

What to Bring:

A helmet, headlamp, kneepads and all group gear will be provided by **GO-Adventures**. Participants are responsible for their own personal gear, and should bring the items on the list below.

It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- 🕒 Signed liability waiver and medical form
- 🕒 3 AAA batteries
- 🕒 Large trash bag for muddy clothes
- 🕒 Water
- 🕒 Food that will not spoil
- 🕒 Wool or synthetic socks
- 🕒 Sturdy, close-toed shoes or boots
- 🕒 Long pants and long-sleeved shirt
- 🕒 Rain gear if there is rain in the forecast
- 🕒 Small pack for your belongings
- 🕒 Complete change of clothes, including shoes, socks and underwear!

***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), hat or bandanna, thin gloves. The cave is very muddy please wear clothing and footwear you don't mind getting dirty.

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