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Equipment Check List

Prepared by the National Speleological Society Youth Groups Liaison Committee
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and to the Girl Scouts of the Virginia Skyline Council Adventurers Program

This list suggests basic caving gear for a novice trip lasting not more than four hours. The trip leader will advise trip members which items are required. *The safety of every caver is the primary consideration.* Those arriving without the required items will not be allowed to go caving.

Basic Caving Gear For Individuals

- Helmet
- Helmet-mounted light
- Boots
- Socks
- Thermal undergarments
- Long pants
- Shirt
- Light jacket or sweatshirt
- Gloves
- Knee and elbow pads
- Pack
- Backup lights
- Batteries
- Spare bulbs
- Drinking water
- Large, plastic garbage bag
- Pee bottle
- Food
- Whistle
- Duct tape

Other Items to Bring

- Medications
- Complete change of clothing and shoes
- A second large, plastic garbage bag for dirty clothing
- Parental consent form and/or waivers, health form, trip permits

Optional Equipment

- Space blanket
- Hand warmer pouches
- Disposable flash camera
- Magnifying glass
- After-trip snack
- Money for incidentals

Group Equipment Check List

- First aid kit for in-cave use
- Cave map and compass
- Pencil and small note pad for each adult
- Out-of-cave emergency cache
- Space blanket

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