Sleep Out FAQ

Thursday, November 19
Soldier Field

Covenant House Illinois

We're taking the field for the 10th Sleep Out in Chicago! Here's everything you need to know before spending the night supporting unoused youth.

The Basics

What is Sleep Out?
Sleep Out is Covenant House's signature fundraising event. Participants spend one night together to raise awareness and funds for unhoused youth.

Where are we sleeping?
Evening programming takes place in the Miller Lite Midway, and participants sleep overnight in Soldier Field's covered mezzanine area outside the Midway.

Will I be safe?
Covenant House staff and event personnel will be present throughout the evening. Follow all event and venue guidelines.

Do I have to stay overnight?
Sleep Out is designed as an overnight experience. Please plan to stay for the full event and contact our team with any questions about your circumstances.

Registration & Fundraising

How do I register?
Visit sleepout.org/chicago to register and create your fundraising page.

How much do I need to raise?
We are asking all participants to commit to raising a minimum of $500.

Can I participate with a team?
Absolutely! Join an existing team or create your own with friends, family, or coworkers. Companies can also participate through employee teams.

Where do the funds go?
Your fundraising supports Covenant House's services and programs for young people experiencing homelessness.

What to Expect

What will the event consist of?
Beginning at 8PM, we will gather in the Miller Lite Midway at Soldier Field and hear directly from Covenant House youth, staff, and alumni. You will learn more about what we do and the realities of youth homelessness. Around 11PM, we will all head out to the mezzanine, set up our sleeping bags, and spend the night in solidarity with homeless youth. The following morning, we will have a brief silent reflection, and then participants exit.

What should I wear?
November in Chicago gets cold! Dress in warm layers and bring a coat, hat, gloves, warm socks, and comfortable shoes. Participants will be invited to bag & tag their items when they arrive, and they will be stored in a secure location until we are ready to head outsite for the evening.

What should I bring?

- Sleeping bag rated for 20° or lower
- Extra warm layers
- Medications and personal essentials
- Reusable water bottle

We will update final event guidelines for permitted and restricted items.

Will food and drinks be provided?
We encourage participants to eat a full dinner before arriving. We will provide light refreshments and water, as well as coffee and light breakfast.

Where do I park, and when should I arrive?
Parking is available at Soldier Field for an additional cost. Doors will open at 7PM. More details coming soon.

Additional information:
Restrooms will be available throughout the duration of the event.
Soldier Field's contracted security vendor will be patrolling the venue for the duration of the event.

Still have questions? We're here to help!

Rachel Eliser
312-759-78789
rachel.eliser@covenanthouse.org

Lisa McDermott
312-781-7554
lmcdermott@covenanthouse.org