

Pursuit Ministries Caving Equipment List

Caves in the Southeast are by their very nature cool (@55 degrees year round), wet, and completely without light. These factors combined can be very dangerous. It is imperative that all participants on caving trips come properly prepared. The following is a list of equipment to bring, as well as that which will be provided by the guide for the group. Remember that caves are very muddy so do not bring any items that you mind getting dirty or are particularly attached to.

Sincerely,
Travis Milhan

**Supplied by Guide*

Personal Items:

- 8 AA batteries
- Boots or old tennis shoes
- Wool or synthetic Socks
- Synthetic Long Underwear Top and Bottom (NO COTTON)
- Old Pants with Belt or Suspenders (Try to avoid cotton)
- Old Sweatshirt or Wool Sweater
- Extra Old Sweatshirt or Wool Sweater in a Doubled Plastic Bag (*optional*)
- Bandanna or Pony Tail Holder if You Have Long Hair (*optional*)
- *Helmet & Headlamp
- All of the Following in Doubled Ziplock Bags:
 - Back-up Flashlight
 - Snack Food in Ziplock
- Water Bottle with Water
- Small Backpack to Take into the Cave with You (It Will Get VERY Dirty) large enough to carry all of the above supplies.

Optional Items:

- Knee and Elbow Pads (*optional – but recommended*)
- Light Weight Leather or Cotton Gloves (*optional*)
- Disposable camera with flash in a Ziplock (*optional*)

Other Items:

- Complete Change of Clothes including underwear, socks and shoes
- Large Plastic Trash Bag for Dirty Clothes
- Small Towel to Clean Up with when We Get Out of the Cave

Group Equipment:

- *Short Piece of Rope
- *First Aid Kit
- *Repair Kit

**Supplied by Guide*