

### **What to Bring: Caving**

Although **Go-AdventureSports** will provide all equipment and instruction, each participant should bring with them the items on the list below. Caving is a **VERY** muddy activity and participants must have these items in order to ensure a safe and comfortable day for everyone!

- Signed liability waiver and medical form
- Water
- Food that will not spoil
- Old clothing that you do not mind getting muddy, which includes pants and a long-sleeve shirt
- Sturdy, close-toed shoes (no sandals!)
- A **FULL** change of clothes for the ride home (shoes, socks, pants, shirt, underwear, etc)

**\*Suggested clothing:** polypropylene or other non-cotton long underwear, wool socks, boots with good traction and ankle support, an insulating layer such as wool or fleece, a shell layer (water resistant) with abrasion resistant pants, and a small hip pack for water, food, or extra batteries.

\*Please note that, **unless there is lightning**, inclement weather will NOT discontinue activities-please be prepared!