**Protocol: Freezing *C. elegans* Strains**

1. Wash worms off 3-4 starved plates with **M9 Buffer** into 15 ml conical tube.

2. Spin down at 3000 rpm for 5 minutes.

3. Using a Pasteur pipet, remove as much supernatant as possible without disturbing the pellet.

4. Add 5 ml M9 Buffer and spin down again.

5. Remove supernatant but leave 1.5 ml volume.

6. Add 1.5 ml (an equal volume) **Freezing Solution**.

7. Add 1 ml to each of 3 screw-cap cryotubes. Be sure that the tubes are clearly labeled with the strain name and the freezing date.

8. Place the tubes in a styrofoam container (there is one dedicated for this purpose on the top shelf of the -70C freezer). The styrofoam ensures that the tubes freeze slowly so that the worms are recoverable.

9. After 48 hours in the freezer, remove the tubes from the styrofoam container and place them in the next open positions in the “Killian Strains” boxes at -70 C and record the position for each tube.

10. Immediately email Dr. Killian with the tube positions (including the box number) and strain names so that it can be entered into the strains database. For example, tell me that strain DJK1 is in Box III, positions E7, E8 and E9.