

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)