

## **NATURAL TRIP CHECKLIST:**

**Completed waiver (signed by parent if under 18)**

### **REQUIRED CLOTHING- 2 layers:**

(note: cave temp 52° plus you get wet & muddy)

*Inner layer: T-shirt or long sleeve shirt*

*Inner layer: thermal pants or equivalent*

*Outer layer: long sleeve shirt or sweatshirt*

*Outer layer: jeans or long pants (no sweatpants or jogging pants)*

*heavy socks -2 pair (wool or cold weather gear best)*

*boots or high-top tennis shoes*

*kneepads*

*gloves*

### **OPTIONAL ITEMS:**

*camera*

*elbow pads*

*extra small flashlight (we supply headlamp)*

### **FOR AFTER TRIP:**

*trash bag for wet clothing and shoes*

*complete change of clothes and shoes*

*shower supplies and towel (optional)*

## **NIC**

### **NIGHT IN THE CAVE CHECKLIST:**

**Each caver will be provided with a high grade foam sleeping mat for use in the cave.**

**Also Remember: the cave is always 52°**

***Please bring your own:***

*Sleeping Bag, and/or bedding*

*Pillow*

*Appropriate sleepwear*

*Shower supplies and toiletries*

*Towels, washcloths*

**S** *Small Flashlight*