

Required and Optional Caving Supplies

Required Items:

- 3 sources of light (at least 1 source should be a headlamp (make it a good one – the \$12 lights at Walmart break down) – matches are not a source of light, however a candle with matches are a source of light)
- spare batteries for each light source
- extra bulb for main light source
- day pack or fanny pack
- water bottle (at least 32 oz)
- pee bottle (a funnel for women is helpful)
- helmet with chin-strap (this will be provided by the Caving Instructors)
- caving clothes – jeans, t-shirt and sweat-shirt or coverall (will get wet and muddy)
- old shoes – no sandals (boots are great but they will get very muddy and wet)
- trash bag for dirty clothes
- complete change of clothes for after the cave
- change of shoes for after the cave
- towel for cleaning up with
- snack
- lunch – will be eaten in the cave
- personal first aid kit
- signed copy of the waiver

Optional Items:

- gloves – cloth gloves that have pvc coated palms work best (home depot carries them)
- knee pads – skateboard pads or tiling knee pads from Home Depot – especially for the adults. Extremely helpful at Howard's Waterfall Cave
- disposable camera
- glow stick (Cyalume Light)