

PERSONAL EQUIPMENT REQUIREMENTS FOR BEGINNER CAVING TRIPS

MINIMUM REQUIREMENTS:

NOTE: All Equipment will get very muddy, and may never come clean after the trip!

4 AA-Cell Batteries: You will be supplied with a headlamp, which will require batteries.

One Small Flashlight: Each person has to have a backup light in case their primary light goes out. This should be reasonably small, and as an example could be a common 2xAA - cell flashlight. As a note, regular caving requirements call for a total of three lights (two headlamps and one flashlight), but in this case the leaders will bring a few extra headlamps.

A Complete Change Of Clothes: This is VERY IMPORTANT!! As noted above, you will get dirty. Bring a change of clothes including shoes and leave them in the car. Also have a plastic bag for your dirty clothes.

Sturdy Shoes With Decent Tread: These can either be high-topped light hiking shoes (preferred), or sneakers. Avoid shoes with worn or smooth treads.

Work Gloves: Unlined gloves, cotton or leather. Garden gloves with lightweight vinyl coatings make a nice and inexpensive choice.

Durable Outer Layer: your outer layer of clothes should be rugged and comfortable. Beginners usually use jeans and a windbreaker, but coveralls are a bit better. Since you will be climbing around, avoid clothes that are too baggy or too tight.

Warm Inner Layers: the cave is cool (about 50°). Also you will tend to get a little wet. A couple of inner layers are needed to help you keep warm. Figure on long johns (or pants if you use coveralls), a tee shirt and a flannel shirt as adequate. More if you're normally cold (you know who you are)

Special Personal Needs: Figure on being in the cave for 4-5 hours. If you have any special diet or medical needs, pack accordingly. Also keep a just-in-case cache in the car to handle up to 6 unexpected additional hours. Finally, inform the leaders of any such needs.

Lunch And Drink (Outside Of The Cave): Your choice on what to bring here.

SUGGESTED EXTRAS:

Cheap Camera With Flash: Think about bringing a camera or two for the group. Note that caves eat up cameras and spit them out in little pieces. So don't bring anything expensive.

Small Packs: We will have a few small packs, but extras can be helpful. These should be fairly small (no larger than a fanny pack), and have some kind of a strap.

Snacks And Water (In Cave): While generally not needed for this trip, a little water (8 ounces) and 1-2 candy bars can be appreciated. Use your own judgment based on the length of the trip and your eating habits.