



## INFO SHEET - Volunteering on Uplift Routes

*Thank you for choosing to serve the homeless of Kansas City with Uplift! You are part of something meaningful—ordinary people working together to share compassion, care, and resources with our homeless neighbors. Before you head out, here are some guidelines to help you have a safe, impactful experience.*

### AGE REQUIREMENT

- **Minimum Age:** 14 years old. Volunteers under 18 must be accompanied by a parent or guardian until they have a driver's license.
- We welcome families to volunteer together! Volunteering is a powerful way to foster values like compassion and service.

### SCHEDULING

- All route volunteer spots must be scheduled with the Volunteer Coordinator.
  - We typically schedule a couple of months in advance for the upcoming quarter to ensure consistent service for our homeless neighbors. While most shifts fill up quickly, occasional openings may arise if a volunteer is unable to attend due to unforeseen circumstances. We appreciate your commitment and encourage you to plan ahead to secure your spot.
  - If you'd like to join the Recurring Schedule (one night a month, etc) or be added to the Short Notice List for last-minute cancellations, let the Volunteer Coordinator know.
  - Once you commit to a shift, please add it to your calendar. Our ability to serve the homeless depends on each volunteer who signs up.
- In case of illness or emergency, contact the Volunteer Coordinator immediately: [volunteer@uplift.org](mailto:volunteer@uplift.org) or text 913-731-6046

### ARRIVAL

- **Location:** Uplift Warehouse - 1516 Prospect Ave, Kansas City, MO 64127
- **Arrival Times:**
  - Monday & Wednesday: **Arrive 4:30 PM** (vans depart at 6:00 PM)
  - Saturday: **Arrive 3:30 PM** (vans depart at 5:00 PM)
- **Parking** is available behind the building (to the west). To avoid congestion in the alley, use Wabash Ave
  - Enter the building through the large white overhead door off the alley.
- Please be prompt! Arriving on time ensures you have a chance to prepare and load the vans and receive an orientation from your Route Leader.

### WHAT TO WEAR

- Expect to get a little dirty—it's part of the experience!
- Dress casually and appropriately for varied weather conditions. Avoid dressy clothes.
  - For safety, closed-toe shoes are required (no sandals).
  - Wear layers in cold weather and bring a warm coat. You'll be in and out of the vans through the night.
  - Avoid wearing clothing that doesn't properly cover your body (e.g., tank tops, short shorts, etc).

## **CELL PHONE USE**

- Please limit cell phone use during outreach. Being present and aware of your surroundings helps ensure everyone's safety and fosters meaningful connections.
- If you need to step away to make or take a call, let your Route Leader know.

## **WATER & SNACKS**

- Feel free to bring a water bottle and a snack to keep your energy up during the night.
- Consider eating before you arrive—serving the homeless takes energy!

## **TIME COMMITMENT & WHAT TO EXPECT:**

- A typical night serving on Uplift's routes takes about **5.5 to 6.5 hours from start to finish**, though it can sometimes run longer.
  - **Weekday shifts:** Start at **4:30 PM** and usually wrap up around **10:00 or 10:30 PM**.
  - **Saturday shifts:** Start at **3:30 PM** and generally end around **9:00 or 9:30 PM**.
- While out on the route, expect to be serving for approximately **3 to 4 hours**, depending on the needs of the night.
- After returning to the warehouse, volunteers help restock supplies, clean the van, and prepare bins for the next outing. This end-of-night work is essential to ensuring we're ready for the next outreach.

## **SERVICE HOUR DOCUMENTATION**

- We're happy to document your service hours! Let your Route Leader know if you need a form filled out or signed.
- For electronic verification, email [volunteer@Uplift.org](mailto:volunteer@Uplift.org).

## **ADDITIONAL OPPORTUNITIES**

- Warehouse Sort Sessions: Every Saturday from 9:00 AM - 11:30 AM at the warehouse. Sign up on our website: [www.uplift.org/volunteer](http://www.uplift.org/volunteer)
- Serve from Home Projects: Check out our list of projects you can do from home to support Uplift.

*Thank You!*

*We are so grateful you chose to spend your time serving the homeless of our city.*

*Your kindness and willingness to show up make a difference.*



**TO DROP OFF DONATIONS:**  
PULL UP TO THE SECOND WHITE  
OVERHEAD DOOR IN THE ALLEY.  
IF DOORS ARE CLOSED,  
HONK OR KNOCK!

**VOLUNTEER PARKING:**  
PARK IN THE LOT BEHIND UPLIFT  
(TO THE WEST)  
THEN ENTER THROUGH ALLEY  
(WHITE OVERHEAD DOOR)



To drop off donations, please  
pull up to the white overhead  
doors off the alley.

If the doors are closed, please  
honk or knock and we will  
open them.