

**CAVING PERSONAL EQUIPMENT LIST: Items to Be Worn and in Daypack** (last update: 24 Feb 2008)

<b>Caving (Day Trip) List</b>		SCOUT																
PATROL: _____																		
DATE: _____																		
ITEM																		
<b>Foot Wear</b>																		
Hiking Boots (water proofed; old or inexpensive)																		
<b>Socks</b>																		
Pair hiking socks (wool - critical)																		
Pair polypro sock liners																		
<b>Shirts</b>																		
Long sleeved shirt (at least 50/50 or quick dry)																		
Long Underwear (required; 50/50 or quick dry)																		
<b>Pants</b>																		
Pair long pants (quick dry)																		
<b>Outer Wear</b>																		
Fleece jacket or wool sweater																		
Rain Jacket (rain pants depending on cave)																		
Gloves (protect hands and cave formations)																		
Knee Pads (required!!!)																		
Elbow Pads (optional)																		
Helmet (pre-approved if your own; or provided)																		
<b>Light Sources (3 minimum; 5 recommended)</b>																		
Head Lamp (w/ new batteries)																		
Head Lamp spare batteries x2																		
Flashlight (w/ new batteries)																		
Flashlight spare batteies x2																		
Chemlight Stick x2 (12 hour burn time)																		
Candles w/ Matches or Lighter (Adults only)																		
Microlight (clipped to rain jacket)																		
<b>Miscellaneous</b>																		
Complete Change of Clothes in large plastic trash bag (switch with cave clothes for return)																		

<b>Caving (Day Trip) List</b>		SCOUT																		
PATROL: _____																				
DATE: _____																				
ITEM																				
<b>Day pack Equipment</b>																				
Daypack (old or inexpensive)																				
Emergency Food (Power bars, etc.)																				
Pen/paper																				
1-liter water; Nalgene bottles																				
Personal First Aid Kit (w/ moleskin)																				
Whistle for emergencies																				
2 1 gallon zip lock bags																				
2 Large plastic trash bags (draw string preferred)																				
Hand Towel (pack towel or bandana) (optional)																				
Small Package Kleenex (optional)																				
Emergency water sterilization (optional)																				
Marking Tape (optional)																				
Duct Tape (optional)																				
Space Blanket (optional)																				
Emergency Rope or Webbing (optional)																				
Camera (one only carried by adult)																				

**Lessons Learned** from the Troop 1140 Wild Caving Adventure w/ BATS on 23 Feb 2007 at Fountain Cave at Grand Caverns State Park.

- Knees pads and gloves are required for wild caving. Soft knee pads provide better grip on slick rock. Gloves w/ grip help with climbing (much like bouldering).
- Keep the weight & size of daypacks down; wild caving requires crawling thru tight spaces often pushing your daypack.
- Don't overdue with winter weight coats, etc. Caves in Virginia range from 52 – 54 degrees F.
- Set up buddy system prior to cave entry.
- When the guides speak—you listen and obey.
- Don't put anything you couldn't afford to lose in your pack. It is possible when pushing or passing packs in tight spaces to drop it into an irretrievable hole.
- Given above – keys, ID, and at least one emergency light source should be in pocket w/ zipper or buttons.