

# Host Your Own Participant Checklist



## What to bring

- Sleeping bag – a cold weather and waterproof sleeping bag
- Thermals – layers are the way forward for staying as warm as possible!
- Coat, hat, gloves, scarf, thick socks
- Spare change of clothes (in case it's wet!)
- Toothbrush and toothpaste
- Torch
- A fully charged phone
- Snacks
- Sleeping mat/yoga mat or large cardboard (for sleeping on)

**For any supplies you might need, use code  
SHINEALIGHT10 at checkout for 10% off**



## What not to bring

- ✗ Excess baggage
- ✗ Alcohol
- ✗ Any sharp items – glass bottles
- ✗ Anything of notable value – jewellery, large sums of cash, tech equipment iPads/kindles, etc.

For more information:

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