



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 14 MILLION POUNDS:

- 1,004 REFRIGERATORS
- 1,262 PROPANE TANKS
- 820 TOY DOLLS
- 25,815 BALLS
- 165,274 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 THE MISSISSIPPI RIVER'S BANKS AND ISLANDS. 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 FOR UP TO 9 MONTHS OF THE YEAR. SINCE 1998, LL&W HAS WORKED WITH OVER 137,000 VOLUNTEERS ON 33 RIVERS IN 23 STATES, REMOVING OVER 14 MILLION POUNDS OF DEBRIS FROM U.S. WATERWAYS.

