

5DFTH 2016

Participants will:

- **Remain on campus for five days.** The campaign begins 5pm local time on the Sunday of the campaign week and ends at 5pm local time on the Friday.
- **Have no income.** 100% of the funds donated to individual campaigns are passed on to their choice of local homeless youth organization.
- **Have no food or drinks.** Food can only be received through direct donations, and all non-perishable food must be kept and used as a donation for a shelter.
- **Have only a pillow and a sleeping bag.** These items can be exchanged for an emergency meal.
- **Have no access to showers, or facilities** to which their student status would usually grant them access. Washrooms can only be accessed when campus buildings are open.
- **Sleep outside.** The only exception is if inclement weather becomes a health risk.
- **Attend all classes.** Participants will complete all academic and extra curricular responsibilities, including student organizations and teaching positions.
- **Avoid personal communication media.** Participants will be expected to not use cell phone or online social networking websites (Facebook, etc) during the Five Days campaign except for the purposes of promoting the campaign. Each region is required to have at least one cell phone for safety purposes.
- **Write about or film their experiences.** Participants' experiences will be posted on an online blog available on www.5days.ca.

5Days-What to pack:

- Winter coat
- Sweater
- 5 Days shirt (will be given)
- Underwear
- Comfy pants

- Socks
- Touque/mitts
- Sleeping bag
- Pillow
- Laptop if needed. To use for school ONLY.

5Days-What not to pack/do:

- No cellphone! (...within reason. If you need to have it for phone interview etc. there are exceptions).
- NO SOCIAL MEDIA
- No payment cards (debit, credit, etc)

Miscellaneous:

- When you are sitting at table, ask for donations such as wet wipes, deodorant, etc. in addition to monetary donations. Any unused will be donated to our charity Community Partners Addressing Homelessness.
- Direct them to donate at moose or at 5days.ca/UNBC
- Remember, this is a charity campaign and we are trying to create awareness for youth homelessness. Try stick to the guidelines!