



Caving Essentials

What to take

Clothing

- Nylon Socks
- Wool Socks
- Hiking Boots
- Long underwear – top and bottoms
- Pants/coveralls
- Flannel shirt/sweatshirt
- Extra sweatshirt
- Belt
- Knee pads/elbow pads
- Cotton jersey gloves
- Helmet (hard hat or bicycle helmet – with chin strap)

Cave Pack/Back Pack:

- 2 Light sources (flashlight or carbide lamps)
- Candle
- Matches
- Water Bottle
- Note pad & pencil
- Sack lunch/snack food
- Extra batteries
- Trash bag
- Pocketknife

Optional

- Lighter
- First aid kit
- Duct tape
- Length of rope and/or webbing
- Camera
- Compass
- Whistle
- Safety pins and needles
- Heat source (e.g.: paraffin)
- Light sticks
- Trowel
- Locking carabineers

Bring a change of clothes to keep in the car with a clean trash bag for your cave clothes!