



A NIGHT IN THE COLD

HomelessSolutions.org

A Night in the Cold: By participating in this event, there's a chance you will feel uncomfortable. You may feel unsure about familiar surroundings in the middle of the night or surprised by the temperature in early December.

You will most likely be tired the following day, this is the struggle many homeless individuals face every day. We appreciate you giving up your comfort in support of Homeless Solutions.

A Night in the Cold Location Options: We understand our supporters have varied levels of comfort. Here are some sleeping options to consider.

- Yard
- Car
- Driveway
- Garage Floor
- School/Church Parking Lot
- Porch/Balcony

Preparing for A Night in the Cold: Below are some tips to help you brave the elements.

- Avoid sleeping directly on the ground; you can use something as simple as blankets or cardboard as a barrier between your body heat and the ground.
- Bring an extra pair of socks to change into right before you go to bed. Socks can be slightly damp from sweat if worn prior.
- Doing a physical activity like jumping jacks before bed will increase your body heat. Nothing too extreme as you don't want to break a sweat.
- Wear a hat to bed, 6% of the body's surface volume is on the head. A cold head can trigger the body to feel cold.
- Layer up: one of the simplest ways to stay warm is to layer dry clothing. Fleece and down layers can add a few extra degrees of heat.