

ROCK DIMENSIONS CAVING GEAR LIST

WHAT TO BRING

- 3 new AAA batteries per person (for headlamp)
- **Extra set of clothes and shoes** to change into after departing the cave.
- Lunch and snacks for before/after cave excursion. Eating in the cave is not recommended in order to protect the fragile environment from crumbs, etc.
- **Optional:** personal headlamp or flashlight, towel (clean up after caving)

WHAT TO WEAR

Plan to get dirty and wet due to the nature of cave environments. The temperature in the cave is a constant 50-55 degrees, muddy and wet. We recommend wearing overalls or old clothes, with an insulating layer underneath if cold natured.

- Long sleeves and long pants (blue jeans, etc.). 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.**

Optional clothing layers for those who tend to be cold natured or plan to do less moving around and "exploring":

- Silk or synthetic base layers 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).

ROCK DIMENSIONS PROVIDES THE FOLLOWING CAVE GEAR:

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