

# Sleep Out America Checklist

By giving up your bed for one night, you're ensuring that youth experiencing homelessness can sleep safely at Covenant House. This checklist includes ideas on how to make Sleep Out meaningful for you.

## ❑ Pick a Sleep Out location.

Part of what makes the Sleep Out meaningful is that participation requires a physical and emotional investment. It is up to you to determine how you will make yourself uncomfortable.

Identify where and how you will Sleep Out **now** so that you can include it in your messages to friends and family. Details will help people understand exactly what you're doing.

Start with the knowledge that you are giving up your bed (if you're worried that you will get tempted to crawl under your covers during the night, [try this activity](#)). Then review your options: your backyard, porch, or driveway; your terrace or balcony; your car; the floor of a room that you wouldn't normally sleep in. **Only Sleep Out in a location that is safe and legal.**

## ❑ Create your Sleep Out schedule.

Sleep Out is about more than giving up your bed. Plan a night for yourself that includes learning about youth homelessness, getting to know the young people whose lives are affected by your efforts, and reflecting on the experience.

Find a sample schedule at [sleepoutamerica.org/schedule](https://sleepoutamerica.org/schedule).

Find activity ideas and other content in your Sleep Out Toolkit: [sleepoutamerica.org/virtual](https://sleepoutamerica.org/virtual)

## ❑ Prep your supplies.

This night is meant to be spent in solidarity, so stick to the basics and plan to go without any luxury bedding items like pillows and blankets.

If you're going outside, wear layers. Be conscious of what those in your geographic area may or may not have for a night on the streets and try to keep it simple (while staying safe).

We recommend keeping your smartphone with you throughout the night to document your Sleep Out with photos and share them on social media.

## ❑ Update your friends and family.

Let your community know that your Sleep Out has started and how they can support you! The funds and awareness raised through Sleep Out are an important part of the experience and are vital in helping Covenant House keep our doors open for youth experiencing homelessness.

Find sample messages and social media content in your fundraising toolkit: [sleepoutamerica.org/raisefunds](https://sleepoutamerica.org/raisefunds).