



2018 unite@night Walks “Walk in a Box” Checklist (Usually mailed 7-14 days prior to walk date)



- ___ List of Registered walkers and t-shirt sizes
- ___ Return envelopes to Andrea Grosz for monies raised, registrations & postcards to representatives

AWARENESS

- ___ T-shirts (for everyone who raised \$50)
- ___ **(NEW)** Light up Baton Stick (for everyone who raised \$50)
- ___ Photo Op signs
- ___ Temporary tattoos
- ___ CSF pens for walk use
- ___ Banner (for walks that have raised \$500 or have 50 registered walkers)
- ___ A few CSF mylar balloons for decorating (will need to have these filled)
- ___ Coloring Pages and puzzle sheets (mail or scan the completed coloring pages to cpoznik@CSFinfo.org to add to the Facebook unite@night coloring book photo album.
- ___ Hashtag social media signs

FUNDRAISE

- ___ CSF custom donation/registration envelopes
- ___ Symptom Marker Sponsorship signs – these signs can be hung on fences or glued to paint sticks and put out at the walk. Must send in form and logo so CSF can complete for your walk box
- ___ Cash Reconciliation Sheet

EDUCATION

- ___ 11 x 17 One Page Informational Posters on cardstock for CM, SM and EDS
- ___ CSF Brochures
- ___ CSF Information Business Cards to hand out
- ___ “CSF Talking Points” – Can use this is you would like to let people know what CSF is doing

ADVOCACY

- ___ Postcards to be signed and return address completed for people attending the walks
- ___ **(NEW)** *I'm Key to a cure for...* name tag and disorder ribbons for all walkers that complete and sign a postcard to their senator. These will be delivered to congress by CSF.

POSSIBLE OTHER ITEMS

- ___ Water/Ice – Donated or reimbursed with receipt by CSF
- ___ Crayons for coloring pages
- ___ Food – Donated or have friends/family help bake
- ___ Possible facepainter, balloon maker, magician (ask high school students that need service hours
- ___ Photographer – original photos should be sent to CSF
- ___ Washcloth/bucket of water to put on temporary tattoos
- ___ Container to hold bracelets
- ___ music / playlist
- ___ If holding raffles or door prizes – don't forget supplies like tickets/bags
- ___ Anything else you can think of to make your walk successful for you