



Volunteering at SOS - Frequently Asked Questions (FAQ)

Thank you for considering volunteering at Supplies Over Seas (SOS). The purpose of this document is to provide you with information to communication with your group regarding volunteering at SOS and gather specific logistical information about your group. As the team leader, we invite you to share this logistical information with your volunteer group.

What Is SOS?

Supplies Over Seas (SOS) is a Louisville, Kentucky-based nonprofit organization that meets critical health care needs in medically impoverished communities around the world by collecting and distributing surplus medical supplies and equipment.

Last year SOS volunteers logged over 14,000 hours! And as SOS continues to reach more medically impoverished communities with more recycled and repurposed materials, our need for volunteers grows!

We invite groups or individuals to contribute to our mission to promote a healthy environment and a healthy world by volunteering their time!



Who Can Volunteer at SOS?

Medical expertise is helpful, but not required—whatever your skills, we can put them to work! Volunteers are a key part of collecting and sorting supplies, and also lend crucial administrative support as SOS works to raise public awareness and grow its impact.

Church groups, social clubs, community organizations, groups of friends & family – all are welcome. Volunteering at SOS is an excellent team building activity.





Volunteering at SOS - Frequently Asked Questions (FAQ)

Can Children Volunteer at SOS?

Due to the nature of the materials volunteers sort (e.g. sharp objects, medical supplies), please be aware that we have a minimum age requirement of 16 years of age. For children that wish to support the mission of SOS, we welcome the opportunity provide a tour and develop a classroom, club or service project that is fun and educational.

When Can We Volunteer?

Typically volunteers sort supplies from 9am-noon, Monday, Tuesday, and Thursday, and the second and fourth Saturday of every month 9am-noon. If you are interested in volunteering with a group of five or more, please we will to schedule a "sort date" that works for your schedule and ours. After your groups' volunteer shift is over, we would love to give folks a tour of our facility.

Many of our volunteer leadership roles are held by longtime volunteers! Please be patient with us during the scheduling process, SOSers are working to accommodate the schedules of many folks.



How Do I Schedule a Time For My Group to Volunteer?

Please contact SOS at admin@suppliesoverseas.org or 502.736.6360 and provide the following information: Name of Group

- Host Organization
- Team Leader
- Team Leader:
 - E-mail
 - Telephone Number
- Number of Volunteers & Indicate If They Have Medical Experience
- Do any volunteers need to sit?

After your volunteer date is confirmed, please communicate relevant information to your group regarding logistics.



Volunteering at SOS - Frequently Asked Questions (FAQ)

What Should We Wear?

Our warehouse is partially climate controlled. We invite you to dress in layers and wear comfortable shoes. Volunteers may be looking small print on supplies – those who wear “reader/cheaters” may consider your bringing glasses.

What Can We Do Generate Excitement about our Up-Coming Volunteer Experience?

- Collect Medical Supplies (Glasses, Walkers, Canes, Crutches, Gauze, Band-Aids, Removable Casts, Hospital Supplies, etc) **Note: We not accept liquids, medications or nutrition**
- Make Team T-shirts
- Consider a Group Donation to SOS



Volunteering at SOS - Frequently Asked Questions (FAQ)

How Do I Get To SOS?

Directions to Supplies Over Seas (SOS)

1500 Arlington Ave - Louisville, KY 40206
502-736-6360

From I-65 S (southbound from Indiana):

- From right lane of the Kennedy Bridge, take I-71N/ I-64E ramps towards Cincinnati/Lexington.
- Merge and immediately move to the right lane to take I-64E towards Lexington.
- Merge again and immediately move to the right lane to take Story Ave exit.
- At the bottom of the exit ramp turn right and immediately move to the left lane, so you can turn left at the first light which is Spring Street.
- Pass through one light (crossing Mellwood Ave). You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

I-65 S (northbound):

- At Spaghetti Junction take the I-71N/ I-64E exit towards Cincinnati/Lexington.
- Move to the right lane to take the I-64E exit towards Lexington.
- From the right lane, take the Story Ave exit.
- At the bottom of the exit ramp turn right and immediately move to the left lane, so you can turn left at the first light which is Spring Street.
- Pass through one light (crossing Mellwood Ave) You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

From I-64 W (westbound going towards downtown Louisville):

- Take the Mellwood Ave exit.
- At the bottom of the exit ramp turn right and immediately move to the left lane, so you can turn left at the next light which is Frankfort Ave.
- On Frankfort, choose the left lane. At the next light, turn left onto US-42/Story Ave.
- Stay in the left lane
- At the next light, from the left lane, turn left onto Spring Street.
- Get in the right lane.
- Pass through one light (Mellwood Ave). You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

From I-64 E (eastbound from downtown Louisville):

- In Spaghetti Junction take I-64E towards Lexington.
- Merge and immediately move to the right lane to take Story Ave exit.
- At the bottom of the exit ramp turn right and immediately move to the left lane, so you can turn left at the first light which is Spring Street.
- Pass through one light (crossing Mellwood Ave). You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.



Volunteering at SOS - Frequently Asked Questions (FAQ)

From I-71 S (southbound from Prospect/Oldham County):

- Take the Zorn Ave exit.
- At the bottom of the ramp turn right onto Zorn Ave.
- Turn left at the light onto River Rd.
- Travel 1.7 mi. on River Rd and turn left onto Frankfort Ave.
- At the next light, turn right onto US-42/Story Ave.
- At the next light, from the left lane, turn left onto Spring Street.
- Pass through one light (crossing Mellwood Ave). You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

From Brownsboro Rd (westbound towards downtown):

- Continue on Brownsboro Rd until it turns and becomes Story Ave.
- Cross Frankfort Ave and at the next light, from the left lane, turn left onto Spring St.
- Pass through one light (crossing Mellwood Ave). You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

From Downtown Louisville:

- Take Market St east out of downtown Louisville.
- Turn left onto Baxter Ave.
- After one block turn right onto E. Main St, which will become Mellwood Ave.
- Continue 0.6 mi. then turn right at the light onto Spring St.
- You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

From Frankfort Ave. (westbound towards downtown):

- Cross intersection of Frankfort and Mellwood. (Mellwood is one way.)
- On Frankfort, choose the left lane. At the next light, turn left onto US-42/Story Ave.
- At the next light, from the left lane, turn left onto Spring Street.
- Pass through one light (crossing Mellwood Ave. again.)
- You will see Arlington Ave and the SOS sign about ½ block on the left just before the railroad trestle.

From Lexington Rd. (westbound towards downtown):

- One mile west of the Lexington Rd / Grinstead Dr intersection, turn right onto Spring St.
- Pass through the light (crossing Payne St) then under the railroad trestle.
Please Note: The Railroad Overpass has a Low Clearance. Container Trucks and large trucks should use one of the other routes
- Arlington Ave is the first street on the right. You will see Arlington Ave and the SOS sign on the right just after the railroad trestle.