



## Thank you for joining our Sleep Out!

Here's everything you need to get started.

If you haven't already, register for the Sleep Out At [www.spectrumssleepout.org](http://www.spectrumssleepout.org) and click "Join a Team" or "Register as an Individual".

Once registered, be sure to check out your **Participant Center** where you can customize your personal page, send out emails, and more. You can also visit the **Resources** page for tons of useful info.

Start fundraising by sharing with friends, family, and neighbors. You can send emails, drop off flyers, post online, or simply talk it up to everyone you meet!

Learn more about Spectrum Youth & Family Services by visiting [www.spectrumvt.org](http://www.spectrumvt.org).

## Post away!

*I'm sleeping out in solidarity with homeless youth on [date]. Help me ensure our young people never have to sleep in the cold by supporting my Sleep Out: [personal page link]. #SpectrumSleepOut*

*I'm sleeping out because [fill in your reason]. Donate using the link in my profile to ensure every youth has a warm, safe place to sleep. #SpectrumSleepOut*

*I'm grateful every winter night for my cozy bed. Let's make sure all youth have a safe, warm place to sleep this year. You can help by donating to the #SpectrumSleepOut at the link in my profile.*

*Together we can give homeless youth a safe, warm place to sleep. Make a difference. Donate: [personal page link]. #SpectrumSleepOut*

## Questions?

Please contact Charlotte Steverson at [events@spectrumvt.org](mailto:events@spectrumvt.org) or (802) 864-7423 x330.

### Gear Checklist

- Sleeping Bag
- Hat & scarf/winter face mask
- Mittens or gloves
- Base layer bottom and top (long underwear)
- Warm layers (preferably not cotton)
- Warm socks (and an extra pair)
- Winter boots
- Flashlight/headlamp
- Large cardboard box, Thermarest pad or tarp/garbage bag for ground cover
- Hand/toe warmers
- Extra blanket
- Thermos/water bottle
- Snacks
- Ear plugs
- Journal and pen to document your experience
- Phone to take photos and join our Virtual Program