

## Gear Check List – Missouri Horizontal Caving Trip (Beginners)

(For 35-40° Latitude in a 13-14°C / 54-60°F Cave)

- Helmet (with a 3-point chinstrap, quick release is best; however, hardhats with chin straps will do if you aren't ready to invest in a better helmet)
- Caving suit/coveralls or the next three items
  - Old jeans
  - T-shirt
  - Sweatshirt or old wool sweater
- Wool, Polypro or Neoprene socks
- Polypro (synthetic) or wool long underwear (top & bottom) – do not wear cotton!
- Sturdy boots – must have good tread & cover the ankle. Will likely get submerged in water
- Knee pads
- Gloves
- Headlamp
- Two backup sources of light (a second helmet mounted LED and/or mini-mags are good for this - ideally you want at least one of these to be waterproof)
- Batteries and spare batteries for all three lights
- Spare bulbs for all three lights
- Pack (gas mask bags, caving bags, small rucksacks are good – metal zippers are not!)
- Water
- Snack food
- Garbage bags (take one in the cave or bring an emergency/space blanket, leave others outside to put in your muddy gear & clothes after the trip)
- Complete change of clothes (including socks, underwear & shoes!) for after the trip
- A towel to help clean off the mud after the trip and/or baby wipes (baby wipes are great for during the trip too)
- First aid kit (or at a minimum, the following in a waterproof bag/container)
  - 10 aspirin/ibuprofen
  - clean large handkerchief
  - a couple 2"x2" sterile dressing gauze pads
  - antiseptic
  - a couple of bandaids
  - 10' of duct tape rolled around a pencil stub or stick
- Any Rx medication you take (just in case)
- A source of heat (chemical hand warmers, candles/waterproof matches, carbide lamp, etc.)
- Ziploc bags (put anything you don't want to get wet in here. Strongly consider double-bagging)

### **Optional**

- |   |  |
|---|--|
| <input type="checkbox"/> Elbow pads                   | <input type="checkbox"/> Duct tape                                       |
| <input type="checkbox"/> Handkerchief                 | <input type="checkbox"/> Camera  |
| <input type="checkbox"/> Pencil & notebook            | <input type="checkbox"/> Anti-fogger for your lenses if you wear glasses |
| <input type="checkbox"/> Candles & waterproof matches |  |
| <input type="checkbox"/> Chemical light sticks        |  |
| <input type="checkbox"/> Flagging tape                |  |
| <input type="checkbox"/> Pocket knife                 |  |