

HOW TO BE A STAR WHEREVER YOU ARE



TIPS FOR SLEEPING OUT IN YOUR BACKYARD, AT SCHOOL, ON A COUCH OR ANYWHERE SAFE.

1 Make it an adventure

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 – it might be your backyard, but it could be the Outback in your mind!

2 Be comfy

Tents are great, but if you don't have one you can easily 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 make it comfy by layering lots of blankets and cushy pillows on top. You could even 'sleepout' inside if the weather is bad. String a blanket over couches to build a tent inside to simulate adventure or set up camp in your office with a sleeping bag and pillow.

3 Light up the night

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

4 Don't forget the camp food

What's the best part of camping? The snacks of course! Bring some marshmallows for roasting or chocolate and trail mix for a midnight snack. If you've got a camp stove, why not pack 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.

5 Make it fun

Bring a telescope, board game, book or ukulele and choose your favourite nighttime activity from group sing-alongs and scavenger hunts to scary stories.

6 Get creative with your campout location

While many people choose to sleep out in their backyard, there's nothing stopping you from setting up camp in your living room, office, balcony or carport. It all counts!

7 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 support youth at risk of homelessness.

8 Be safe

Most of all we want you to be safe. Make sure you exercise caution and appropriate social distancing wherever you do your Sleep Under the Stars.



SLEEP UNDER
THE STARS
STEPPING STONE HOUSE



STEPPING
STONE
HOUSE