Team Captains!

"A successful team beats with one heart." - Unknown

You signed up to be a Relay For Life team captain and are probably now wondering what you have gotten yourself into. Whether this is your first or 41st time being a team captain, I can tell you from experience that this is one of the most rewarding things you'll ever do. Whether you're leading a team of family, friends, or coworkers – or a combination of these – they will soon become your Relay family. The bond you will build among your team is something that's truly special.

Being a Relayer means you're a part of the largest global movement to end cancer as we know it, for everyone. As you build your team, you are providing others an opportunity to fight back against this disease.

This guide will provide you with lots of information – how to build a team, how to fundraise, how to prepare for your event, and most importantly, how to help the American Cancer Society save lives from cancer.

From the bottom of my heart, THANK YOU for taking on this important role. Regardless of your connection to cancer, your leadership will help impact "Every cancer. Every life.®"

Your National Relay For Life Leadership Team Lead,

Becky



Becky VanLoon
Mason City, Iowa



USVI MISSION PRIORITIES

Funds raised by our Relay For Life event are
100% restricted to USVI programs and services.

ACS Vision: End cancer as we know it, for everyone.

ACS Mission: Improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

1. Patient Financial Assistance during active cancer treatment

- Air transportation
- Ground transportation
- Lodging
- Cancer treatment
- Medical studies
- Prescription drugs
- Labs
- Therapies and evaluation
- Medical equipment
- Medical supplies
- Prosthetics
- Lymphedema equipment
- Bras
- Nutritional supplements
- Home assistance

2. Lodging for USVI patients while traveling off-island during active cancer treatment

- Over 30 Hope Lodges across the US and Puerto Rico
- Extended Stay America Hotel Partnership Program

3. Cancer Screening Grants that provide free screenings to uninsured and underinsured USVI residents

- Mammograms & Diagnostic
- Testing Colorectal Cancer
- Screening & Pathology

4. Cancer Education and Outreach

- Educational materials distributed by local volunteers and health care providers
- Participate in health fairs and community events

5. Continued Organizational Support to advance the mission of the American Cancer Society on USVI

- **Staff & Volunteer Partnerships** with health care providers, government officials, health and human services departments, local cancer organizations.
- **USVI Cancer Coalition members** with an active role in assisting with the creation of the 2024-2029 USVI Comprehensive Cancer Control Plan and are now collaborating to implement that plan.



Patient Service Center

USVI Patient Financial Assistance
1.888.227.3201



puertorico.psc@cancer.org
M-F 8:30 AM –5:00PM AST

National Cancer Information Center

Live Cancer Information Specialists via
phone: 1.800.227.2345
or chat: www.cancer.org
24 Hours a Day, 365 Days a Year



All about Cancer
Prevention & Detection
Treatment & Support

Personal Health Manager
Caregiver Resources
Clinical Trials Information

Lodging Programs

Free or reduced lodging when cancer treatment is away from home



Over 30 Hope Lodges in US & Puerto Rico
Extended Stay America Program

ACS CARES

(Community Access to Resources, Education, and Support) is the only app that equips those facing cancer with curated content, programs, and services to fit their specific cancer journey.



USVI Patient Resource Guides

Financial assistance, transportation, medical care and other free or reduced cost resources

Local USVI Resources
usvicancercoalition.org



Nationwide Resources
cancer.findhelp.com



ACS CAN

The American Cancer Society Cancer Action Network is our nonprofit, nonpartisan advocacy affiliate; making cancer a top priority for policymakers at every level of government.



USVI RESOURCES

American Cancer Society Relay For Life Team Captain Dashboard



MY DASHBOARD | **MY TEAM** | **MY EVENT**

MY TEAM DASHBOARD

EVENT **Hope City**

TEAM **test team RFL**
[EDIT NAME](#)

COMPANY AFFILIATION: **No Company AffiliationNone** [✎](#)

TEAM LEADER: **Jenna Hague** [✎](#)

[INVITE FRIENDS](#) | [EMAIL MY TEAM](#) | [PROMOTE MY TEAM](#) | [DONATE TO MY TEAM](#)

TEAM PROFILE

[VIEW PUBLIC TEAM PAGE](#) ▶

Team Page URL: [UPDATE](#) [COPY](#)

[Add photos and videos to team page.](#)

WE'VE RAISED \$7
TEAM GOAL **\$1,000** [✎](#)

HOW WE RELAY

COVID-19 has put cancer patients at risk – attacking already weakened immune systems, delaying cancer treatments, and closing many clinical trials. Because of the impact cancer has had on our lives, we are doing something about it. We joined Relay For Life to remember people we've lost and offer up support to anyone in our community who is affected by cancer. And that's why we need your support!

The funds we're raising will help sustain critical research and patient services in this difficult time. Believe us, every dollar really does count, so we're asking for your help. Please donate today, because together we can accomplish anything!

[VIEW MORE](#)

Annotations:

- Red arrow: Edit your team name. (points to EDIT NAME)
- Red arrow: Make a personal donation toward your team goal! (points to DONATE TO MY TEAM)
- Red arrow: Invite your friends and family to join your team, email team members, or promote your team using one of our pre-written messages. (points to INVITE FRIENDS, EMAIL MY TEAM, PROMOTE MY TEAM)
- Red arrow: Create a team page URL. (points to UPDATE/COPY buttons)
- Red arrow: Update team fundraising goal. (points to TEAM GOAL \$1,000)
- Red arrow: Add photos and videos to team page. (points to media gallery)
- Red arrow: Update your team story and share why you Relay! (points to HOW WE RELAY text)

If you have any questions, please contact your local American Cancer Society team partner or call us at 1-800-227-2345.

View and email your team members, and download a team roster.

View and thank your team donors, and download a donor list.

MY DONORS

My Donors

DOWNLOAD LIST THANK ALL

NAME ▲	AMOUNT ▲	DATE RECEIVED ▲	ACTION
Courtney 525 Goodell	\$7.25	7.11.2023	DELETE

VIEW 5

MY COMMUNICATIONS

Manage Contacts Compose Saved Drafts Sent Emails

UPLOAD CONTACTS ADD CONTACT MANAGE GROUPS

SELECT ALL Search X EMAIL ADD TO GROUP DELETE

SELECT	NAME ▲	EMAIL ▲	EDIT
<input type="checkbox"/>	Beth Wolf	thewolfpack.beth+0819@gmail.com	EDIT
<input type="checkbox"/>	Courtney 525 Goodell	clcaldwe+525@gmail.com	EDIT
<input type="checkbox"/>	Courtney 525 Goodell		EDIT

VIEW 5

MY BADGES

Received Donations

FUNDRAISING RESOURCES

MOBILE APP

Participants who use the mobile app **raise up to 43% more** online than average participants.

RAISE YOUR WAY

Turn your passion into purpose with our Raise Your Way DIY fundraising program.

MAKE A MONTHLY GIFT

Reach your goal faster with a monthly gift.

Access additional fundraising resources from within your dashboard!

See a complete list of team fundraising badges, including the ones your team has already earned!

If you have any questions, please contact your local American Cancer Society team partner or call us at 1-800-227-2345.

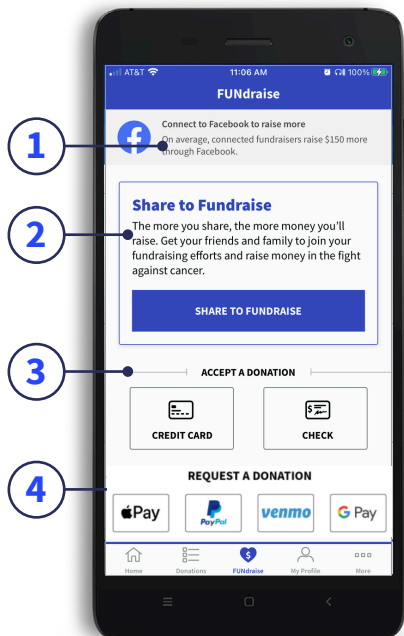


American Cancer Society FUNdraising App

Download now:



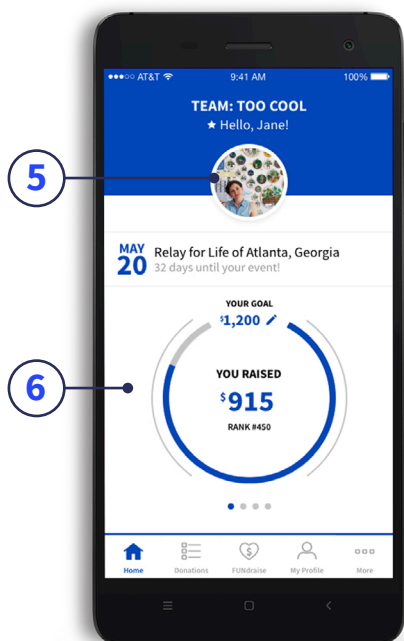
Fundraise



Help save lives from cancer! Download our **free** FUNdraising App today. It's so easy to accept donations and track your progress to your fundraising goals.

- 1. Set up a Facebook fundraiser** to help you reach your fundraising goal faster!
- 2. Share your fundraiser** with your Facebook and LinkedIn networks. Send the link to your contacts via text or email, too.
- 3. Accept in-person credit card and check donations** with state-of-the-art scanning technology and bank-grade security features.
- 4. Solicit donations via Venmo, PayPal, Google Pay, or Apple Pay** for donors who prefer easy digital payment methods.
- 5. Easily update your personal profile** to share your cancer-fighting story.

Track Your Progress



- 6. Keep track of your fundraising goals and progress** with real-time updates. Track all mobile and web donations made to you, your team, and/or your event.

Here are some other things you can do with our user-friendly app:

- Register for an event!
- Send donation receipts and thank-you notes.
- Credit donations to individuals, your team, or event.
- Create a QR code to easily accept digital donations.
- Keep track of event-wide messages from your event coordinator and volunteers.
- Fundraise for our advocacy affiliate, the American Cancer Society Cancer Action NetworkSM (ACS CAN), so we can continue our work to make cancer issues a national priority.

Need help with the FUNdraising App?
1.888.227.5552 | cancer.org/app



American Cancer Society Relay For Life Participant Registration



Step 1: Find your event.

Visit RelayForLife.org and select **Join a Relay** to locate your event, or call **1-800-227-2345** for additional registration options.

Step 2: Join this Relay event.

Click the **Sign Up** button to begin the registration.

Relay For Life Event Search

ENTER EVENT NAME, CITY OR ZIP CODE BELOW:

Relay For Life of USA

Virtual Event, CO • Friday, May 9, 2025
Virtual Event

Step 3: Log in.

Identify whether you are a New or Returning Participant.

- If this is your first event with the American Cancer Society, you will create an account.
- If you have joined us for an event in the past, you will log in using your username and password from the previous year.

Back to previous page | American Cancer Society RELAY FOR LIFE | Need assistance? 1.800.227.2345

RELAY FOR LIFE OF TERREBONNE PARISH
Saturday, April 22, 2023 | Houma LA

Welcome! Let's get you signed up for Relay For Life of Terrebonne Parish
Provide your email address to log in or sign up, or continue with a social account.

*Email Address

OR

You'll receive email updates from American Cancer Society. You can unsubscribe at any time. Learn more about our privacy policy and privacy rights.

Need assistance? Contact us at 1.800.227.2345

Step 4: Complete registration details.

RELAY FOR LIFE OF USA
Friday, May 9, 2025 | Virtual Event, CO

Hey there, Amy. Thanks for joining our mission!

Your Fundraising

We all join Relay for a reason. What drives you? (select all that apply)
This information may be used to send an invitation to special portions of the event or to provide you with specialty items.

I have had cancer or am currently living with cancer.

I am or have been a caregiver or supporter for someone with cancer.

I want to do my part in the fight against cancer. Thank! You're in the right place.

I prefer not to say

***What's your fundraising goal?**
When you gather donations from your friends and family, you help support cancer research and resources for patients, caregivers, and survivors. Not sure about your fundraising goal? No worries, it can be updated at any time.

\$100

Will you make the first donation toward your goal?

Your Team

***How do you want to Relay?**
Starting a team is the best way to go - call up your family and friends and do good together! You can also join an existing team or participate solo if that's your style.

Start a team

Join a team You're part of the movement.

Participate solo

***Let's find your team. What's it called?**

Your Contact Information

Are you under the age of 18?
 Yes No

*First Name *Last Name

*Mailing Address

Mailing Address 2 (Optional)

*Zip Code *City *State

*Country

Would you like to receive text message updates about this event?
These may include event reminders, important announcements, or ways to get involved.

Yes, send me event related texts

No, I prefer not to receive event related texts

Phone number Enter mobile number to opt into receive important updates about Relay For Life via text message. Reply STOP to cancel, HELP for help. Msg & data rates may apply. Msg frequency varies. Terms & privacy

To register without an email address, please call the American Cancer Society at 1-800-227-2345, option 2.

The ACS Support Team is available for participants 7 days a week from 7 a.m. until 7 p.m. CT. We've got a team of specialists who can help on the spot, and in those few cases that the issue requires a higher level of support, the ACS Support Team will connect participants to the team that can help. This will always be the fastest to receive first-class support!

American Cancer Society Relay For Life Survivor Registration



Step 1: Find your event.

Visit RelayForLife.org and use the **Join a Relay** to locate your event, or call 1-800-227-2345 for additional registration options.

Step 2: Join this Relay event.

Click the **Sign Up** button to begin the registration.

Relay For Life Event Search

ENTER EVENT NAME, CITY OR ZIP CODE BELOW:

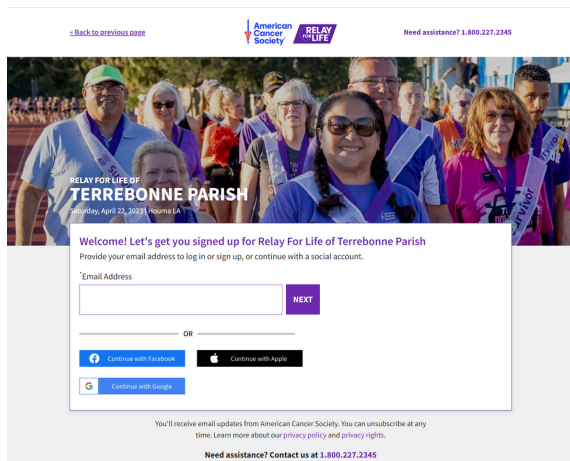
Relay For Life of USA

Virtual Event, CO • Friday, May 9, 2025
Virtual Event

Step 3: Log in.

Identify whether you are a new or returning participant.

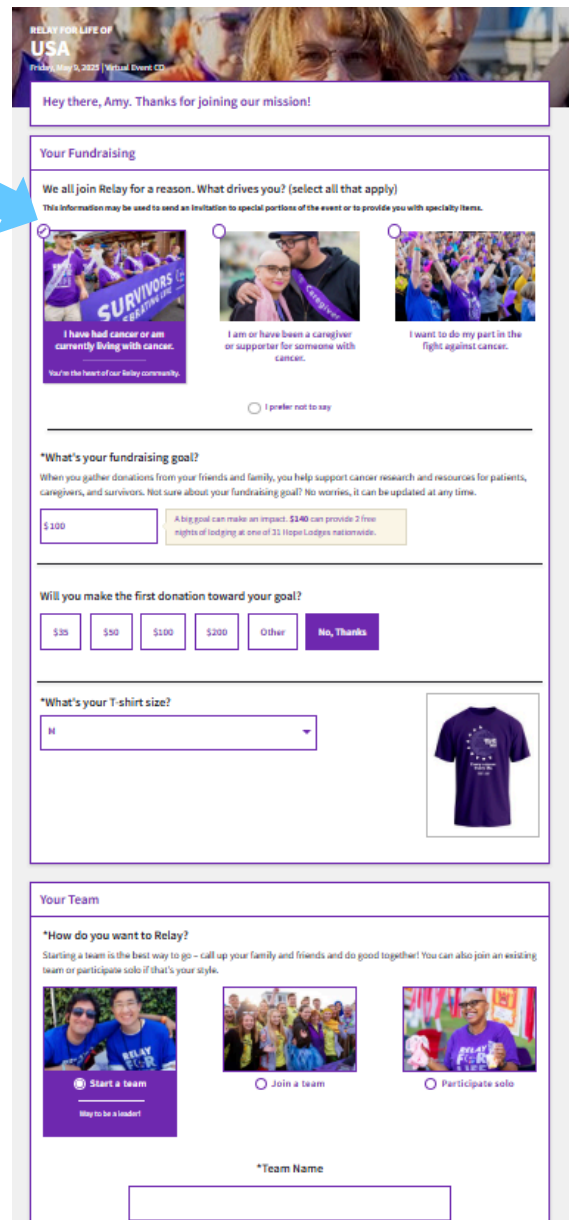
- If this is your first event with the American Cancer Society, you will create an account.
- If you have joined us for an event in the past, you will log in using your username and password from the previous year.



Step 4: Complete registration details.

If you would like to share your survivorship status, select **I have had cancer or am currently living with cancer** in the Your Fundraising section.

Survivor shirts will be auto-shipped via USPS to the registration address based on the size selected during registration (no redemption email needed). Expected delivery is 3-4 weeks from date of registration.



To register without an email address, please call the American Cancer Society at 1-800-227-2345, option 2.

The American Cancer Society Support Team is available for participants seven days a week, from 7 a.m. until 7 p.m. CT. We've got a team of specialists who can help on the spot or connect you to a higher level of support if needed. This will always be the fastest way to receive first-class support!

How to Recruit & Engage a Terrific Relay For Life Team



Recruiting Team Members

Recruitment is one of the most important tasks for a team captain; but it's not just your job to recruit, it is a team effort. You'll want to create an environment that people will want to be a part of, inspiring them to invite others to join. The average team is made up of seven Relay participants. Here are a few tips to help:

- **Get excited!** Your enthusiasm is contagious.
- **Recruit your family and friends.** Start building your team roster by including family members and friends. Other potential members can be found at your office, place of worship, doctor's office, neighborhood, etc.
- **Utilize the FUNdraising App.** Send a text message to your contacts through the FUNdraising App with a link to join your team.
- **Host a recruitment party:** Have a Relay team party. Invite all your prospective teammates, show them a Relay For Life video, and sign them up!
- **Utilize social media:** Make a post sharing your reason for participating, and tag some family and friends asking them to join you! Check the RFL YouTube channel for videos to share.
- **Think through your network:** Relay events are for everyone! Outside of family, friends, and co-workers, think about where you do business and don't be afraid to ask their workers and customers to join you! If they can't join your team, they might make a donation!
- **Arrange an employee presentation at work** during lunch or at an all-employee meeting. Tell your coworkers what the Relay movement is all about. Try to set up a challenge between departments or other locations. Ask your company to sponsor your team by donating or becoming an event sponsor. If you'd like someone from the American Cancer Society to be part of your presentation, just ask.
- **Dedicate your team to a cancer survivor.** If you know someone who is living with cancer, why not pay tribute to that person by dedicating your team to them?
- **Recruit survivors and caregivers to your team.** This will make for a more meaningful Relay experience and will also support your fundraising efforts.
- **Get the word out.** Put up Relay For Life posters and display brochures to encourage others to participate. Become your organization's Relay For Life champion.
- **Incentivize!** Offer an incentive to the first five people to join your team!

How to Recruit & Engage a Terrific Relay For Life Team



Engaging Team Members

Congratulations – you’ve got your team members on board! Now that they are registered on the website, it’s important that you engage with them to keep them informed and motivated. Here are a few tips to help:

- **Set a team fundraising goal.** Have each participant set a personal goal, and then set a team goal. Encourage team members to meet their goal by keeping in touch with them on a regular basis.
- **Recognize achievements.** Make sure your teammates are familiar with the individual and team fundraising clubs. When teammates hit a fundraising level, recognize them at a team meeting. Find other creative ways to recognize teammates, whether they put on a fundraiser, recruit a new team member, etc.
- **Lead by example.** Stay positive and model the behavior you want to see, whether you want everyone to become a Grand Club member or simply want everyone to be on time to team meetings.
- **Encourage.** Encourage your team to dream big and really “think outside the box” to reach their fundraising goal.
- **Delegate.** Assist team members to identify areas where they can use their talents to assist the team before, during, and after the event. This will help take some of the responsibility off your shoulders and ensure team engagement.
- **Communicate.** Be sure to inform your teammates about what the expectations are, and also communicate any changes that come along the way.
- **Hold team meetings.** These meetings help everyone work together and stay informed. They are also a great way to generate enthusiasm and boost spirits. During the meetings you can recognize and include mission information to keep everyone excited about ending cancer as we know it, for everyone.
- **Share mission moments.** Include mission moments whenever you can. These stories help teammates understand how they are making a difference. They can also share these mission moments with others as they are asking for donations or recruiting new team members.
- **Motivate your team.** Hold regular team get-togethers to build energy and enthusiasm and keep everyone informed. Share your story to help connect them with why the Relay For Life movement is so important.
- **Create a team theme.** Tap into your creativity. Come up with a unique team name and plan to decorate your space at the event with props that match your theme.

American Cancer Society Relay For Life Team Fundraising Ideas



Team captains (and co-captains) will receive a special team captain shirt once their team raises \$1,000!

Fundraising is a lot easier than you think!

The first step? **Set a team fundraising goal.** Setting a goal will help your team members stay focused and driven. Next, **determine what type of fundraising you will do and how long your team plans to fundraise.** Team fundraisers are a fun and easy way to get everyone involved.

Check out some tried-and-true team fundraising ideas below!

- Bake sale
- Bottle drive
- Bunco party
- Casino bus trip
- Celebrity waiter dinner
- Comedy show
- Drag queen bingo
- Euchre party
- Festival of pizza (aka Pizza Palooza)
- Golf outing/tournament
- Holiday wreath/poinsettia sale
- Honey Baked Ham fundraiser
- Letter-writing campaign
- Letters from Santa
- Little Caesars pizza kits
- Movie night
- Mum sale
- Pickleball tournament
- Popcorn sale
- Restaurant giveback night
- Souper supper (soup competition)
- Spaghetti dinner
- Taco Thursday dinner
- Team garage sale
- Vendor fair
- **SCAN FOR MORE IDEAS** →



American Cancer Society Relay For Life Team Fundraising Goal Worksheet



How does your Relay For Life team set an attainable fundraising goal? It's easy to think big when you break your fundraising goal into smaller steps. Use this worksheet to figure out how much your team should be able to raise.

Meet with your team:

Fundraising is the entire team's responsibility. Gather your team to discuss contacts, resources, and strategies that could help increase your team's fundraising success.

Set individual fundraising goals:

Determine how much each team member will be able to raise individually through personal asks, writing letters, online fundraising, etc.

Brainstorm team fundraisers:

What fundraising ideas interest your team members? How many fundraisers would they like to do? Were past fundraisers successful? How can you improve them for this year? Visit acsresources.org to find fundraising ideas and join the fundraising conversation at [Facebook.com/groups/ACSFundraisers/](https://www.facebook.com/groups/ACSFundraisers/).

Add it up:

Use the table below to record individual and team goals and to determine your team's total fundraising goal.

Type of Fundraising	Planning				Team Goal
Individual and Online Fundraising (Pre-event)	Team Member Name	Online	Offline	Total (At least \$100)	\$
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
Team Fundraising (Pre-event)	Fundraising Activity			Goal	\$
				\$	
				\$	
				\$	
On-site Fundraising	Fundraising Activity			Goal	\$
				\$	
				\$	
Team Fundraising (Post-event / Year-round)	Fundraising Activity			Goal	\$
				\$	
				\$	
				\$	
Total Fundraising Goal					\$

Cancer Won't Win.



Every step you take and every dollar you raise helps to end cancer as we know it, for everyone. Join our team today!

More than just a walk, the American Cancer Society Relay For Life brings together passionate supporters who embody the American Cancer Society's vision to end cancer as we know it, for everyone. At Relay events, participants celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change. Funds raised help the American Cancer Society improve the lives of people with cancer and their families every day.

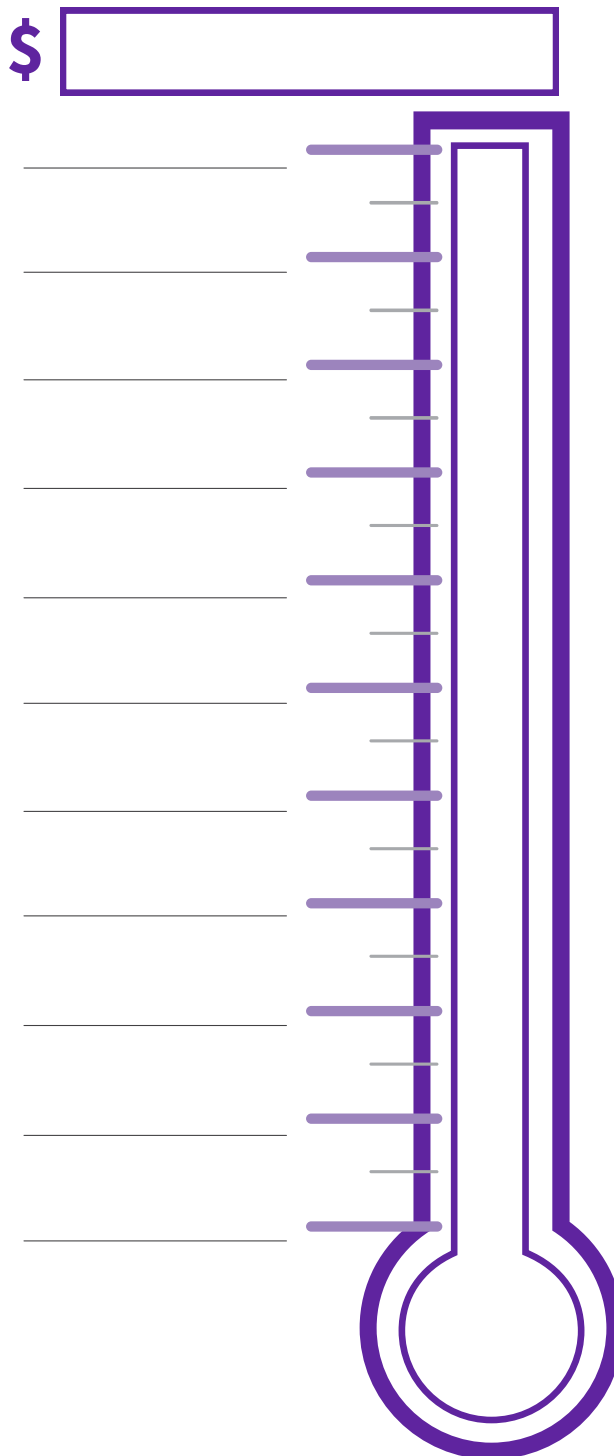
Help us reach our goal!

Donate at :

RelayForLife.org/

RelayForLife.org | 1.800.227.2345

Team Fundraising Goal



**Did you know being a Relay participant has its perks?
Relay Rewards is our point system to reward your fundraising efforts!**

Here's how to earn Relay Rewards:



- Raise funds: **\$1 = 1 point**
- Fundraising best practices – Earn **up to 50 bonus points** by taking the following actions:
 - Making a personal donation to your page = **10 points**
 - Sending an email(s) through your dashboard = **15 points**
 - Downloading and accepting a donation through the ACS FUNdraising App = **25 points**
- Once a participant earns 100 points (the lowest point total needed to redeem for Relay Rewards), they can log on to ShopRelayRewards.org, check their point balance, browse, or redeem points in the Relay Rewards system.



What are the program benefits?

- Relay participants can earn branded merchandise that recognizes their hard work and commitment to the Relay For Life movement by awarding points for fundraising and for taking specific actions that lead to more fundraising and engagement with the American Cancer Society.
- Incentives motivate participants to raise more funds to reach goals within each level of the program.
- Participants are rewarded for their fundraising success, as well as additional actions that help to increase fundraising.
- Fundraisers have the flexibility to spend their points however they wish.
- Participants can roll over any leftover points when they register for the next year's event by the end of the calendar year (January–August events). Fall event participants (September–December) will have until April 1 to register for the following year's event.

American Cancer Society Relay For Life Fundraising Clubs



The American Cancer Society Relay For Life program recognizes fundraisers who hit **three major fundraising milestones**. Anyone who raises \$100, \$1,000, and \$2,500 will receive an email to redeem one selected item at each level. *2025 incentives are listed below; visit acsresources.org/relayforlife/grandclub-allstar26 to view updates for 2026.*

HOPE CLUB

\$100



GRAND CLUB

\$1,000



ALL STAR

\$2,500



American Cancer Society Relay For Life Talking Points & Key Messages



Relay For Life: Uniquely United

Relay For Life is a celebration of community and a commitment to ending cancer as we know it, for everyone. Every event is as unique as the people it brings together – because Relay isn’t one-size-fits-all. It’s one-of-a-kind, just like every town, campus, and city that proudly wears purple in the fight against cancer.

In 2026, we’re doubling down on what makes Relay thrive: individual communities with deeply local roots, united under a powerful, global mission. Every Relay event tells its own story of resilience, remembrance, and hope. And every step we take, we take together.

This is where your fight matters.

Whatever your reason for joining Relay, your presence brings strength to your community. This is a place where your voice, your story, and your dedication fuel real change, helping a neighbor get the treatment they need, funding research that saves lives, providing free support services for patients and caregivers – and even offering a place to stay when treatment is far from home.

But showing up is just the beginning. **Staying in the fight is how we win.**

Returning to Relay year after year strengthens your impact. Cancer doesn’t stop – and neither do we. Together, we’re building a future where no one has to face cancer alone.

Relay For Life drives progress:

- Cancer education is reaching people worldwide.
- Survivors are raising their voices to inspire others.
- Communities are finding strength, purpose, and belonging.
- The American Cancer Society is funding breakthrough research.
- Patients are getting the support they need, when they need it most.

Why Support Relay For Life?

In 2025, more than 2 million people in the US are expected to hear the words “You have cancer,” and 600,000 cancer deaths are projected to occur. But together, we can change that. The American Cancer Society is leading the charge – through advocacy, research, and patient support – so everyone can have a fair and just opportunity to prevent, detect, treat, and survive cancer.

The impact is real:

- **140+ million lives** touched in 2024
- **\$517 million in research grants** accelerating breakthroughs
- **34% drop in cancer death rates since 1991**, leading to 4.5 million lives saved
- **950,000+ free rides** and **547,000+ nights of lodging** provided annually
- National screening guidelines and individualized patient navigation improving early detection and care
- Advocacy that’s closing care gaps and pushing for health equity, led by the American Cancer Society Cancer Action NetworkSM

All statistics updated as of May 2025. Visit [cancer.org](https://www.cancer.org) to learn more.

Team Captain Packing List



What to bring:

- **Pop-up tent** (10x10) with weights to hold it in place
- **Table** for setting up your supplies
- **Camping chairs** (*Encourage team members to bring their own*)
- **Garbage bags**
- **Cash box/money collection envelope**
- **Plastic bins** to carry supplies. (*Cardboard boxes are not fun to carry when wet.*)
- **Laminated signage** for your tent. (*Paper signs will not last if they get wet.*)
- **Start-up change**
- **Cell phone**
- **Portable cell phone chargers**
- **ACS FUNdraising App** (*download on phone*)
- **On-site fundraising items**
- **Decorations** for camp site theme
- **Team banner** (*if your event has a banner competition*)
- **Sunscreen** and **bug repellent**
- **Scissors, tape, hammer, zip ties**
- **Umbrellas/ponchos**
- **Extra weather-appropriate clothing**
 - Shoes and socks
 - Jacket, coat, sweats
 - T-shirt, shorts, flip-flops
- **Wagon** or **handcart** to haul supplies
- **Cooler** with **snacks** and **drinks** to share
- **Emergency contact info** for any minors on your team

What NOT to bring:

- **Alcohol**
- **Tobacco and vaping products**
- **Pets** (*Service animals are welcome.*)

Don't forget:

- **Team registration** – Make sure everyone on your team is registered online. Remind them to **download the ACS FUNdraising App and set up their Facebook fundraisers!**
- **Youth** – Ensure anyone on your team under age 18 has submitted a completed Youth Participant Waiver that has been signed by a parent/guardian.
- **Themes** – If your Relay event has a specific theme, remind your teammates to bring any costume items needed to join the fun!
- **Website event details** – Check the event details page on the website so you are prepared for event day. Be sure to share with your teammates!



Packing lists will vary depending on your local Relay For Life event. Please check your local event website for event-specific information.

**take
note:**



A series of horizontal light blue lines for writing, with a vertical red line on the left side acting as a margin.

Brand Resources

Looking for the official Relay For Life colors, logos, and brand guidelines? **SCAN HERE:**



Team Member Guide

This guide was developed to help all participants along their Relay journey. **SCAN HERE:**



Fundraising Resources

Not sure where to start when planning your fundraiser? Need a goal-setting worksheet or information on Relay Rewards? For all of this (and more), **SCAN HERE:**



Check out these

Relay Resources

Team Captain Guide

Looking to better understand your team captain role? **SCAN HERE:**



Fundraising Ideas

Need a fundraising idea for your team? Want to do something unique at your place of business? Have an idea to share?

SCAN HERE:



Thank You!



