



CHECKLIST



Presented by DELTA

CHECKLIST

To ensure you and your group are ready for your Sleep Out America experience, go through the following check-list of items and tasks:

- Select your Sleep Out Location
- Review our suggested night-of Timeline
- Ask for donations! The night you Sleep Out is the best time to ask for donations on social media or by email to friends and family. You can do this from your phone or your computer. Be sure to send the link to your Sleep Out America donation page!
HINT! Find your URL by going to www.sleepoutamerica.org, click on "Find a Participant" in the top right corner and locate your name. Once you are on your personal page you can copy the web address in your browser window.)
- Pack a sleeping bag and cardboard box
- Know the weather and dress accordingly
- Charge your phone
- Explore our videos and plan to view at least two before heading outside
- Print out (save to your phone) a few of our conversation starters
- Share your preparations and night-of experiences on social media using #sleepoutamerica

WHERE TO SLEEP OUT

Where you sleep out is up to you. While homeless youth don't always have options, for the purposes of your Sleep Out we ask only that you choose a safe location and one that you have permission to use. Suggested Sleep Out locations:

- Your backyard or porch
- Your driveway
- Grounds/parking lot of your organization (i.e. club, place-of-worship)*
- Grounds/parking lot of your company*
- Community facility*

**Obtain necessary approvals and permits/permissions*

WHAT TO BRING

We recommend that you Sleep Out with three basic things:

1. A cardboard box
2. A sleeping bag
3. A phone

This night is meant to be spent in solidarity, so leave any luxury bedding items - things that homeless youth wouldn't have access to - inside.

We suggest wearing layers and considering what those in your geographic area may or may not have for a night on the streets.

We recommend that at least one member of your group bring a smart phone outside to document your night with photos and share them on social media, spreading the Sleep Out America message throughout the night.

Other items to consider bringing: a flashlight and water.

WHAT TO DO ONCE YOU'RE OUTSIDE

Once you are outside, choose and set up your sleeping spot. After you are settled, we recommend the following activities prior to heading to sleep:

1. Take photos and post them on your social channels requesting donations and be sure to tag #sleepoutamerica and include your Sleep Out America donation page URL (*HINT! Find your URL by going to www.sleepoutamerica.org, click on "Find a Participant" on the top right corner and then locate your name. Once you are on your personal page you can easily copy the web address in your browser window.*)
2. Use your smartphone to join the nationwide community on our Facebook page.
3. Use the provided Conversation Starters to have a discussion with your group about what you're doing and why you're doing it.

WHAT TO DO IN THE MORNING

When you wake up, reflect on the experience a moment before packing up and heading back inside. Consider what it felt like to wake up outside and share that with your group or in our online chat before you leave your Sleep Out location.

A closing video will be available on sleepoutamerica.org. Take a minute to watch it before continuing on with your day, and consider sharing it with the people who supported your Sleep Out.