

Cave Trip Checklist

Caving is a rugged, strenuous underground activity. The temperature inside the cave will be about 54 degrees, plus or minus a few, with near 100 percent humidity. The clothing and equipment you bring into a cave will be subjected to extreme conditions such as getting muddy, wet, scraped, scuffed and banged around significantly as you travel through the cave. Keep this in mind as you decide what to wear and what to bring into the cave. In addition to the following recommendations please remember to bring money for gas and restaurant visits when carpooling with others.

What to wear:

- o Thermal underwear (preferably Polypro, nylon or other synthetics)
- o Wool socks – two pair recommended
- o Jeans or coveralls
- o Layered clothing (T-shirt/sweatshirt, etc.)
- o Sturdy, deep lug sole hiking or work boots with ankle support (No Tennis-shoes!)
- o Gloves (sturdy, thin gardening or work gloves)
- o Knee Pads (not required, but highly recommended!)
- o *Avoid wearing cotton clothing in the cave, it will not keep you warm if it gets wet from water or sweat!*
- o ***Complete change of clothes, including shoes/socks, to change into after you exit the cave - for the ride home!!!***

Required Equipment for ALL Cavers in Group:

- o Helmet with chin strap (caving or rock climbing type)
- o Helmet mounted headlamp (electric or carbide)
- o If electric headlamp, bring spare bulbs and tools required for maintenance
- o If carbide lamp, bring container for spent carbide and all required tools for maintenance of lamp
- o Spare Batteries (or carbide and water) to last twice the expected duration of trip
- o Two (2) spare light sources (one of them preferably helmet-mountable)
- o Headlamp with new batteries, or
- o Small flashlight with NEW batteries, or
- o Chem light stick, or
- o Candle and matches
- o *Spare bulbs/batteries for all light sources*
- o One or two large plastic trash or leaf bags
- o Unbreakable plastic water bottle or canteen, ~1 qt. (NO GLASS!)
- o Food/snacks – durable, high-energy food for duration of trip (gorp, jerky, energy bars, etc.) No messy foods, do not drop or leave food crumbs in cave!
- o Container(s) for human waste – "If you pack it in, then you pack it out!"
- o Small daypack or fanny pack – large enough for all of your gear

Recommended For All, But AT LEAST ONE Caver in Group Should Have:

- o First Aid Kit
- o Candle and matches (in waterproof container) or other heat source (such as carbide lamp)
- o Pencil and Paper
- o Whistle
- o Emergency phone numbers
- o Webbing or rope (at least 30 ft.)
- o Duct Tape (at least 1002 uses!)
- o "Space" blanket
- o Pocket knife/multi-tool
- o Map of cave
- o Compass

Optional Equipment

- o Elbow pads (especially if a lot of crawling is expected!)
- o Camera (waterproof or disposable with flash)

Specialty Equipment

- o The type of cave (wet/dry/vertical/etc.) may dictate how you dress and other specialty gear that may be required.

The list above may sound like a lot, but many a caver has fit all this gear and more into a small cave pack.

Remember,

when you are in the cave, all you have to survive on is what you bring with you. Be prepared for the unexpected, you never know what might happen!