



7 MARCH 2024

WAKE UP TO HOMELESSNESS



You are registered for **Cambridge**

The address is: Cambridge University Rugby Union Football Club (CURUFC), University Football Ground, Grange Road, Cambridge, CB3 9BN

Registration is open from 19:00 – 20:30 – please arrive between these times!

Transport: We'd advise you to use public transport or maybe even walk to the venue? Remember, young people who are homeless don't have easy access to transport...

The stadium is located a 40 minute (1.8) walk from Cambridge Railway Station. The U1 Universal and U2 Universal busses also run between the station and venue, taking about 20 minutes, running every 20 minutes.

Parking: There is very limited parking at the Stadium available on a first come, first served basis. The stadium is located in a residential area, please be conscious of this when parking and do not block driveways.

BEFORE coming to the event: Please eat a hot substantial meal. A supper of soup and bread will be served in the evening and breakfast available on Friday morning.

Please do not drink alcohol with your meal. Alcohol lowers the body's temperature and increases the risk of hypothermia. *(Please note if you arrive under the influence of alcohol, you will be denied entry)*

Event Schedule

19:00 – 20:00 – Arrival, and registration

19:00 – 21:00 – Catering available, networking

21:00 – 22:00 – Speeches. Hear from LandAid, our sponsors, and a charity partner for the night and Prize giving for Top Individual Fundraiser and Top Fundraising Team.

22:00-22:30 – Final networking and bedding down

22:30- Bed down

05:00 – 07:00 – Wake up, pack up, grab breakfast.

06:00 (approx.) – Raffle Drawn

07:00 – Event ends. Go home and go to bed! (Or go to work, and drink lots of coffee!)



Kit List

- Sleeping bag – a cold weather sleeping bag
- A pillow
- Thermals – layers, layers, layers!
- Your warmest coat
- Comfortable clothing – you'll be spending a lot of time of the floor. Think joggers rather than skinny jeans!
- Gloves, scarf, thick socks, hat
- An eye mask
- Toothbrush and toothpaste
- A torch – it will be dark during the night
- A fully-charged phone
- Lidded reusable drink cup
- Any medications that you take regularly or may need

Optional

- A power bank – *unfortunately, we won't have power sockets available on the night for phone charging, so please bring a battery pack if you have one*
- Pillow
- Sleeping mat
- Eye mask (some lights will remain on throughout the event)
- Materials to decorate your beds for the bed building competition.
- A bank card for the raffle (if you haven't got Apple/Google Pay)

What NOT to bring: Please do not bring any valuables (Laptops etc) to the event as there will not be a safe place to store them. Please only bring valuables you can keep on you at all times (Phones, wallet etc) Alcohol or drugs. The SleepOut is an alcohol and drug free event. Anyone consuming alcohol or under the influence of any substance will be refused entry or asked to leave.

More Important things!

Health and safety – the venue is secure, and there will be qualified first aiders and security staff on site throughout the night.

For smokers and vapers, there is a designated area that your Event Manager will show you on the night. Please do not smoke or vape in any venue.

Food allergies, dietary requirements, or medical conditions? Make sure you've filled in all your important information - including your emergency contacts!

Please ensure your phones are fully charged before the event. There are no charging points at the venue. If you have one, you may wish to bring a charging pack.

Another unanswered question? Check our [FAQs](#)

Answer not there? Email sleepout@landaid.org (please be patient if it takes a while for us to get back to you! It's a very busy inbox!)

The difference you're making! 1500 property and wider built industry professionals will be sleeping out across the UK on Thursday night to raise funds to support young people who are experiencing or at risk of homelessness.

All funds raised in Cambridge will support local organisations. You can find out more about this project on our website [here](#). The more we raise, the more young people we can help, so keep sharing your fundraising pages and let your friends, family and colleagues know the difference they are making by supporting you.

Thanks to our **headline** and **regional sponsors** for making this event possible.



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