Equipment Check List

Prepared by the National Speleological Society Youth Groups Liaison Committee with thanks to the Dallas-Ft. Worth Grotto and to the Girl Scouts of the Virginia Skyline Council Adventurers Program

This list suggests basic caving gear for a novice trip lasting not more than four hours. The trip leader will advise trip members which items are required. The safety of every caver is the primary consideration. Those arriving without the required items will not be allowed to go caving.

Basic Caving Gear For Individuals
- Helmet
- Helmet-mounted light
- Boots
- Socks
- Thermal undergarments
- Long pants
- Shirt
- Light jacket or sweatshirt
- Gloves
- Knee and elbow pads
- Pack
- Backup lights
- Batteries
- Spare bulbs
- Drinking water
- Large, plastic garbage bag
- Pee bottle
- Food
- Whistle
- Duct tape

Other Items to Bring
- Medications
- Complete change of clothing and shoes
- A second large, plastic garbage bag for dirty clothing
- Parental consent form and/or waivers, health form, trip permits

Optional Equipment
- Space blanket
- Hand warmer pouches
- Disposable flash camera
- Magnifying glass
- After-trip snack
- Money for incidentals

Group Equipment Check List
- First aid kit for in-cave use
- Cave map and compass
- Pencil and small note pad for each adult
- Out-of-cave emergency cache
- Space blanket

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