



Things you will need:

- It will be chilly at night – high low 60s; at night around 40 –**RAIN IS EXPECTED**. Please have appropriate clothing and gear.
- sleeping bag
- boots
- flashlight (or headlamp)
- extra pairs of socks couple of extra t-shirts (if they are cotton)
- wind and/or waterproof jacket
- water bottle (water bottle is absolutely necessary)
- tent (if you don't have, get with someone who does)
- warm clothing for overnight
- hat
- money for food on Friday and Saturday

What To Wear while Caving:

- Wear long pants (no sweat pants) and a long sleeved shirt. It is a constant 60 degrees in the cave so don't overdress. Shorts are prohibited.
- Wear sturdy shoes. Boots or high tops are necessary. Worn out, slick sneakers are dangerous.
- Gloves, kneepads, helmets, and lights are provided.

Be Aware:

- Hands need to be free for crawling. If you bring a camera, it must be kept in a waist pack.
- It is muddy, wet, and/or slippery throughout the cave. Helmets must be worn and caution used when walking, crawling, etc.
- -We go the speed of the slowest person in the group and rest often. It is best if the slowest person stays right behind the guide. The entire group does the tour and no lone exploration.
- The cave environment is extremely fragile. We must be careful not to disturb animals or leave anything behind that would disturb the ecosystem.
- The cave should be left the way you found it – it is illegal to take anything from the cave.
- The tour is physically challenging and is not recommended for those with heart conditions, recent surgery, etc.
- The guides must be told of any medical condition (asthma, diabetes, etc.) before entering the cave.

What to Have After Caving:

- Bring a towel, soap, and change of clothes. There is a bathhouse with showers for your use.
- Please keep your showers short – there may be a long line waiting.
- Males use the men's room; females use the ladies' room.

Times:

- Leave at 8 am on Friday – we will be caving on Friday.
- Return about 2 pm on Saturday.