

WHAT TO BRING TO THE SLEEPOUT

Below are the details of everything you will need for the night.

EQUIPMENT

You will be sleeping outside so will need some essentials to make it a little more comfortable. We recommend you bring the following:

- Fundraising pack
- Pillow
- Thick sleeping bag
- Sleeping mat
- Plastic sheeting/ground sheet to protect from wet weather
- Torch (lighting will be switched off at night)
- Towel/wash bag

CLOTHING

There is no dress code for the event but come prepared to sleep outside. It will be cold and possibly wet so please bring the following:

- Warm thermals/thick socks
- Layers of medium to heavyweight clothing
- Sensible shoes
- Waterproof outerwear
- Woollen hats and gloves
- A change of clothing in case of wet weather
- Eye mask (to help you get some sleep)
- Earplugs (it is in an urban area and will be noisy)

TIMINGS ON THE NIGHT



8PM
Arrive
at the
Centre



8.30-9.30PM
Refreshments
and tour of
the Centre



9.30-11PM
Soup and
bread
supper



11-12PM
Bed
down



7AM
Wake up
for tea and
coffee