

# CAVING EQUIPMENT CHECK LIST

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

## OTHER ITEMS TO BRING

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

## 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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