



VIRTUAL VE DAY COMMEMORATIONS



Sleeping Challenge

Background:

As part of training for the G.I.S. Trek Cart Trips were undertaken to find the best people who could cope under stress. These trek cart trips consisted of 8-9 women with a trek cart, hauling ropes, a little food, thick blankets and badly drawn maps. Within this they had to make beds out of leaves and bracken. You will be glad to know that we shan't be asking this of you.

Time Taken to Complete:

The duration of the camp or one night.

Equipment Required:

- A sleeping bag
- Camp bed
- Pillow
- Blanket (camp blanket)

Challenge

We are asking you to sleep on the floor somewhere in your house or in your garden. You can make this as rough (sleeping bag only) or comfortable as you wish as long as it's not where you usually sleep. You can do this for a single night of the duration of the camp.

Safety Precautions:

- Parental supervision if sleeping outside.
- Have blankets available if you get cold. **There may be a risk of Hypothermia if sleeping outside, so have the correct equipment!**
- Also wear appropriate clothing if sleeping outside, the weather could turn cold and layers will help. **There may be a risk of Hypothermia if sleeping outside, so wear the right clothes.**
- It will get dark so make sure you have a torch to find where you are going.

Challenge Yourself!

Here are some suggestions if you are looking for more of a challenge:

- Can you sleep rough? Just with a sleeping bag or blanket?
- Make it interesting by putting a tent up in the house or garden.
- Talk to your family maybe you could camp together? Have they camped before maybe they could tell you any stories.

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- No technology – can you do alternative activities that don't include technology.

Photos: Below examples of camping indoors



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Examples of camping in your garden



(Much like glamping for some)

