

# On The Night 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 or a yoga mat (optional)

## What will be provided

- ✓ Refreshments – coffee/tea, water, hot meal
- ✓ Large cardboard (for sleeping on)
- ✓ Survival bags & Emergency blankets, kindly donated by Outdoor Adventure Store
- ✓ Shine A Light beanies
- ✓ First Aid kit



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## 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.

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