



PREP LIST

WHAT SHALL I BRING? (KIT)

Essentials:

- sleeping bag - warm/three season if you have
- camping/groundmat and/or cardboard (the thicker, the better)
- layers of warm, loose clothes e.g. leggings, fleece
- waterproof coat or jacket
- mobile phone
- form of photo ID - *to comply with our event management plan, we ask that adults supervising children bring their ID*

Other items to consider:

- hat, gloves and scarf
- something for a pillow
- 'bivvy bag' = a protective waterproof layer for your sleeping bag. A survival bag is another alternative or a cheaper option is a sturdy bin bag!
- water bottle (+ any snacks you might want overnight)
- any prescribed medication you know you may need
- headphones (if sensitive to noise when sleeping)
- eye mask (if sensitive to light when sleeping)
- change of clothes for the morning

What to leave at home:

- alcohol
- tents
- any unnecessary valuables

WHERE CAN I EAT?

(LOCAL AMENITIES)

Whether you're coming straight from work or from home, here are some local amenities nearby the church, in case you need to pass time before the SleepOut.

During the early evening of the SleepOut night, we'll be busy running our usual drop-in (6.30-8.30pm) supporting guests to have their meals and seek help and advice, before we look forward to seeing you.

Restaurants:

- Al Arez 2 (Lebanese), Knightsbridge
- McDonald's, Knightsbridge
- Franca Manca, South Kensington
- Rocca (Italian), South Kensington
- Honest Burgers, South Kensington

There are various pubs, coffee shops and other chains on the high street (Brompton Road) which may be handy too:

- Sainsbury's Local
- Boots
- Pret a Manger
- Caffe Concerto

