

1st Annual Pajama Jamathon Instructions

Date: Saturday November 16-17, 2018

Location: 35 Front St N, Mississauga, ON L5H 2E1

Please register (as an individual or team) at: www.thecompass.ca/24Hours

For questions please contact Judi Willrich @ judiwillrich593@gmail.com

For social media posts you'll find The Compass on Facebook, Twitter and Instagram as [CompassFoodBank](#).

How do I get started?

Please register that you are going to be a contestant at www.thecompass.ca/24Hours. You can join as an individual or a team. If you are coming as a team you can have a team name, your own fundraising goal, team colours and even a team costume. Have fun and be prepared to have a fabulous 24 hours!

How do I find supporters?

Canada Helps has an online Peer to Peer fundraising platform. Once you have registered you will have your own link to share on social media, by email etc. This is a great way to reach out to friends and family. You can also help by finding others to join you for the event.

How do I ask people for money?

You can write an email, call them, text them and share on social media. Anyway you can reach out can work. Often a personal message helps. You can also carry a pledge sheet and get sponsors as you move through your daily life. Remember no matter what please thank people, even if they don't sponsor you. You can also let people know they will get a tax receipt for pledges of \$20 (this amount is only \$2 if they sponsor you online through Canada Helps). Remind people that the funds they sponsor you with will help feed people in our community that are hungry and do not have enough food. The Compass clients range from newborns to seniors in their 90's. Even \$5 will help.

Where does the money go?

All funds will go to The Compass Food Bank and Outreach Centre. The Compass is a registered charity: Charitable Registration Number 86235 2754 RR0001 (registered as The Lakeshore Community Outreach Centre Inc).

How do you collect your donations?

Any donations through your Canada Helps page go to The Compass directly. You do not need to do anything for these donations other than thank your donor. All donations should be collected before the event and passed in when you arrive on November 16th. Please ensure that you write all the information carefully and clearly on the form (so we can send tax receipts). Indicate if the donation was CASH, CHEQUE (payable to The Compass) or e-transfer to treasurer@thecompass.ca.

What is your fundraising goal?

Any amount makes a difference. We suggest a minimum of \$50, but our dream is that each person raise \$500.

That's just:

- 25 sponsors at \$20, or
- 20 sponsors at \$25, or
- 10 sponsors at \$50, or
- 5 sponsors at \$100!

Help us reach people!

If you are comfortable with sharing please upload a photo with your registration and personalize the content to say why you want to do this challenge. Please encourage friends, family, neighbours and co-workers to sponsor you.

Event rules:

1. Ages 13 and up.
2. NO alcohol, drugs, cigarettes, or e-cigs, vape equipment shall be brought into the legion.
3. No exiting and re-entering the building. Although you may go home to sleep and return in the morning.
4. You can decide how many hours you do - 4, 6, 12 or even the whole 24 hours!
The event will go for the entire duration.
5. You can wear pajamas - just make sure they provide adequate coverage!
6. All contestants shall be accompanied by parent or guardian for drop off and pick up from the event.
7. The legion is not responsible for any lost or stolen items.
8. The legion is not liable for any injury.
9. No barefoot dancing.

10. Backpacks will be checked upon entry.

What can I eat & drink during the event?

Food and drinks will be available for purchase at all times. Profits go to Support the Compass Food Bank. You may also bring snacks & a water bottle with you.

Pro TIP (from someone who's done this before!) If you are staying for the whole event (YAHHH!) we recommend you bring a change of socks, shoes, underwear a hoodie or sweater and pj's. Deodorant, toothbrush, ear plugs, identification, cell phone, and charger.

When you arrive at the event it is VERY important that you have your completed pledge form, and all donations you have collected. There will be a check in desk ready to collect this when you arrive.

Be ready for a fun filled and awesome 24 hours!

Did you know friends and family can come to support you? They can purchase a ticket for \$20 and come to watch the bands, or dance along.

Thank you so much for your support!

Judi Willrich