

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)
- TU Dublin Grangegorman (Business Leaders)
- Leinster Cricket Club (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!

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FOCUS
Ireland



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