



## Friends of the Mountains to Sea Trail & NC Wildlife Federation MST/Falls Lake Cleanup Event

Sunday, December 4th  
9:00 am -1:00 pm

**9:00 am Meeting spot:** [Falls Lake Boat Ramp](#)

All interested should meet in the parking lot of the [Falls Lake boat ramp](#) at 13093 Six Forks Rd. Raleigh. After we meet and discuss the clean-up project for the day and review safety, we will split up into cleanup groups and "scatter out" to do our trailhead/shoreline cleanup work. Driving directions and maps of the specific (very close) MST Trailhead cleanup locations will be provided during the introduction and overview.

### Project for the Day:

1. Our major task for the day is to clean up litter at MST designated parking lots/trailheads along the Falls Lake Trail east section of Segment 10.
2. General pick up of trash and recyclables in small groups.
3. Education about the MST and healthy watersheds



Thank you to [NC Wildlife Federation](#) for partnering with the [Friends of the Mountains to Sea Trail](#) to help in our efforts to clean up our trailheads and our watershed.

FMST and NCWF will supply all of the tools and guidance for the clean-up project. We provide safety vests to wear at all times during the clean-up.

Contact: Jennifer Browndorf ([browndoj@gmail.com](mailto:browndoj@gmail.com)) or Iwona Birk ([Iwona.birk@gmail.com](mailto:Iwona.birk@gmail.com))

### What you will need:

- Work clothes and closed-toe shoes. Proper clothing for the weather!
- Plenty of water & snacks
- Work Gloves, if you have your own, if not we can provide you with a pair
- Litter grabbers, if you have your own, if not we can provide those to you

### Work Safety:

1. Use tools carefully
2. Wear a safety vest at all times
3. Be aware of your surroundings, We are working very near active roadways and in parking lots.
4. Know your limits, Do not lift anything heavier than you can comfortably lift.
5. Take breaks, drink water
6. There are holes, steep banks, branches, thorns, wasps, poison ivy, ticks, chiggers, and other hazards. Please be cautious.

**RSVP: Please use this [link](#) to a google form to sign up for the event.**

<https://forms.gle/zGvN4tmZzrLYZrqUg>

