



CAVING EQUIPMENT LIST

Caves in the Southeast are by their very nature cool (they stay 55 degrees year round), wet, and completely without light. These factors combined can be very dangerous. It is imperative that all participants on caving trips come properly prepared. The following is a list of equipment to bring as well as that which will be provided by the guide for the group. **Any participant who does not bring all of these items will not be allowed to enter the cave.** Remember that caves are very muddy so do not bring any items that you mind getting dirty or are particularly attached to.

EVERY PARTICIPANT MUST WEAR THE FOLLOWING:

- Boots or old tennis shoes – the more traction they have, the better
- Wool Socks – or synthetic, like Smart Wools or Thorlos
- Synthetic Long Underwear Top and Bottom (NO COTTON)
- Old Pants with Belt or Suspenders (Try to avoid cotton)
- Old Fleece, Sweatshirt or Wool Sweater
- Helmet – **provided by guide**
- Headlamp – **provided by guide**

WE ALSO RECOMMEND:

- Bandanna or Pony Tail Holder if You Have Long Hair
- Knee Pads – especially if you have knee issues, old injuries, etc.
- Light Weight Leather or Cotton Gloves

EVERY PARTICIPANT MUST CARRY THE FOLLOWING INTO THE CAVE:

(All loose items should be put into doubled zip-locked or plastic bags)

- Small Backpack to wear into the cave - It will get VERY dirty!
- **NO SHARING PACKS – in case of emergency, you need all of this stuff with you at all times.**
- Extra Old Sweatshirt or Wool Sweater – in case of emergency
- Extra Flashlight with batteries – the lighter the better – big maglights are heavy!
- Batteries for your back-up flashlight – whatever kind it takes
- Batteries for the headlamp provided and back-ups - they require 3 AA batteries for one use, so you will need at least 6, preferably 9, plus whatever your flashlight requires.
- Chemical Light Stick – **provided by guide**
- Snack Food – something that can take a beating and still be eaten – chips are a bad idea
- Water Bottle with Water or flavored drink
- Any emergency medications – i.e., inhalers for asthma

OTHER ITEMS YOU MIGHT WANT:

- Disposable camera with flash
- Small candle with a lighter or matches

WHAT YOU'LL NEED WHEN YOU GET OUT OF THE CAVE:

- Complete change of clothes including underwear, socks and shoes – there is potential that you could end up soaking wet from head to toe. Be sure they are appropriate to weather conditions outside the cave. You might even want deodorant & a hat.
- Large Plastic Trash Bag for Dirty Clothes
- Small Towel to Clean Up with – **guides will provide water source**

FYI – THE GUIDES CARRY ALL OF THE ABOVE PLUS:

- A first aid kit & a gear repair kit
- A length of rope to use as a handrail
- An empty pee bottle – policy: if you use it, you carry it out and clean it!