

The BIG Sleep 2017

Salisbury Cathedral

Kit List

You will be responsible for your own weather protection and comfort - even in March the temperature can get close to zero at night! Here's what you need:

- Sleeping bags/ blankets.
- Cardboard, camping mat, or camp bed to sleep on.
- Inflatable airbeds are not recommended!
- Warm comfortable clothing to sleep in - wear lots of layers.
- Gloves and hat.
- Earplugs! It can be surprisingly noisy sleeping outdoors.
- Refreshments and hot drinks will be provided during the evening but you may wish to bring your own drink/ snacks.
- Mobile phones are permitted and personal music players with headphones.

On the Night

- Registration will start at 8.30pm.
- Please sign in on arrival.
- All participants must register in advance and complete a parental consent form if under 18.
- If you have already raised sponsorship money you can pay it in on the night.
- There is no parking available in the Close. If you are being dropped off, drive in via the High Street entrance and pull over by the white gate. The Close will be locked up between 11pm - 6am apart from emergency access.
- Overnight parking is free in Brown Street, Culver Street & Central car parks.
- Refreshments will be provided in the evening and hot water for drinks will be available through the night.
- Please do not bring alcohol, and there is no smoking permitted in the Cloisters.
- There will be a St John Ambulance at the venue all night in case of medical emergency.
- Please be considerate of residents of the Close and arrive/ leave quietly.

www.thebigsleep.org.uk

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