



# 2020 EVENT INFOR

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**OPEN National Field Day Equip**

- 6 Large Socks (to create sock balls)
- 1 Laundry Basket (or bucket)
- Paper (to keep tally points)
- Pencil or Pen
- 1 Empty Water Bottle
- Oversized T-Shirt, Shorts, and a Hat
- 4 Plastic Cups
- Clock or Stopwatch
- 1 Coin
- 3 Balloons
- 1 Pair of Shoes
- 1 Spoon
- 1 Small Object that Fits in Spoon
- Music Player and the new [Song 20 Seconds or More](#)  
(*Doug E Fresh and Hip Hop Public Health*)  
[https://www.youtube.com/watch?v=2yu4jSPNtic&feature=emb\\_title](https://www.youtube.com/watch?v=2yu4jSPNtic&feature=emb_title)



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