

# Caving Equipment List

## Essentials

\_\_\_ Helmet with chinstrap (Protection without limiting vision and movement. Good: Climbing, bicycle, skateboarding, or hard hat w/ chin strap. Bad: Football or motorcycle)

\_\_\_ Primary light source, with new batteries, attached to the helmet (Headlamp or small handheld light that is duct taped to the helmet)

\_\_\_ Extra set of batteries for primary light source

\_\_\_ Secondary light source, with new batteries, that can be attached to the helmet

\_\_\_ Extra set of batteries for secondary light source

\_\_\_ Tertiary light source with new batteries

\_\_\_ Water

\_\_\_ Food (Granola bars, trail mix, fruit snacks, sandwich in crush-proof box, etc.)

\_\_\_ Knee pads

\_\_\_ Gloves (Protection with grip that doesn't retain water. Good: Nitrile dipped nylon gloves or leather work gloves. Bad: Winter or jersey gloves)

\_\_\_ Backpack (Small, hands free, and sturdy. Good: Old school backpack, drawstring bag, or Cave Pig. Bad: Hiking backpack)

\_\_\_ Boots (Deep tread and angle protection and support. Good: Hiking boots. Bad: Tennis shoes, Wellington boots)

\_\_\_ Wool socks

\_\_\_ Sturdy pants (Non-restriction. A pair you don't care about as they could be torn)

\_\_\_ Belt

\_\_\_ Long sleeve shirt (Non-restrictive. One you don't care about as it could be torn)

\_\_\_ Garbage bags (For dirty cave cloths and gear before getting back into your car)

\_\_\_ Change of clothes and boots/shoes

## Good Ideas

\_\_\_ Coveralls (Non-insulated)

\_\_\_ Elbow pads

\_\_\_ Pocket knife

\_\_\_ Duct tape (1-2 rolls collectively per trip)

\_\_\_ First aid kit