



Cave kit list

We provide - as part of the fee

All technical equipment (e.g. ropes bolts, ladders, emergency kits etc)

Helmets & lighting

Over suits

Wellingtons can be provided by prior arrangement

You need to provide

- **One or two thick fleece tops**
- **Fleece trousers (synthetic track suit bottoms with thermals will suffice)**
- **Thermal base layer**
- **Thick warm socks (If you have Neoprene wet socks please bring them)**
- **Warm hat**

Please **do not** wear cotton tops or bottoms as the material stays cold and heavy when wet.

*You'll also need a change of clothes after the session and if you have kneepads bring these as well. **Remember dress warm.***

As caving is a physically demanding activity it is advisable that everybody eat a good breakfast before and provide themselves with **food for the underground** trip i.e. chocolate or flapjack, and small energy drink. Sandwiches and crisps etc. do not travel well underground.

You may wish to bring a hot flask and nibbles for afterwards.