

## THE MS SOCIETY WILL PROVIDE:

- ♻️ Portable bathrooms
- ♻️ Rest stop snacks
- ♻️ Tables
- ♻️ Bottled water
- ♻️ Supervision of set-up and clean-up
- ♻️ First aid
- ♻️ Mechanical support
- ♻️ Garbage removal (*please let us know who your local service is and we will contact them*)

## Here are ways you can get more involved:

- ✓ Just hang out and visit with the riders
- ✓ Gather a team of volunteers to run the rest stop.
- ✓ Provide additional tables
- ✓ Open on-site rest room facilities if you are a public facility, park etc.
- ✓ Volunteer to help work at the rest stop or suggest volunteer contacts (*Please contact Will*)
- ✓ Sell limited quantities of baked goods, sandwiches, or other goodies to the riders. The best food option will vary depending on what time your stop is open. We ask all stops providing volunteers to sell food, to also provide volunteers to help the MS Society.

Regardless of the level of your involvement, the MS Society will still provide the items we listed above. In addition, we will supply a trained rest stop supervisor who will help make sure everything runs smoothly.