



## CAVING EQUIPMENT CHECKLIST

### Clothing

- Long sleeve shirt - synthetic is best. Lightweight thermal top is best.
- Long pants, or coveralls - synthetics are best. Blue Jeans are not recommended.
- Light hiking boots or running shoes with **good tread**. The caves are often muddy and wet so really old shoes with no tread will make climbing and navigating more difficult. **NO CROCS OR OPEN TOED SHOES!**
- Wool socks are a plus since your feet will be wet.
- Lightweight gloves
- Lightweight fleece top in case you get a chill. Caves temps are in the 60's and you'll be wet.
- Change of clean clothes for after trip.

### Gear

- Bicycle Helmet or Caving Helmet.
- Headlamp with extra batteries. Trip will last 6 + hours. Be prepared.
- Day pack. Small but must be able to hold lunch and gear. (in cave)
- Doubled-up ziplock bag with TP just in case you forget to go outside. (in cave)
- Disposable bottle of water. Drink the water and pee in the bottle.
- 1 Qt. water bottle (in cave)
- Lunch and/or snacks (in cave)
- Spare flashlight with new batteries (optional, in cave)
- Small trash bag in cave (everything that goes in must come out with you)
- Large trash bag for dirty clothes after trip.
- Camera with flash (in cave)
- Small personal first aid kit.