

ROCK DIMENSIONS CAVING

WHAT TO BRING:

- 3 new AA batteries per person (for headlamp)
- Plan to get dirty and wet due to the nature of cave environments. We recommend wearing overalls or old clothes with an insulating layer underneath. Also try Salvation Army for some coveralls or overalls.
- Boots or old tennis shoes. Boots are highly recommended for their stability and sure-footing. **Be sure to bring an extra pair of shoes to wear after departing the cave.**
- Capilene or polypropylene to keep warm underneath the outer “grunge” layers.
- Wool socks with liners, or some other wicking footwear.
- Wool or synthetic hat.
- Jacket for warmth and water/mud protection. (Don't wear your nice, expensive outdoor clothing).
- Extra set of clothes and shoes to change into after departing the cave.
- Lunch and snacks for before/after cave excursion.
- Optional items:
 - Small daypack or fanny pack with water and personal items. (Use plastic bottles – **no glass.**)
 - Camera, flashlight

ROCK DIMENSIONS provides:

- Helmets
- Kneepads
- Petzl Zoom Headlamps
- Gloves
- Trash bags for dirty clothes