

**Girl Scout Council of Colonial Coast
EQUIPMENT LIST FOR CAVING**

EQUIPMENT LIST FOR CAVING Each person should pack their own personal camping gear and caving equipment so they can locate it easily and know they have it. Check off as packed. Caving clothes will be wet and you will not be able to wear them back at the schoolhouse. It will be necessary to bring other clothes for the building. No matter how warm when leaving the Norfolk area, it will be COLD there!!! **DO NOT BRING** frame packs, cots, suitcases, radios, tape players! We strongly suggest **NO CELL PHONES (for girls), but if your daughter must bring her cell phone, it is at her own risk! We are not responsible for cell phones. NO COMPUTERS (for girls), NO ENERGY DRINKS!**

CAVING EQUIPMENT

- Hard hat + Light (check space on permission slip)
- 6 "AAA" Batteries (new set for each day) for battery pack
- Flashlight with batteries inside + extra bulb
- Extra Light Source that can be attached to helmet (small headlamp, mini mag-lite, etc.)
- Candles (~ 5 inches) 1 or 2
- Waterproof matches in container
- Swami Belt
- 2 Pair long Johns (tops & bottoms) - a **MUST for each day**
- 2 Coveralls or loose fit shirt and pants to wear over cave clothes
- 1 pair hiking boots with deep grooved soles - already broken-in!
- Wool socks - 2 pair!
- 2 pair Kneepads - a **MUST – not Velcro!**
- 2 Canteen/water bottle(s) (one for each day of caving)
- Garbage bags (4 large black) 2 for muddy clothes + 2 for inside helmet
- 4 gal. Ziploc bags to store gear inside fanny packs
- 2 pair Gloves - a **MUST**
- Bandanna (optional: if used, bring 2 one for each day)
- 2 pair Shorts: over long Johns, under coveralls
- Large fanny pack: everything for in cave + water + lunch + snacks
- Do **NOT** wear contact lenses in the cave. If you wear glasses, use a strap to keep in place.

Emergency Kit - Adults

- First Aid kit
- Duct tape / Multi-tool / Whistle / TP + Ziploc bag
- Flagging Tape

CAMPING GEAR - DO NOT WEAR JEWELRY IN CAVE AND NO CELLPHONES!

- Plastic drinking mug with your name on it. **NO collapsible cups!**
- Ground cloth + air mattress **OR** extra blanket for underneath. Double/queen air mattresses must be shared.
- Warm sleeping bag with blanket inside, sheet optional
- If you bring a pillow, bring a small one!
- Extra flashlight (with extra batteries) to use at the building
- Slippers are allowed only in the building
- Extra shoes and socks for at the building
- Extra glasses (if you must wear/have them)
- Something to tie up long hair
- Sweater or jacket
- Clothes to wear between cave & shower
- Bath Towel for showers
- Bathing Suit for showers - if community showers are a problem.
- Bag for shower gear
- Personal items
- Flip-flops for at car wash and the shower (to protect feet)
- Clothes for after shower
- Enough warm clothing for trip and ride home
- Rain Gear



OPTIONAL: Package drink/hard candy/gum for energy snack in cave.

If you do not have coveralls, you can wear pants/shirts large enough to fit over first layer of clothes. These are taken off before entering vehicle because of dirt/mud. You cannot cave in **TIGHT** pants! Your boots will probably still be wet to cave in on the second day, so be sure to bring your wool socks to help absorb the moisture. (**Newspaper** stuffed inside boots overnight will help dry out boots, also.)

NO LEATHER SOLES or you will slide around in the caves. Metal canteens leave bruises; soft ones are better. **MUST** have both hands free to cave!

IT IS COLDER IN WEST VIRGINIA than on the coast. **PACK ACCORDINGLY! SPACE MAYBE A PROBLEM** at the Schoolhouse. Only bring what is required. Leave non-essentials at home. **DO NOT BRING CELL PHONES. WE WILL NOT BE RESPONSIBLE FOR CELLPHONES.**