

# Focus Ireland Official Sleep Out



☐ **Packing**

☒ **Checklist**

## What will be provided?

- ☒ Shine A Light beanie hat
- ☒ Survival bag
- ☒ Emergency foil blanket
- ☒ Cardboard mat
- ☒ Tea, coffee & bottled water
- ☒ Evening meal
- ☒ Light breakfast
- ☒ Support from Focus Ireland staff
- ☒ First Aider
- ☒ Toilet facilities

## Where?



- Cork City Gaol (Business Leaders & Corporate Teams)
- Iveagh Gardens (Business Leaders)
- TU Dublin Grangegorman (Corporate Teams)

## What to bring?

- ☐ Your own sleeping bag (essential)
- ☐ A yoga mat/ sleeping mat (optional)

## 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

☐ **I am Sleep Out ready!**

For more information:  
T: 01 881 5900  
W: [shinealight.focusireland.ie](http://shinealight.focusireland.ie)  
E: [shinealight@focusireland.ie](mailto:shinealight@focusireland.ie)

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