

## Night Without A Bed

# FAQ & Registration Information

EVENT: 6PM, Friday March 28, 2025 @ The Fort Athletic Club

### Why participate?

- You will learn first-hand about the struggles facing families experiencing homelessness by spending the night without the comforts of home, sleeping in a cardboard box, and bonding with other participants in a shared experience.
- The funds you raise personally will go towards Lunch Break's Family Promise of Monmouth County programs such as food, clothing, emergency shelter, comprehensive case management, transportation, life skills training and prevention/stabilization for our families.
- **Participants will earn community service hours for their participation** (16 hours if you stay the whole night or 8 hours if you leave at 11pm).

### Where will the event take place?

Indoors in the gymnasium at The Fort Athletic Club located inside Fort Monmouth at 114 Saltzman Avenue, Oceanport, NJ 07757. Please enter on the Fort Hoops side of the building.

### How do I sign up?

- Registration is available on the event website <https://lunchbreak.org/night-without-a-bed/> or scan the QR code for the registration form on the last page.
- After you register, please set up your personalized fundraising campaign (see below)..
- You're now ready to collect pledges that will change the lives of local families experiencing homelessness! Contact Gillian Sahadi at [nwbevent@lunchbreak.org](mailto:nwbevent@lunchbreak.org) with any questions

### How much money do I need to raise?

- We request a minimum of \$150 in pledges and contributions per person. Every donation we receive goes directly to Lunch Break's Family Promise program and providing vital resources and case management to families experiencing homelessness. **The top fundraisers will win a prize!**
- Scan the QR code on the last page to set up your donation page.
- Adult chaperones are not required to raise funds, but are encouraged to do so.

### Set up your personalized fundraising campaign here on Donor Box:

<https://donorbox.org/nwb2025/fundraiser/new>

### Can I donate to the event if I cannot participate?

**Yes!** While sleeping in a cardboard box can provide a valuable lesson in empathy, we understand that you may not be able to do so. You may still participate as a "Virtual Resident" (raise funds but sleep at home). Virtual Residents are warmly welcome to attend the evening program at Night Without A Bed, including soup-line dinner, speakers and live entertainment from 6-10pm.

### Is it safe for me to send my children? Do I need a Chaperone?

If you are sleeping overnight we require a minimum of **one adult chaperone for every TEN participants under the age of 18 yrs.** Additionally, we have hired security staff and volunteers serve as security staff at all hours of the event.



Lunch Break



**THE FORT**  
ATHLETIC CLUB

### **Can I still participate if I cannot sleep overnight?**

**Yes! You may leave early at 11pm.** While we strongly believe sleeping in a cardboard box can provide a valuable lesson in empathy, we understand that you may not be able to do so. You may still participate, bring your box and set it up, and raise \$150 but sleep at home. You are warmly welcome to attend the evening program at Night Without A Bed, including soup-line dinner, speakers and quiet hours. We still require one adult chaperone for every TEN participants under 18 yrs. who are NOT sleeping over.

**Do I have to bring my own cardboard box to the event? Where do I get my box?** Yes! And just like camping, in the morning, participants must clean up their campsite and take their cardboard box home. Regardless if you're sleeping over or leaving at 11PM - all participants must bring and set up their own cardboard boxes. You can bring a large box from home, call an appliance store that often recycles large boxes, or find one at a hardware store.

### **What can I bring to the event?**

- Regardless if you are staying the whole night, remain mindful of the decisions a homeless person has to make, and please limit yourself to the following items: Cardboard box, sleeping bag, pad, pillow, warm clothes. You may bring medications, cell phones and essential toiletries, but please refrain from bringing outside food, or other non-essential items. Bring any art supplies you would like to use to decorate your box for a chance to win the contest!
- Even if you aren't sleeping over, you are expected to bring a box of your own to set up. We will be having quiet hours when you will be resting/sleeping in your box.
- The following items are **not allowed**: Alcoholic beverages, illegal drugs, no smoking of any kind, beverages in glass bottles, weapons of any kind, personal electronic devices such as video games.

**How do youth groups or student organizations register?** Youth groups and student organizations registering with 5 or more members are encouraged to raise a minimum of \$150 per youth. Groups are encouraged to set a collective fundraising goal above the minimum. The individual and group that raise the most collectively will be recognized at the event! Chaperones with groups of 10 or more youth members may register for free.

**Is this a youth event only?** Absolutely not! People of all ages participate in Night Without A Bed.

**How can I fundraise \$150 for the event?** To fundraise you may:

- Donate funds
- Collect pledges through our website
- Organize a fundraising event like a car wash, bake sale, or anything your imagination and resources allow!

**How do I submit funds?** You will have the option to raise pledges by creating your own donor page that you can share with friends and family. Set up your donation page here:

<https://donorbox.org/nwb2025/fundraiser/new>

## **Schedule for A Night Without A Bed**

**Friday, March 28 - Saturday, March 29, 2025**

(Indoor bathrooms will be available inside The Fort Athletic Club for the entire event.)

**6pm** - Registration Check in, set up & decorate your boxes

**7pm** - Dinner will be served

**8pm** - A "Parade of Boxes", Speakers, Dance Off, 200 Hoops for Homeless & Award Prizes and more

**10-11pm** - Quiet Hours and reflection time in your "home" cardboard box. Participants leaving early must exit at 11pm.

**10pm-6am** - Quiet Hours

**6am - 7:30am** - A light breakfast will be served on Saturday

**6am - 8am** - Break down boxes and site (take home your box please!)

**[See next page for Registration form and information.](#)**



## Night Without A Bed 2025

First, register online here (or use QR code below):

[https://docs.google.com/forms/d/e/1FAIpQLSeGIMn6bQ21u18zLvqG1kVa3LHvOoBetFV\\_pGMAUXlnXGJMjg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeGIMn6bQ21u18zLvqG1kVa3LHvOoBetFV_pGMAUXlnXGJMjg/viewform)

Then set up your Fundraising Page here (or use QR code below):

<https://donorbox.org/nwb2025/fundraiser/new>

Scan to  
Register



Scan to Start  
Fundraising



### Participant Information:

Name: \_\_\_\_\_

Mailing Address (with town and zip): \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Group Affiliation if any (i.e. Youth/Church Group): \_\_\_\_\_

### Chaperone Information:

I will be accompanied by a Chaperone: Yes/No (circle one) (Must be over 18 to be unaccompanied for those sleeping overnight or leaving at 11pm).

One Chaperone is permitted for up to 10 participants. If YES, Provide Name of Chaperone and contact information below:

Name: \_\_\_\_\_

Mailing Address (with town and zip): \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

**Family Promise of Monmouth County cannot be responsible for lost or stolen items that you bring to the event tonight.**

Remain mindful of the decisions a homeless person has to make, and please limit yourself to the following items: Cardboard box or tent, sleeping bag, pad, tarp, pillow, warm clothes. You may bring medications, cell phones and essential toiletries, but please refrain from bringing outside food, or other non-essential items. The following items are **not allowed**: Alcoholic beverages, illegal drugs, smoking of any kind, beverages in glass bottles, weapons of any kind, personal electronic devices such as MP3 players or video games. Should any participant be a disruption the participant will be asked to leave the event and be picked up by a parent.

\_\_\_\_\_  
Signature of Attendee

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent (if attendee is a minor)

\_\_\_\_\_  
Date

**This information will not be shared with others.**