



# WHAT TO EXPECT AT A LL&W RIVER CLEANUP

INTERESTED IN HELPING CLEAN THE RIVER? HERE ARE A FEW THINGS YOU SHOULD KNOW BEFORE YOU PARTICIPATE!  
ALL OF LL&W'S CLEANUPS ARE BOAT-BASED. ALL VOLUNTEERS WILL BOARD WORKBOATS AND TRAVEL TO AREAS IN NEED OF CLEAN UP.

## WHAT TO WEAR:

- CLOTHES YOU DON'T MIND GETTING DIRTY!
- CLOSE-TOED SHOES (REQUIRED OR YOU WILL NOT BE ABLE TO PARTICIPATE)
- LONG PANTS (TO PROTECT YOU FROM POISON IVY AND GETTING SCRATCHED)
- HATS AND SUNGLASSES
- BRING A REUSABLE WATER BOTTLE

## WHAT WE PROVIDE:

- LIFE JACKETS
- SUN SCREEN/ BUG SPRAY
- WORK GLOVES
- DRINKING WATER

## A TYPICAL RIVER CLEANUP DAY:

MOST CLEANUPS LAST FOR 2-3 HOURS; IF AVAILABLE, YOU CAN SIGNUP FOR OUR MORNING CLEANUP, AFTERNOON CLEANUP, OR BOTH! THE CLEANUP WILL BEGIN WITH A BRIEF INTRODUCTION TO LL&W AND SAFETY BRIEFING BEFORE SPLITTING INTO WORKBOATS AND HEADING OUT TO CLEAN THE RIVER!

\*THIS IS A STANDARD DAY, BUT IS SUBJECT TO CHANGES DEPENDING ON OTHER LL&W COMMITMENTS\*

## WHAT COULD I FIND ON THE RIVER?

SINCE 1997 LL&W'S RIVER CLEANUPS HAVE COLLECTED OVER 13 MILLION POUNDS:

- 935 REFRIGERATORS
- 1,373 PROPANE TANKS
- 768 TOY DOLLS
- 25,532 BALLS
- 147,299 TRASH BAGS FILLED WITH PLASTIC BOTTLES, STYROFOAM CUPS, ETC.



## ARE THERE ANY SAFETY CONCERNS I SHOULD KNOW ABOUT BEFORE SIGNING UP?

YOU MAY WANT TO RECONSIDER IF YOU:

- HAVE A HEART CONDITION
- ARE PREGNANT
- ARE HIGHLY ALLERGIC TO POISON IVY, BEE STINGS, ETC.
- HAVE BACK OR KNEE ISSUES
- HAVE A LOW TOLERANCE FOR EXTREME WEATHER

\*IF YOU STILL WISH TO PARTICIPATE AND SUFFER FROM ANY OF THE ABOVE CONDITIONS, YOU MUST BRING ALL NECESSARY MEDICINES SUCH AS EPIPENS, NITROGLYCERIN PILLS, BENADRYL, ETC.

## WHO IS LIVING LANDS AND WATERS?

CHAD PREGRACKE WAS JUST ONE MAN IN ONE BOAT, WITH A BIG VISION - TO CLEAN AMERICA'S RIVERS - BY REMOVING TRASH FROM RIVERBANKS AND ISLANDS ON THE MISSISSIPPI RIVER. IN 1998, CHAD FOUNDED A RIVER CLEANUP NONPROFIT, LIVING LANDS & WATERS (LL&W). TODAY WE FOLLOW THE SAME RIVER ROOTS, BUT INSTEAD OF BEING ONE MAN IN A SINGLE BOAT, LL&W BRINGS COMMUNITY VOLUNTEERS OUT IN A FLEET OF UP TO 6 JOHNBOATS, WITH A FULL TIME CREW WHO LIVE ON A RIVER CLEANUP BARGE, TRAVELING AMERICA'S RIVERS UP TO 9 MONTHS OF THE YEAR. SINCE 1998, LL&W HAS WORKED WITH OVER 124,000 VOLUNTEERS, ON 25 RIVERS IN 21 STATES, REMOVING OVER 13 MILLION POUNDS OF DEBRIS FROM U.S. WATERWAYS.