

WVUSG Caving Checklist

Required Equipment

- Old clothing, jeans and or sweatshirt or coveralls – no shorts or t-shirts as cave temp is 55F. Synthetic materials are proffered over cotton.
- Shoes or boots with good ankle support and ample tread from walking on muddy / slippery surfaces
- Helmet with helmet mounted lamp (provided by WVUSG)
- 6 AAA batteries for use in Princeton Tek Eos headlamp
- Two secondary light sources (flashlight, light stick, candle)
- Small pack or shoulder bag
- Water / Gatorade
- Food – possibilities include trail mix, granola bars, candy bars, jerky, nuts or dried fruit
- Clean change of clothes including socks and shoes and a trash bag to hold dirty gear

Optional Equipment

- Knee / elbow pads
- Extra clothes
- Gloves
- First Aid Kit
- Cave map
- Rope or webbing handline