GIRL SCOUT COUNCIL OF THE COLONIAL COAST

GEAR/EQUIPMENT LIST FOR CAVING TRIP

**EQUIPMENT LIST FOR CAVING**: Each caver should pack her own gear so that she can locate it easily and know that she has it. This is part of developing good outdoor preparation skills, so please don’t let anyone else pack for you. Use the checklist below to guide what is needed. Failure to bring the right gear may prevent a caver from being able to cave or may put another caver in jeopardy if her gear has to be shared. Each caver needs to have her own equipment and not plan to share with another caver. All gear that goes into a cave must be washed and sterilized after leaving the cave and may not be dry the second day. If you don’t want to wear wet gear, bring a second set. Weather in West Virginia is generally cold, even in the spring and summer- bring warm clothes and bedding. Helmets, swami belts and headlamps are available to borrow. Our Lending Library has some gear that you can check out before a caving trip (rookies get first choice). All other gear you must bring with you. We will provide food and drinks for the trip. **MARK ALL GEAR WITH YOUR NAME**.

**Caving Equipmen**t \*can borrow **Gear for Community Center and outside of the caves**

**Mandatory** **Optional** **Mandatory**

□ Helmet & head lamp\* □ Bandana □ Twin sized air mattress or camp cot

□ Swami Belt (16 ft. webbing)\* □ Hair ties □ Sleeping bag or warm blankets (nights are cold)

□ 2 Coveralls or long sleeved shirts/pants □ Extra glasses/strap □ Pillow

□ 2 pair of long johns or thermal sets □ Newspaper to dry boots □ Plastic cup and mug for drinks

□ 1 pair of broken in hiking boots **with deep grooves □** Camera  **□** Extra shoes and socks

□ 2 pair wool socks □ Duct tape □ Shower gear bag + soap, shampoo, bath towels

□ 2 pair kneepads (no Velcro) □ Whistle □ Warm coat or jacket, rain coat

□ 2 pair work gloves □ Small first aid kit □ Toothbrush and toothpaste and hand towel

□ 2 plastic water bottles/canteens □ Extra leather shoe laces □ Clothes to wear outside of cave & at Community Center

□ 2 garbage bags for muddy clothes (put name on bags) □ Special dietary needs □ Clothes and underwear for three days

□ 1 small candle and waterproof matches □ Clothes and flip flops to wear between cave and shower

□ 1 fanny pack large enough to hold bottles, lunch, snacks □ Prescribed medication

□ 1 small flashlight with batteries **Optional**

□ an extra light source to attach to helmet □ Personal hygiene items

□ 2 pairs of shorts to wear over long johns □ Homework, books or study items

□ Ziploc baggies to put gear in fanny pack □ Special dietary needs

□ 12 AAA batteries and 9 AA batteries

**Organ Cave Community Center**- we stay at the Community Center. Girls will share two large rooms with about 15- 20 girls in each room. Adult women and adult men have their own rooms. Adult women and girls share one bathroom with 3 stalls. Men have their own bathroom. We shower on Friday and Saturday afternoons at Greenbrier High School’s locker rooms after caving. This is community living so be prepared for limited privacy and personal space. Everyone is expected to help with chores and keeping the Community Center and caving equipment clean. Girls must remain with their caving team during the day and must stay on the Community Center property at night.

**Meals**- we provide the food and drinks that you will need for the weekend. We can accommodate most dietary/allergy needs if you let us know ahead of time. You should eat dinner before arriving on Thursday. You can bring snacks for the rides to and from West Virginia. We will stop around 9 pm on Thursday at Sheetz where you can purchase additional snacks. On Sunday we will stop for lunch around 12 pm in Charlottesville and you will need money to purchase lunch. No food or drinks in the sleeping rooms.

**Communications/electronics**- internet, cellphone reception and electrical outlets are very limited at the Community Center. Girls and parents should not expect to communicate with each other during the trip. We only call if there is an emergency. Girls are kept very busy during the weekend and will not have time to use electronics in West Virginia. Bringing electronic items is strongly discouraged. We will not take responsibility for any electronic items that you bring and you may lose the right to use the device if you act irresponsibly.

**Medical**- we have several first aiders on each trip. Two copies of your physical form must be turned when you register. Discuss medication and medical/psychiatric conditions with the Caving Team Leader before you register to make sure that we can accommodate your needs. Cavers must be able to be physically active for 6-8 hours each day.