

Pack a Backpack Relay Race: Supply List

Supply Option	Pack (Yes or No)	Reasoning
Long light colored socks	Yes	The light color makes ticks easier to spot; the long length will cover more of your body so that ticks cannot attach to your skin.
Long dark colored socks	No	The dark color makes ticks harder to spot.
Light colored pants	Yes	The light color makes ticks easier to spot; the long length will cover more of your body so that ticks cannot attach to your skin.
Dark colored pants	No	The dark color makes ticks harder to spot.
Light colored shorts	No	The short length leaves more skin exposed for ticks to attach to.
Dark colored shorts	No	The dark color makes ticks harder to spot; the short length leaves more skin exposed for ticks to attach to.
Long-sleeved light colored shirt	Yes	The light color makes ticks easier to spot; the long length will cover more of your body so that ticks cannot attach to your skin.
Long-sleeved dark colored shirts	No	The dark color makes ticks harder to spot.
Repellent	Yes	Applying repellent as directed will help make it so that ticks and mosquitoes won't bite you.
Tick spoon	Yes	In case you find a tick attached to your skin, a tick spoon will help you remove it.
Sneakers	Yes	Sneakers will cover the skin on your feet so that ticks will not attach to your skin.
Flip flops	No	Flip flops leave skin exposed for a tick to attach to you.