TEAM FUNDRAISING IDEAS

MAKE CYSTIC FIBROSIS HISTORY
Board Game Tournament
How it raises money: Entry Fee, Sponsorship Opportunities
Cost: Low
Difficulty: Easy

Get your team together and create a board game tournament. Challenge other CF walk teams in your community and bring in your family and friends to create teams of their own for an entry fee. Approach a local coffee shop to host your event and bring them business in the process. You can also approach local businesses to donate a prize for the winning team.

Food Cook-off
How it raises money: Entry fee, local business buy in, raffles, auctions
Cost: Medium
Difficulty: Medium

Organize a team-based food cookoff (for example a chili cook-off). Gather some of the CF walk teams in your area and have each team contribute a large amount of chili for tasting. You can also approach local restaurants to buy a table at the event. Charge an entry fee for your chili tasters and charge restaurants as well for their table to make a profit. Get your tasters to vote and have a prize for the winner. Try hosting the event in a park to gain more interest and advertise it around town.

Cold Water Plunge
How it raises money: Sponsorship Opportunities, General Donations
Cost: Low
Difficulty: Easy

Get your team together and create an annual town-wide cold water plunge event. Have your friends, family, neighbours, or even strangers donate to get you and your team in the cold water. This kind of event can draw a crowd and encourage spectators to donate.

Fantasy Sport (Football)
How it raises money: Entry Fee
Cost: Low
Difficulty: Medium

Choose the sports buff from your team to create a fantasy sport (football) league. Bets can be placed throughout the season with a portion of the winnings going to the winner of the league and a portion being donated to the walk.
**Golf Tournament**

How it raises money: Sponsorship opportunities, Entry Fee
Cost: Medium – High
Difficulty: Medium – High

Organize a golf tournament at your local golf course. This can require a lot of coordination so get your team involved to divide and conquer what needs to be done. To minimize your costs, check if the golf course will donate the space or give you a discounted rate. Golfers can pay an entry fee in lieu of paying the golf course and have proceeds going to the walk.

**Murder Mystery Dinner**

How it raises money: Entry Fee
Cost: Medium
Difficulty: Medium

Host a murder-mystery dinner at your house and have all of your team members create alter-egos and participate. Invite your friends and family and have them solve the mystery. Rather than having your guests bring a bottle of wine or a hostess gift, have them make a donation or charge an entry-fee.

**Phone-a-Thon**

How it raises money: General Donations
Cost: Low
Difficulty: Easy

Rally your team members together and host a phone-a-thon. Each of you can go through your contacts and call to ask for donations. Don’t push too hard as we don’t want to upset your friends and family. This can also serve as a touch-point to recruit new team members! Provide some drinks and snacks to make it more fun!
Ping Pong Tournament
How it raises money: Entry Fee, Sponsorship opportunities
Cost: Medium
Difficulty: Medium

Host a ping pong tournament in your community! Advertise the tournament and charge an entry fee for those who would like to enter. Have a prize for the top player(s). You can also approach local businesses to be a sponsor.

Pub Crawl
How it raises money: Entry Fee, Sponsorship opportunities
Cost: Low
Difficulty: Medium

Choose an area of your city or town that has many pubs and bars within walking distance and hit the town! Contact those bars to let them know you’re coming and ask them if they can offer any drink tickets or a specialty drink for your event. Sell tickets in advance for a discounted rate to encourage people to buy early and sell tickets for those who might want to join along the way. Engage your pub crawlers by having a theme, giving a prize for best costume, and have activities at each pub.

Scavenger Hunt
How it raises money: Entry Fee, Sponsorship Opportunities
Cost: Low
Difficulty: Medium

This is a great activity for families or fellow CF walk teams! Give each team a list of items that they need to find and clues on where they can be located around your community. Put your team mates at different stations to help! The first team to come back with every item on the list wins a prize!

Car Wash
How it raises money: Proceeds from sales
Cost: Low
Difficulty: Easy

Organize a car wash in your community. Get your team members out and charge per car and per service (ie. offer one rate for wash and dry, one rate for waxing, one rate for cleaning interior, etc.)
Embarrassing Auction
How it raises money: General donations
Cost: Low
Difficulty: Easy

Get some brave members of your team and have them offer up something crazy they will do for donations. It could be head shaving, hair dyeing, running a marathon, wearing a costume to an important meeting etc. Have people make donations to get your team members to look silly!

Relay Race
How it raises money: Donations per length
Cost: Low
Difficulty: Easy

Organize a relay race with your team and have your friends and family make donations for how far they would like you to run. The more money they donate, the longer each person will have to run the relay.

Bagging at the Supermarket
How it raises money: General Donations
Cost: Free
Difficulty: Easy

Since many grocery stores ask their customers to bag their groceries themselves, have one of your team members stand at the end of each grocery line and offer to bag groceries and carry them to the car for a donation.
Pick up Garbage for a Day
How it raises money: General donations
Cost: Free
Difficulty: Easy
Go neighbourhood to neighbourhood with your team and pick up garbage. Ask for residents of that neighbourhood to give you a small donation as a thank you.

Tug of War
How it raises money: Entry Fee
Cost: Low
Difficulty: Easy
Rally up your teammates and other CF walk teams and organize a tug of war competition. Have teams pay an entry fee, as well as getting their networks to donate to them. Have a prize for the winning team.

Friendly Competition
How it raises money: General Donations
Cost: Free
Difficulty: Easy
Create a series of friendly competitions for you and your teammates to compete in. Plan the competitions over a few days and have the friends and families of your teammates place bets on who they think will win. Have a prize for the person who guessed the most correct number of winners.
TOGETHER WE CAN MAKE CF HISTORY

OTHER TOOLS/RESOURCES:

- Pledge Form
- Team Captain Guide
- Free Fundraising Ideas
- Holiday Fundraising Ideas
- Team Fundraising Ideas
- Workplace Fundraising Ideas
- How to ask for Donations

WE’RE HERE TO HELP!

Please don’t hesitate to reach out to any Cystic Fibrosis Canada staff member.

We are happy to help!

walk@cysticfibrosis.ca
1-800-378-2233

Good luck and thank you on behalf of all of us at Cystic Fibrosis Canada.