

## Sloan Valley, Ky Caving Trip Jan 17-19, 2015

### **PREPARED CAVER'S SUPPLY CHECKLIST**

Note: 2<sup>nd</sup> set of all equipment will be required for all cavers entering more than one cave or decontamination will need to occur

**Costs: \$50 prepaid by Dec 31<sup>st</sup>; -Must have CONSENT FORM & Scout HEALTH FORM-**

**Take money ~\$12+ for 2 meals while traveling Sat lunch & Mon lunch-WEAR Class A**

**We suggest you pack 3 separate bags:**

1) **CAVING BAG** lg black plastic bag w/name on it-including daypack for cave, caving outfit should be old clothes & boots that can get stained/wet, 2) **WINTER OVERNIGHT BAG** [duffle bag]; & 3) **SHOWER BAG** [gal. Ziploc bag]

**✓ Caving Bag: Clothing & Gear:**

	<b>Preferred Type</b>	<b>Acceptable Type</b>
Sweatshirt	Old, fleeced	Any
Top & bottom thermal wear	Poly pro "under armor"	Long underwear shirt & pants
Warm socks – 1pr	Poly pro, wool	Thick cotton
Pants	Coveralls [best for crawling]	Denim, blue jeans ok for Level 1
Shoes- <b>NO tennis shoes</b>	<b>Hiking boots</b> or Wellington boots	sturdy boots/TREAD/water resistant
Gloves for caving	Leather/Mechanic - thin	Cotton, rubber – work gloves
Knee & elbow pads	Contractor/hard shell	Wrestling pull-on foam pads, Opt: Level1
CLEAN OUTFIT to wear after cave	For ride back to the lodge	Shirt, pants, DRY socks, shoes

**More Required Caving Gear:**

DAYPACK or waist pack	Caver pack [must slide easily]	Small frameless type; room for lunch
Ziploc bags-protect small items	Heavy duty Ziploc	Plastic bags-&carry out trash/litter
Helmet w/ strap	Caving/climbing helmet	Bike or construction helmet
Helmet mountable light	Battery powered w/elastic band	Flashlight duct taped on
1 Large black plastic trash bag	For dirty caving clothes & boots	Doubles for Emergency Use
Drink(s) – bottle or canteen	Refillable Water bottle	Juice or water (+1 for the road)
Snacks, <b>LUNCH</b> for Cave	Food in sm hard plastic container	Double Ziploc bag In daypack
Second light source	Small flashlight on lanyard	Any small flashlight on wristband
Extra batteries/bulbs	3-4 spare sets	2 spare sets
Third light source	Mini Flashlight, in daypack	Candle&matches/6hr glow stick

**Optional CavePack Supplies:**

Safety, first aid supplies	Moleskin,Bandaides,AceBndaid	Mini Ziploc w/ bandaides
Camera with Flash	Disposable camera in Ziploc bg	Mini Digital in Ziploc bag
Duct tape	Fold up 2 ft of duct tape	
Compass	On Landyard;must have Lvl 2,3	Mapping skills are critical in cave
Glow sticks (cyalume)	6+ hour	Glow sticks (cyalume)

**Overnight Bag:**

	<b>Preferred Type</b>	<b>Acceptable Type</b>
Long sleeved shirt & pants	Thermal Long Johns	Fleece long sleeves & pants
Outfit for going home Mon --optional: book, game to share--	<b>WEAR Class A uniform shirt</b> Sat & Mon on road trips	Long sleeve shirt under uniform
2 pair socks	Wool blend [1 pr for sleeping]	Extra warm blend
Winter coat & gloves	For freezing weather	Layer with jacket
Warm soft hat -also for sleeping!!	Ski mask/hat cover head&neck - USE In unheated cabins	Knit hat & Scarf
Sleeping Bag	<b>0-20 degree bag &amp; blanket</b>	Mummy bag
Blanket & SMALL pillow:	Be prepared for COLD; Wool?	Use blanket inside sleeping bag

**Toiletry Shower Bag & Towel**

Clean cloth for glasses	Toothbrush, etc.	optional
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**BASIC CAVING RULES:**

1. Always tell someone where you are going and when you'll be back.
2. Never cave alone: 4 people minimum.
3. Always have 3 or more light sources.
4. Wear proper clothing and gear.
5. Do not disturb hibernating bats.
6. Climb with 3 points of contact.
7. Use Map/Compass & Think safety !
8. **Obey the Caver's Creed:**  
 Take nothing but pictures,  
 Leave nothing but footsteps,  
 Kill nothing but time