

Muck and Gut Team Volunteer

Join a team to help families clean up after water damage. You will help save their belongings and remove damaged things like some furniture, wet carpet or damaged sheetrock. This prepares the house for drying, repairs, and rebuilding. Volunteers must be physically strong, work well with others, stay safe, and be kind to those affected.

Skills, Knowledge, Abilities



Physical Strength: Be able to lift, carry, and move heavy items (30-50 pounds) like debris, furniture, and cutting and removing drywall.



Tools: Tools are not required, but volunteers are encouraged to bring their own if they have them.



Teamwork: Be able to work well with a team and follow the team leader's instructions and meet the team's goals, even in tough and emotional situations.



Problem Solving: Able to think fast and solve problems.



Safety: Be committed to following safety rules and wearing protective gear (PPE) to keep yourself and others safe.



Age: Must be at least 18 years old. Those who are 16 or 17 can volunteer with a guardian.



Compassion: Be kind and caring, ready to listen and help disaster survivors with respect, patience, and understanding.

Personal Protective Equipment (PPE) You will Provide

- Required (without these, you will be moved to a different role that you can do safely).
Closed-toed shoes (boots with steel toes and ankle support are highly recommended); long pants; work gloves
- Highly recommended (really good ideas)
long-sleeved shirt; hat; sunscreen; mosquito repellent; face masks, goggles

Training You Will Receive

- Safety Briefing, How to Muck and Gut

Typical Organizations You Might Volunteer With