

# HOW TO BE A STAR WHEREVER YOU ARE



## TOP TIPS FOR SLEEPING OUT - IN YOUR TENT, PILLOW FORT OR BACKYARD

### 1 Make it an adventure - indoors or out!

Pack a bag (warm clothes and insect repellent are a must if you're heading outdoors) and make like you're setting off on a far-flung adventure. Make the most of a night out of your usual routine while travel is limited – whether it be a backyard camping adventure, a swag on the balcony or a cosy pillow fort in the lounge room. You'll be creating a night to remember with your family or housemates, while raising awareness of young people who are sleeping rough.

### 2 Get comfy

No tent? No problem. You can create a makeshift shelter by tying a rope or clothesline between two trees and hanging a large tarp, blanket or canvas over the top. If you're outdoors, lay a waterproof tarp underneath, then layer it up with cushy blankets and pillows. If the weather's bad, why not take your 'sleepout' to the lounge room? Build a pillow fort, or even string a blanket over couches to build a 'tent'.

### 3 Get creative with your campout location

Travel might be limited, but your imagination doesn't have to be. There are many ways you can sleep rough for the night, in solidarity with young Aussies experiencing homelessness. While many people choose to sleep out in their backyard, there's nothing stopping you from setting up camp on your trampoline, under the clothesline or even in the hollow of a tree. It all counts!

### 4 Light up the night

A torch, headlamp or even a string of battery powered fairy lights will bring some extra twinkle to your night under the stars. If you have a fire pit in your backyard you could even use that. Shadow puppet party, anyone?

### 5 Don't forget the camp food!

What's the best part of camping? The snacks of course! Stock up on some marshmallows for roasting or chocolate and trail mix for a midnight snack. If you've got a camp stove, why not make sure you've got some bacon and eggs for a morning fry up? Pretend you're far away on safari, even if home is just a few steps away.

### 6 Make it fun

Gather your household and grab a telescope, board game, book or ukulele and choose your favourite nighttime activity - from group sing-alongs and scavenger hunts to scary stories. You can even grab a projector and throw up a sheet to make your own moonlight cinema experience.

### 7 Connect with your friends

Get inspired and connect with your friends for a virtual sleepout experience. Compare shelters, share stories or watch a movie together. Even though we're apart, there's no reason why we can't sleep under the stars together, in solidarity with young Aussies experiencing homelessness.

### 8 Document your night

Make sure you take lots of photos and videos to share on your fundraising page and on social media (remembering that there's a prize for the most likes on social!). You'll capture memories of your sleepout and show your supporters that you followed through to raise awareness of the challenges faced by youth at risk of homelessness.

### 9 Be safe

Most of all we want you to be safe. Make sure you exercise caution and follow current COVID-19 guidelines for your state, however you choose to Sleep Under the Stars.