

# Host Your Own Sleep Out



Packing

Checklist



**Where?**

Over 1,000 host your own sleep outs nationwide

## What to bring?

Your own sleeping bag (essential)

A yoga mat/ sleeping mat (optional).

## What to wear?

Warm long sleeved top

Warm fleece/down layer

Warm leggings/trousers

Gloves

Scarf

Thick warm socks

Runners/comfortable shoes

## What to pack?

Waterproof jacket

Extra layers, a change of clothes and spare socks

Mobile Phone + battery pack

Any medication you use

Toothbrush & toothpaste

Small torch

Survival Bag

Emergency Blanket

Snacks and Small Bites

Flask with your hot beverage of choice

I am Sleep Out ready!

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