

# How to Organise a Sleep Out

## What is a Sponsored Sleep Out?

A 'Sleep Out' is a sponsored event where people volunteer to sleep outside, maybe on cardboard or pallets, with or without sleeping bags, to try to emulate the experience of being homeless, while raising funds to help the homeless.

## Considerations

1. The key consideration when organising a 'sleep out' is the location. If you are planning a 'sleep out' with young people you will require an outside space which is safe and which has access to toilets. Access to a dry space (for emergencies) would also be advisable. Children under the age of sixteen should not usually be involved in a 'Sleep Out', but could take part in an indoor event with adequate supervision.
2. Any number of people can be involved in a sponsored 'sleep out', as long as there are sufficient facilities for the number of people. Each participant should seek to raise sponsorship, ideally between £50 and £100.
3. In order to attract participants and sponsorship, you may wish to produce posters; we can help with some examples.
4. Each participant will need to bring their own sleeping bag, blankets, etc.
5. Start at about 8.00pm and aim to finish at about 8.00am.
6. You will need to undertake a full risk assessment and check with the appropriate insurance policy.

7. A qualified first aider should be on site for the duration of the Sleepout.

8. For a larger event you should notify the police or perhaps the local council offices.

9. It is a good idea to provide hot soup, tea and coffee both in the evening and the following morning.

Depending on your facilities you could also offer bacon sandwiches and a vegetarian option the following day.

10. You will require a number of volunteers to man the event. This will include a qualified first aider, adults to stay on site overnight to patrol the event, volunteers to provide the food and drink.

11. You could organise some entertainment if you wish.

12. This is also an excellent opportunity to organise an educational talk around the issues attached to homelessness. We can help with this if required.

13. Please note: there is likely to be some clearing up required the following day!

**Good luck  
and thank you so much for your interest.**

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