

## Run Day Checklist

- **Double Check your site location page for information**
  - Find out where to park, when to arrive and specific details to your location
- **Decide on a spot to meet**
  - Everything's better as a group, so suggest a spot and time for your team to meet.
  - Make sure to take into consideration time to visit the registration area, and attend the warm-up activities
- **Don't forget your t-shirts!**
  - You and your team have worked hard for those shirts; wear them with pride!
- **Paperwork**
  - Remember to bring any offline donation or participation forms that are bank-stamped, and hand them in at the Registration Area
  - Keep a copy of your form for your records
  - Bring any last minute donations that you may have and submit them to registration
- **Appropriate Clothing**
  - Mother Nature is always one to surprise, so make sure to check the weather forecast before Sunday and dress appropriately.



## Packing Checklist

- Printed Participation Form (Offline Participants ONLY)
- Printed Donation Form(s) that are bank stamped and accompanied with the correct amount of cash and cheques
- Confirmation email or snapshot of Participant Centre
- CIBC Run for the Cure t-shirt
- Extra cash (no ATMs guaranteed on site)
- Finest Pink attire!!
- Umbrellas, ponchos, rain coats and towels – we never know what Mother Nature will bring