• Being equipped with proper clothing & gear is crucial to your comfort, and more importantly to your safety! You are expected to come prepared with all mandatory items!

• Please bring your gear in a duffel bag with a little bit of spare room. You will live out of this duffel bag throughout the trip. On arrival day you will unpack all of your gear so that your trip leaders may check it, item by item, during an equipment shakedown. At that time, they will issue you cave-specific gear such as caving headlamps (ONLY for use in the caves), coveralls, helmets etc. Do not bring extraneous items that are not listed below.

• Please note that cotton neither insulates when wet nor does it dry quickly. Caves are 52 degrees F year round and it is essential that you remain warm while caving. To do so, we require that you bring some quick drying caving layers that also insulate when wet that are made of polyester or wool fibers. Please see the gear list below for more information.

• Some of you may be familiar with recent press about White Nose Syndrome that has negatively affected the cave-dwelling bat population over the last year. Many of the dead bats have been found with a white ring of fungus around their noses—hence White Nose Syndrome (WNS). There is no evidence that White Nose is harmful to humans, but there is some concern that it is spread by humans who visit multiple caves without cleaning their caving equipment. There is general consensus among scientists and the National Speleological Society that there is no reason to restrict human access to caves, provided proper decontamination procedures be followed between cave visits. To this end, each set of your caving clothing will be disinfected after use. These procedures are contributing to the length of the gear list you have been provided. We will also be providing you with a set of caving coveralls and will be doing laundry mid trip to sanitize caving equipment.

• Items marked with an * may be rented from the Outdoor Equipment Rental Center (OERC).

MANDATORY ITEMS: CLOTHING

Caving Clothing: NONE of these items can be cotton. All must be wool or synthetic (polypropylene, polyester)

_____ 2 Synthetic Midweight or Silkweight Long Underwear Top
_____ 2 Synthetic Midweight Long Underwear Bottoms
_____ 2 light weight fleece (or expedition weight long underwear) pull-over or zip up tops
_____ 3 pairs synthetic underwear or boxers/1 or 2 synthetic bras
_____ 2 pairs Wool or Synthetic Socks (no need for sock liners)
_____ 1 old pair of jeans, carharts/rugged pants & 1 long sleeve shirt or retired windbreaker or raincoat for caving outerwear. These clothes will be ruined. Make sure they are not nice!
_____ 1 Pair of caving boots with high ankle for support (they can be old boots because they will get VERY muddy)

Clothing for Camp and Cabin life:

_____ 1 Wool Sweater or Fleece Jacket
_____ 1 Waterproof Jacket (coated nylon is fine. Gore tex is not necessary)
_____ 1 Water-Resistant/Windproof Pants (coated nylon is fine. Gore tex is not necessary)
_____ 3 T-shirts (cotton is fine)
_____ 2 Shorts (we encourage men to double one pair as swim trunks)
_____ 3 Cotton underwear or boxers
_____ Bra(s)
_____ 1 Bathing Suit
Clothing for Camp and Cabin life continued:

_____ 1 Wool or Fleece Hat
_____ 1 pr wool and 1 pr cotton socks
_____ 2 pr long pants (jeans/sweatpants are fine)
_____ 1 long sleeve cotton shirt
_____ Spare glasses/contacts if applicable
_____ Hiking boots/sneakers for day hikes
_____ Swimming Shoes with a heel strap

No bare feet are permitted in the cabin, in camp or when swimming in order to prevent foot injuries and evacuations! Sandals with a heel strap (e.g. Teva, Chacos, Keene, Crocs) must be worn while swimming.  **NO Flip Flops are Allowed!**

**MANDATORY ITEMS: EQUIPMENT**

_____ Synthetic Sleeping Bag*  (Rated to at least 30 degrees.  Down bags not permitted!)
with compression sack

_____ Sleeping Pad*  (Ensolite, ridge rest, thermarest)

_____ Headlamp*  (Lightweight – no D-batteries)  Bring extra batteries
You may not use caving headlamps outside the cave.

_____ 1 cotton towel or sarong  One that is large enough to change behind

_____ 1 bookbag or small day pack  (for carrying gear to caves)

_____ 1 soft duffel bag  this should fit your personal gear + 20% of extra room

_____ 2 Water Bottles*  (1 qt. with screw-on cap.  No breakable plastic bottles!)

_____ Bowl & Spoon  (We recommend unbreakable, lightweight plastic Tupperware
w/lid which will allow the spoon to fit inside)

_____ Bring toothbrush and toothpaste. Do not bring shampoo, deodorant, or razors. Biodegradable soap is provided.)

_____ Sunscreen, Chapstick & Insect Repellant  (We recommend chapstick with SPF)

**STRONGLY RECOMMENDED ITEMS:**

_____ Sun Hat

_____ Sunglasses  (UV protection)

**OPTIONAL ITEMS:**

_____ Bandana

_____ Camera & Film (must be waterproofed to enter the caves)

_____ Crazy Creek or small, light Camp Chair

_____ Glove Liners

_____ Book/Journal

_____ Pocketknife

**DO NOT BRING THESE ITEMS:**

Alcohol, Un-prescribed Drugs, Cigarettes, Chewing Tobacco – CARRYING OR USING THESE ITEMS WILL RESULT IN IMMEDIATE DISMISSAL FROM THE TRIP.

Jewelry, Cosmetics, Shampoo, Deodorant, iPods, Phone, etc.