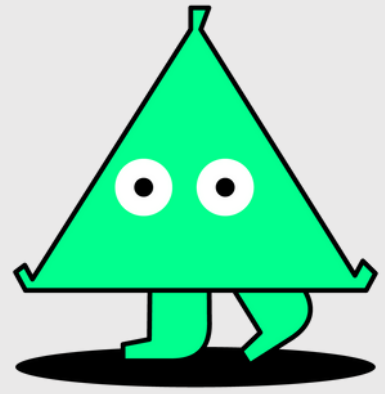


KIT LIST



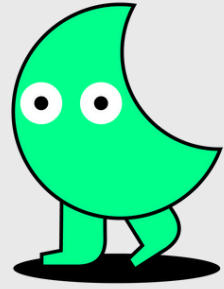
- Sleeping bag (*MANDATORY*)
- Roll mat
- Pillow (*optional*)
- Snacks (*there will be food provided on the evening and morning after*)
- Refillable bottle (*water available on the night*)
- Reusable cup (*tea and coffee will be provided on the night*)
- Hand sanitiser and wipes
- Toothbrush and toothpaste
- Woolly hat, scarves and gloves
- Spare underwear and socks
- Personal medications
- Torch
- Portable charger
- Eye mask and ear plugs
- LOTS OF WARM LAYERS!



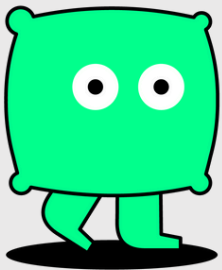
REMEMBER!

Make sure you check the weather in the lead up to the event so that you can pack accordingly!

EVERY **YOUTH**



sleep



out

help put youth
homelessness
to bed

THANK YOU!

for questions or support please contact
sleepout@everyyouth.org.uk