

NIGHT OUT PROJECT

2019 Sleep-Out

Guide

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Who, What, Why and Where?

NIGHT OUT PROJECT

Date: Thursday, November 7, 2018

Location: First United Methodist Church

420 North Nevada Avenue

Time: November 7, 6:00 p.m.- November 8, 7:00 a.m.

Our NIGHT OUT *in* the cold helps youth experiencing homelessness come in *from* the cold this winter. Money raised by the NIGHT OUT event goes to The Place's shelter program. It costs \$71 to provide one night of safe shelter, food and other basic items for one youth.

Thank you for joining us for the 2019 NIGHT OUT Project.
Without you, this project would not be possible.

Have a Question? Here's Who to Contact

Courtney Deuser

Development Officer

courtney.deuser@theplacecos.org

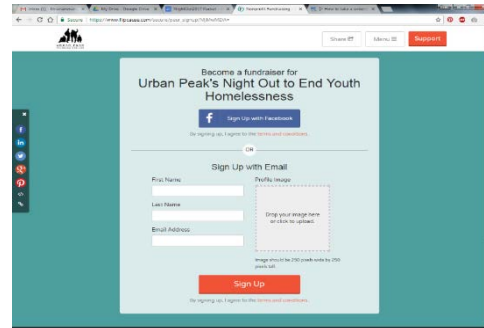
Office: (719) 338-9257

How to Set Up Your Fundraising Page

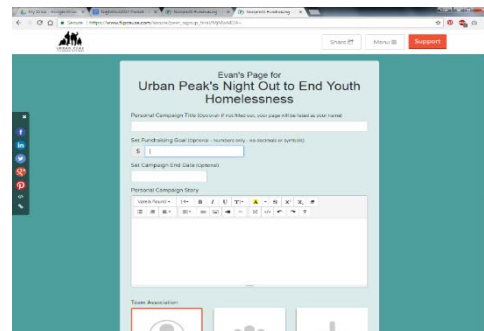
How to Participate:

1. Sign up to sleep out by going to our [website](#) and creating a fundraising page for the project. OR contact Courtney in our development office (see bottom of page.)

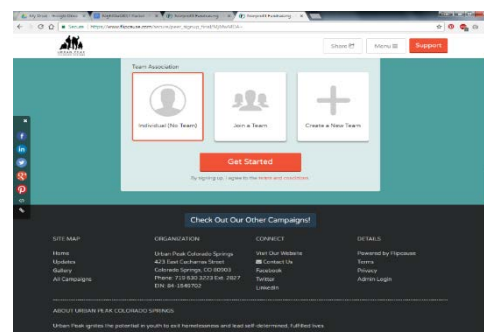
- a. Become a Fundraiser for The Place's NIGHT OUT to End Youth Homelessness by signing up with Facebook or email.



- b. Select an Optional Campaign Title, set your fundraising goal (\$1000), and enter your Personal Campaign Story.



- i. **OPTIONAL** If you would like to start a campaign as a team, or join a team that has already been created, you are able to do that at the bottom of the page.



- c. You are ready to start fundraising! Check your inbox for your login information. The fundraising page can be shared on various social media platforms

2. Reach out to your family, friends, colleagues, and classmates and ask them to sponsor your NIGHT OUT by giving money in support for The Place.

Tips for Getting Sponsors for Your NIGHT OUT

- ❖ Take some time to learn more about The Place to help you in sharing our mission. This packet contains useful information for you to use to spread the word about our important work. You are welcome to give Courtney a call at (719) 338-9257 or an email at courtney.deuser@theplacecos.org with any questions at any time!
- ❖ Let people know your personal connection to The Place. Your story often means as much to your friends and colleagues as it means to you. If you don't have a story, we will share success stories with you.
- ❖ Add a sentence about NIGHT OUT to your email signature as a way to educate and remind the people you are often in contact with.
- ❖ Write personal notes to your sponsors. This is a great way to connect your name with the organization's materials. People are usually much more responsive to a person than they are to an organization.
- ❖ Use the template emails and scripts provided and tweak them to fit your personality. There will be multiple scripts for you to use.

Sample Emails to Solicit Support for Your NIGHT OUT

Please find short appeals below that you should feel free to use to reach out to friends, family, colleagues, and more. Other NIGHT OUT participants have seen fundraising success using social media or email to share their appeal.

Email before event, soliciting donation:

On Thursday, November 7th, I will be spending the NIGHT OUT with The Place (a former affiliate of Urban Peak), sleeping outside, in order to raise awareness and funds to end youth homelessness. November is National Homeless Youth Awareness Month. With your help, my NIGHT OUT will bring youth in from the cold this winter.

The Place is a local organization working with homeless youth. Besides a 20 bed shelter, The Place provides education and employment assistance, health services and housing program, to name just a few.

In 2018, about 185 youth found safety, warmth and support at The Place's shelter. It costs approximately \$71 to provide one night of safe shelter, food and other basic items for one youth. Every penny that you donate on my fundraising page will go towards The Place's shelter program.

Please, join me today in supporting our community's young people who are experiencing homelessness by donating to my NIGHT OUT fundraising page.

Facebook/Social Media Solicit:

Dear Friends,

You may or may not know about an organization in the community that means a lot to me: The Place (a former affiliate of Urban Peak).

The Place is a local organization working with homeless youth. They provide shelter, education and employment assistance, street outreach, and housing programs, to name just a few.

In 2018, about 185 youth found safety, warmth and support at The Place's shelter. It costs approximately \$71 to provide one night of safe shelter, food and other basic items for one youth. Every penny that you donate on my fundraising page will go towards The Place's shelter program.

On November 7th, I will be spending the NIGHT OUT with The Place, sleeping outside in order to raise awareness and funds to end youth homelessness. November is National Homeless Youth Awareness Month. With your help, my NIGHT OUT will bring youth in from the cold this winter.

Please follow this link to help sponsor my NIGHT OUT! (Link to fundraising page)

Phone Solicit:

Hello, I am calling today because I want to invite you to sponsor my participation in an event for an organization which means a lot to me. It's for The Place. I've been (supporting/involved with) The Place (a former affiliate of Urban Peak) for ____ years.

On Thursday, November 7th, I will be spending the NIGHT OUT with The Place, sleeping outside, in order to raise awareness and funds to end youth homelessness. November is National Homeless Youth Awareness Month. With your help, my NIGHT OUT will bring youth in from the cold this winter.

The Place is a local organization working with homeless youth. Besides a 20 bed shelter, The Place provides education and employment assistance, health services and housing program, to name just a few.

Are you able to help sponsor my NIGHT OUT as we work together to bring youth out of the cold this winter?

Thanking your supporters for their donation:

Hello _____, thank you for your contribution to my NIGHT OUT Project. With your help, our NIGHT OUT sleepers raised \$XXXXXXXXXXXX for youth!

If you choose to use these messages as you begin your fundraising campaign, I encourage you to add your own personal touch. Some things that can be good to mention can include what The Place means to you or your perspective on the issue of homelessness in general. Your story often means as much to your friends and colleagues as it means to you.

Agenda for NIGHT OUT

November 7, 2018

First United Methodist Church

420 North Nevada Avenue

Event is Thursday 11/7 @ 6:00 pm to Friday 11/8 @ 7:00 am

6:00-7:00 p.m.	Registration & waivers
6:00-7:00 p.m. (during Registration)	Supper provided
7:00 p.m.	Welcome & information
7:15 p.m. – 9:00 p.m.	Program (details to come)
9:00-9:30	Break & prepare for sleeping outside
9:30p.m. – 5:30 a.m.-ish	Sleep Out in North lot at church
9:30 p.m.-5:30 a.m.-ish	Security volunteers overnight
5:00 a.m.-6:00 a.m.	Sleepers wake up at will
5:00 a.m.-7:00 a.m.	Light breakfast, debrief/reflection

WHAT TO WEAR

*Get prepared with this great guide written by our friend and mountaineer
Silas Musick!*

What NOT to Wear! And What to Wear Instead:

Against Your Skin: Do NOT wear cotton. Especially, against your skin. The reason is lack of breathability. As you work hard to warm up the cotton traps that heat and sweat and holds it against your skin. What this means is you warm up, and sweat and then the moment you stop being active you are wet. This moisture can be dangerous in the

temperatures we'll see on Thursday night. So, try to find wicking underwear and base layers (against your skin). Instead, of cotton wear a synthetic mix or wool.

The In-betweens: Between a well wicking base layer and a waterproof outer layer you want to place insulation. Great suggestions for insulation include: fleece, microfleece shirts, pants and jacket and/or goose down jacket. The purpose of this layer is to retain heat. Fleece and down do this best! Hoodies are rad, but most are cotton and that's not so rad. This won't insulate well or breath, which is a wasted layer. A vest is another nice option for the insulation layer.

To Withstand the Elements: Your outer layer or shell is intended to prevent the elements from getting in. This is best accomplished by a wind-breaker, waterproof, breathable parka if possible. Gore-Tex is the most well-known brand, but alternatives use polyurethane-coated fabrics that are equally waterproof but less breathable. Vents help expel excess heat and moisture.

Use Your Head: You lose significant body heat through the top of your head. There's an old mountaineering saying: "If your feet are cold, put on a hat." Wear a beanie or stocking cap of some sort. There are windproof versions too.

Overdressing Can Be Deceiving Too: Moving and keeping your blood circulating is important sometimes overdressing can mislead someone to be sedentary and soon shivering uncontrollably due to a drop in core temperature. You also don't want to be so overdressed that you sweat profusely and then invite moisture into your extreme cold setting.

Keep Those Piggies Warm: Did I mention NO COTTON? That means socks too. Wear a thin, snug layer next to your skin and a thicker outer layer. Wool socks are best and two layers are okay so long as you have wiggle room. Tight socks and shoes limit circulation and it won't take long for your feet to feel like blocks of ice. Promote circulation to your extremities and limit numbness or tightness. If your socks get wet or simply too cold, have a spare pair of socks tucked in the chest of you insulated layer and warm the cold socks up in your sleeping bag with your body heat.

BOOTS: Better than any other shoes are insulated, waterproof, winter boots. Not too tight, to encourage circulation of all the *warm* blood flow those jumping jacks generate.

All Hands on Deck: A light liner glove with a bigger outer mitt is an ideal combination. You can wiggle your fingers and make a fist inside the mitt and when you need use of your fingers you don't have to expose your skin directly to the cold thanks to the liners.

Face the Facts: It's probably a good idea to have a balaclava or face mask too. Exposed skin of any kind is in danger of frostbite in extreme cold weather. Though we won't see those negative Fahrenheit temperatures there's no harm in keeping the wind off your skin.

Sleeping Bag for the Win: Your sleeping bag will be your friend in extremely cold weather IF it does its job. Goose down is better than polyester but if you can keep both dry either will work well. Most bags have a degree rating (example: 30-degree bag, 15-degree bag). Obviously, the lower the degree the warmer the bag. You'll want to have a barrier between your bag and the ground. Cardboard will work, or a tarp.

FAQ

What precautions are being taken to ensure participants safety?

As has been in the case in years past, we will alert Colorado Springs Police Department. CSPD will be patrolling the area, and doing drive by check-in's throughout the night. We will have several volunteer teams awake and keeping an eye out throughout the night.

Do we need to bring our own dinner or breakfast?

Volunteers will provide both a dinner and a light breakfast. The meals will be nothing fancy – similar to the meals often provided by shelters.

What if it snows?

Pending extreme temperatures, we will sleep out. In years past, it has snowed, been windy, or we have had temperatures in the single digit range. We are doing the NIGHT OUT earlier this year than last year, but we should still be prepared for any weather.

Why are we asked to bring tarps, but not tents?

We are showing our support for young people experiencing homelessness through the united act of sleeping out together. Tents, although used by some people experiencing homelessness, might disrupt some of the solidarity among supporters.

What if my whole family wants to sleep out, including little ones?

Unfortunately, youth under age 14 cannot sleep out. Keep this in mind when planning your family's participation. Please contact Courtney at (719) 338-9257 or courtney.deuser@theplacecos.org to discuss ways that younger supporters can get involved.