

# Sleepout Safely

## at Home!

### Considerations for hosting a Sleepout

Make sure you have the necessary First Aid equipment, know the fire procedures of the venue and have a backup indoor location in case of extreme weather conditions.



### Stay Warm

Wrap up and wear lots of layers, paying particular attention to your extremities (head, hands and feet).

Sleeping directly on the ground will make you colder, so think about having a cardboard base, ground sheet, yoga mat, or blanket to sleep on.

### Food for Fuel

Stay warm from the inside by preparing hot food, drinks and snacks to get you through the night.



### Stay Dry

The British weather is never predictable, make plans on how to stay dry in case of rain with waterproof clothing and some form of shelter such as an umbrella, canopy or covering.

By joining us tonight with your very own sleepout you are doing an amazing thing, but if you start to feel unwell please put your health first and go inside.