



A GUIDE TO THE NIGHT



WHAT TO BRING:

Wear warm clothing in layers, ensure you have a waterproof outer layer and line your bag with a waterproof bag (a black bin liner will work). Your feet, head and hands are the first to get cold so make sure you wear warm waterproof footwear and pack an extra hat and a spare pair of gloves.



SUGGESTED PACKING LIST:

- Warm sleeping bag
- Umbrella
- Ear plugs
- Extra Warm socks
- Phone & power bank
- Extra pair of gloves
- Extra beanie hat
- Water
- Extra fleece jumper
- Mat or plastic sheet to lie on
- Tent (if sleeping outside)



Your sleep out fundraising page



COPE Galway

Fundraising Tips & Guidelines

Your Responsibilities as a Fundraiser:

- If in doubt about your physical capacity to undertake this activity, please let a parent/guardian know, seek the correct medical advice if necessary.
- All fundraisers should conduct fundraising activities in a respectful, honest and transparent manner.
- Not make any unreasonably persistent approaches nor exert undue pressure on people to make donations to COPE Galway
- Fundraisers should agree to not knowingly spread or disseminate any false or misleading information, nor to permit others to do, or to use or exploit any associations related to COPE Galway for personal gain.
- Look out for one another!

Promoting your fundraising page

Whatsapp:

Whatsapp is a great way to share your fundraising page with people you know. You may want to consider some factors when choosing who you ask for support, whether they 1) care about you 2) care about your cause and 3) are able to donate.

Social Media

You can update people throughout the night on how the sleep out is progressing through stories, and don't forget to link your fundraising page. Tag COPE Galway's social media accounts when you do and we can reshare. Sleeping out isn't an easy way to raise funds, let as many people know about the challenge you're taking on as you can, people will be delighted to support you!

Social Media handles:

Instagram	@cope.galway
Facebook	@COPEGalway
Twitter	@COPEGalway
LinkedIn	COPE Galway
TikTok	@copegalway

**And don't forget to thank
your donors!**



COPE Galway