"Sleeping Out" is a very unique and powerful experience. It's cold, it's loud, and it's uncomfortable... but it's only 1 night. I know I'm safe, and can return to my warm home, bed, and shower afterwards. It's really only a small fraction of what the 6,000 homeless youth in LA experience nightly, some of them out on the streets for weeks, months, years, before finding the Cov.

That's why I Sleep Out and raise money for the amazing youth at Covenant House. No young person deserves to be homeless - they deserve shelter, food, clothing, an education, and to be LOVED. Together, we can all help make a big difference to these young people, and help them achieve their dreams."

-Brittany Strametz (Associate Board Chair)
WHY WE SLEEP OUT?
Because there are 6,000 youth without a safe place to sleep in Los Angeles. We believe that no young person deserves to be homeless, that every young person in CA deserves shelter, food, clothing, education...and most importantly to be loved. We believe is it our responsibility as a community to ensure that every young person has an opportunity to achieve their dreams.

WHERE WILL I BE SLEEPING?
Participants will sleep in a parking lot adjacent to CHC. Safety is our primary concern for all members of our community and we will take all necessary precautions to ensure you are safe at the Sleep Out.

HOW MUCH DO I NEED TO RAISE?
We ask that each participant do their best to raise $1,000 individually. Every dollar raised during the Sleep Out will go toward supporting CHC in our efforts to provide shelter and support for homeless and trafficked youth.

HOW DO I FUNDRAISE FOR THIS?
Reach out to family and friends to sponsor you - it is as simple as sending a few emails and posting your progress on social media! Our team will give you tips and guidance to help you reach your goals. We also can work with employers to establish employee matching gifts for participants.

READY TO SIGN UP?
Visit losangeles.ypsleepout.org to register. For further information contact Alana at aweinroth@covca.org or call (323) 461-3131 ext.254
7:00pm - 8:00pm
Check-in, dinner, tours, and photo opportunities for social media

8:00pm - 10:00pm
CHC Youth Performances, Testimonials & Awards Ceremony

10:30pm - Midnight
Bed Set Up, Photo Opportunities for social media

Midnight - 5am
You'll attempt to sleep on the street so homeless youth don't have to.

5am - 6:30am
Breakfast and reflections

Dinner:
Food will be available throughout the evening

Breakfast:
Will include pastries, fruit and coffee
2020 Young Professionals Sleep Out

FAQs

What should I bring?

- Weather appropriate clothing
- Personal toiletries
- Any medication
- Sleeping Bag (if you have one)

What should I leave home?

- Please refrain from bringing luxury bedding items, pillows, etc.
- We recommend that you do not wear valuables.

Will I be safe?

Safety is our first and foremost concern whether it is for the young people we serve, or for our supporters and guests. We will take all necessary precautions to ensure you are safe at the Sleep Out.

We encourage you to do social media posts early in the evening.

*** Bathrooms will be available all night in the career center.

LOSANGELES.YPSLEEPOUT.ORG