



SLEEPOUT 2026

Spend one night in the elements to provide 365 nights of emergency meals.



Essential Information

Thank you for standing in solidarity with Bristol's homeless community and helping us protect a 38-year legacy of frontline care. This briefing contains all essential logistics, safety guidelines, and your kit list for **Friday 9th October – Saturday 10th October 2026**.

Key Event Details

- **Date:** Friday 9th October 2026 (Arrival) - Saturday 10th October 2026 (Departure)
- **Location:** St Stephen's Churchyard, St Stephen's Street, Bristol, BS1 1EQ
- **Arrival & Check-in:** 21:00 to 21:30 (Friday 9th October)
- **Departure:** 07:00 (Saturday 10th October World Homeless Day)

Event Timetable

21:00 - 21:30:	Participant check-in, arrival sign-off, and sleeping space allocation. There are 3 organisations involved in the Sleep Out - Bristol Soup Run Trust, One25, and inHope. A member of the team from Bristol Soup Run Trust will be on hand to welcome you and help you settle in.
21:00 - 23:00:	There will be live music as you are arriving, a welcome and safety briefing, the drawing of the raffle, and a bedtime story. Hot drinks will also be available as you are settling in. Some people may choose to settle in early for the night, this is fine.
23:00 - 06:00:	Sleep tight - all activity will settle and we'll snuggle into sleeping bags for the next few hours.
06:00 - 07:00:	Wake-up call, site clearance, hot morning drinks, and departure.

Ground Rules

- **NO TENTS ALLOWED:** To preserve the authenticity of sleeping rough, tents, bivvy structures, and pop-up shelters are strictly prohibited. Sleeping bags, foam mats, and cardboard only.
- **Alcohol & Substance Policy:** The Sleep Out is a strictly dry event. No alcohol or illegal substances are permitted on-site. Anyone under the influence will be asked to leave

immediately.

- **Under-18 Policy:** Participants aged 16–17 must have a signed parental consent form on file and be accompanied by a designated adult supervisor throughout the entire night.
- **Respect the Grounds:** St Stephen's Churchyard is a historic community space. All rubbish must be cleared before departure.

Kit List

What to Bring:

- ☐ **Sleeping Bag:** A good quality, warm sleeping bag.
- ☐ **Ground Insulation:** Cardboard - you are responsible for bringing your own cardboard for a mattress and some kind of plastic ground sheet to keep things dry.
- ☐ **Warm Clothing Layers:** Thermal base layers, fleece/down jacket, thick woolen socks (bring extra pairs), gloves, and a warm hat.
- ☐ **Waterproof Outer Layer:** Waterproof jacket (and trousers) in case of autumn rain.
- ☐ **Torch / Headtorch:** Crucial for navigating the churchyard safely after lights out.
- ☐ **Personal Medication & Basic Toiletries:** Any essential evening/morning medication and basic hygiene supplies.
- ☐ **Ear Plugs/ Loops:** You are sleeping outdoors so you will hear the nighttime sounds of the city (and possibly other sleepers snoring) so you may wish to have something to help you sleep.
- ☐ **Reusable Mug/Flask:** For hot drinks.

What NOT to Bring:

- NO Tents, frame shelters, or inflatable mattresses.
- NO Portable heaters, camp stoves, or open flame devices.
- NO Excessive valuables or large sums of cash.
- NO Alcohol or illicit drugs
- NO No radios or items likely to disturb

Safety, Welfare & Facilities

- **First Aid:** Qualified first aiders will be on-site for the duration of the event.
- **Toilet Facilities:** Indoor restroom facilities inside St Stephen's Church will be accessible to participants all night.
- **Hot Refreshments:** Unlimited hot water, tea, coffee, soup, and simple refreshments will be available in the churchyard area throughout the night.
- **Severe Weather Contingency:** The Sleep Out will proceed in cold weather and rain. In the event of severe weather warnings (e.g., dangerous storms/flooding) you will be advised of what to do.

Individual Responsibility

In order to make this event run smoothly and without incident we require all participants to agree to the following:

1. Participants must be aged 18 or above, or 14 or over if attending with a parent or guardian (or a suitable adult with the parent or guardian's written consent). This event will last all night, outside in Winter, and no provisions being made for young children.
2. You are expected to arrive between **21:00 and 21.30** on the Friday and leave between **06.30 and 07:00** on the Saturday morning.
3. There is no onsite or nearby street parking so if you are coming by car you will need to arrange parking elsewhere.
4. You need to make sure your group steward (one of the BSRT Team) knows you have arrived and let them know when you leave.
5. You are responsible for your own weather protection and comfort. It will be necessary to bring suitable clothing, sleeping bags, etc. The ground is likely to be cold and damp, possibly muddy, so it is essential to have something insulating and something waterproof to lie on as well as to cover you. A combination of cardboard and plastic sheeting is often used.
6. **DO NOT BRING TENTS**, although we understand that this can seem sensible and safe to you there are some very practical reasons why this is not a good idea and we will ask you to take tents down.
7. You are expected to respect others sleeping out and the residents of the area. You are asked not to bring alcohol, radios or any other items that may disturb the peace of others. We expect everyone to be quiet and settled by midnight.
8. Please, no smoking and no open fires within the grounds.
9. Please take care of and avoid damage to any plants and trees. If you have any known allergies to plants or insects please ensure your own safety as best as possible and let your organiser know of any medicines you may be carrying (EpiPens etc.)
10. The location is a garden surrounded by a wall with railings, there are some uneven steps and trip hazards. You are advised not to bring anything of value in case of loss or theft. The area will be patrolled through the night, but this is a city centre location with paths and streets around it so we can expect some attention from passing public.
11. **You must take away with you everything you bring – including litter, cardboard boxes, plastic sheeting and bin bags.**

While your group steward is responsible for your health and safety, if we consider that anyone is unsafe, or creating a danger or disturbance to others, we reserve the right to ask them to leave at any point.