

# PREP FOR SLEEPOUT 2024



Well done! Now that you're all signed up, here's where you can find our top tips, suggested kit and other ideas to prepare yourself for the big evening ahead :)



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2. Checklist - sleeping bag and kit
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# FUNDRAISING GROOVE



If you're about to embark on your fundraising journey in support of RESTART, then thank you! You're not alone and we'll support you every step of the way so no question is a silly question!

Head over to our instructions here :

[https://www.restartlives.org/\\_files/ugd/4e1a02\\_0ebe6212da214989b18366d2c4edacaa.pdf](https://www.restartlives.org/_files/ugd/4e1a02_0ebe6212da214989b18366d2c4edacaa.pdf) which can be found on our website if you need to go back and see them again at any stage.

It'll take you through, in a few simple steps, how to launch your Justgiving page and then you are away to get sharing!

It's said often but it really is true that any small donation goes a long way. Whether it's a few pounds or more, it all collates, helps us build toward and plays a big part in the movement you're becoming a part of. Thank you for helping us raise funds and edge towards our joint target of £100,000.

**CHANGE LIVES  
WHILE YOU SLEEP**



# KIT CHECKLIST

## Essentials:

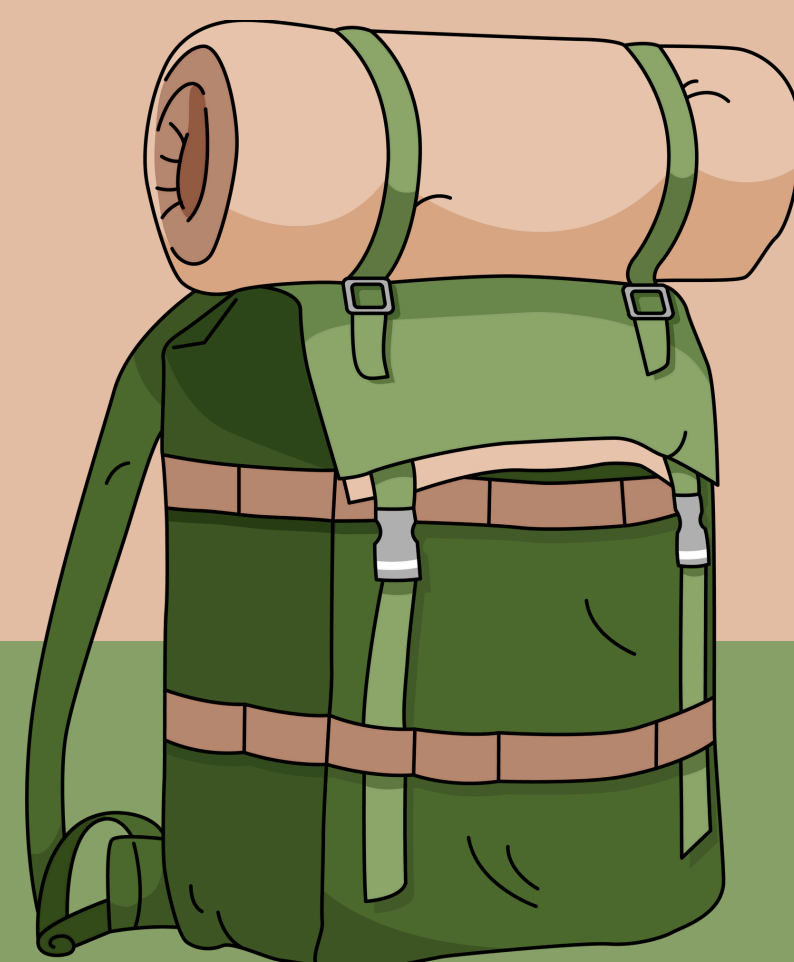
- sleeping bag - warm/three or four season (if you have)
- camping/ground mat and/or cardboard (the thicker, the better to keep you off and elevated from the pavement)
- layers of warm, comfortable clothes e.g. leggings, fleece, waterproof coat or jacket
- mobile phone
- form of photo ID - to comply with our event management plan, we ask that adults supervising children bring their ID

## Extra (other items to consider):

- hat, gloves and scarf
- something for a pillow
- 'bivvy bag' = a protective waterproof layer for your sleeping bag. A survival bag is another alternative or a cheaper option is a sturdy bin bag!
- water bottle (+ any snacks you might want overnight)
- any prescribed medication you know you may need
- headphones (if sensitive to noise when sleeping)
- eye mask (if sensitive to light when sleeping)
- change of clothes for the morning (especially if rain is due)

## What to leave at home:

- alcohol
- tents
- any unnecessary valuables



**SLEEP OUT  
SO OTHERS DON'T HAVE TO**

# EVENT DETAILS

**When:** Friday 6 December 2024

**Where:** St Columba's Church, Pont Street, Knightsbridge, SW1X 0BD

**What:** we will sleep outside together in a group beside the church (where our weekly drop-in takes place) on a wide stretch of pavement that will be closed to traffic overnight.



- Please bring a sleeping bag, warm and water-proof clothing and some sort of a ground mat. You may wish to bring a pillow.
- **Arrive:** at 9pm, having had something to eat! You'll be greeted and asked to register your attendance. There will be a welcome briefing at 9.15pm to ensure everyone knows the ground rules and what to do in the unlikely event that during the night you become concerned, feel unwell or wish to call it a day!
- You will be able to change, use the loos, get a hot drink to warm you up etc inside the church.
- **Bed down:** 10pm - 6am. We are asking that you aim to spend 8 hours sleeping out from Friday 6 December until the following morning on Saturday 7 December.
- At 6am on Saturday morning, we will gather our stuff together and complete the SleepOut with a hot breakfast inside the church.

# EVENT DETAILS



On event day, the RESTART team will be busy running our usual drop-in till 8.30pm supporting guests to have their meals and seek help and advice, before we look forward to seeing you. Have a think about your plans and access to us e.g. travel routes, arrive having eaten, whether you might be coming straight from work or home, other arrangements etc. Here's some info to help:

## **Stations closest to the church:**

Knightsbridge, Sloane Square and South Kensington.

## **Local amenities, if need to pass time pre Sleepout**

*(there are various pubs, coffee shops and other chains on the high street, Brompton Road) along with:*

- Pret a Manger
- Sainsbury's Local
- Al Arez 2 Lebanese (Knightsbridge)
- McDonald's (Knightsbridge)
- Franca Manca (South Kensington)
- Rocca (South Kensington)
- Honest Burgers (South Kensington)
- Boots
- Cafe Concerto