

WILD GUYde Adventures, LLC: SUGGESTED PERSONAL CLOTHING AND EQUIPMENT FOR EACH PERSON

Please do not bring: guns or weapons, alcohol, non-prescription drugs, expensive electronics

Caving: * *Optional*

Caves in VA and WV are a pretty constant 52° year-round.

- Boots (hiking style, work boots, or military) or old sneakers that can get muddy
- Snack (CLIF bars, POWERBARS, or other durable food), 1 small water bottle (plastic, not glass)
- Backpack or book bag
- An outer clothing layer that can be muddied, and then removed when we exit the cave (blue jeans, work pants or old sweat pants, and a long sleeve shirt layer or old hoodie). Coveralls are great if you have them.
- It is best then to have other clothes *underneath* the outer layer (like shorts and a t-shirt), so when we exit the cave, the muddy stuff can simply be “peeled off” without any modesty issues. Don’t expect privacy; there is often no where to change at the cave.
- 1 large plastic trash bag (kitchen or yard size)
- **Headlamp, or several new AA or AAA batteries** (*Walmart* has some decent inexpensive headlamps)
- **A flashlight**
- Change of footwear for home travel (sandals, sneakers)
- Whistle on a lanyard
- *Disposable camera with flash, preferably in a Ziploc®
- *Medical Form and Participant Agreement*

<http://wildguyde.com/cavingadventures.htm>

WILD GUYde will supply caving helmets, cave packs, and safety equipment