

NATURAL TRIP CHECKLIST:

- Completed waiver (signed by parent if under 18)**

REQUIRED CLOTHING- 2 layers:

(note: cave temp 52° plus you get wet & muddy)

- Inner layer: T-shirt or long sleeve shirt*
- Inner layer: thermal pants or equivalent*
- Outer layer: long sleeve shirt or sweatshirt*
- Outer layer: jeans or long pants (no sweatpants or jogging pants)*
- heavy socks -2 pair (wool or cold weather gear best)*
- boots or high-top tennis shoes*
- kneepads*
- gloves*

OPTIONAL ITEMS:

- camera*
- elbow pads*
- extra small flashlight (we supply headlamp)*

FOR AFTER TRIP:

- trash bag for wet clothing and shoes*
- complete change of clothes and shoes*
- shower supplies and towel (optional)*

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NIGHT IN THE CAVE CHECKLIST:

Each caver will be provided with a high grade foam sleeping mat for use in the cave.

Also Remember: the cave is always 52°

Please bring your own:

- Sleeping Bag, and/or bedding*
- Pillow*
- Appropriate sleepwear*
- Shower supplies and toiletries*
- Towels, washcloths*
- Small Flashlight*