

Visitor caving list:

Ensure the trip leader knows you intend on coming on the trip. They can usually arrange for some equipment to be made available to you such as a helmet, light, and other equipment that may be needed for the planned cave such as a harness or cave belt etc.

Please arrange this personally with the trip leader or it will be assumed you are aware of the equipment required and are bringing the necessary equipment yourself.

Clothing:

Please wear clothing you are willing to destroy. The clothing should provide some level of protection whilst being flexible and not too warm or cold.

Long sleeved tops which are close fitting and tracksuit pants are ideal. These should provide enough protection and warmth for the most part whilst being flexible and not restricting movement. Bring along a jumper to wear above ground as there may be some sitting around eating lunch or waiting while an abseil or similar is being prepared. A hat, sunscreen and insect repellent can also be a good idea.

Helmet and headlight are the only must haves to go on a trip! As is a spare source of light such as another headtorch or hand held torch(speak with trip leader as these can usually be borrowed for a trip when first starting out)

Spare batteries for these lights should also be available.

Shoes: Volleys or gumboots are ideal. Try to avoid joggers which have poor grip for cave surfaces.

Gloves: outdoor type gloves with some grip (I use Ansell gloves which are dipped in latex: usually around \$7 at Woolworths). Keep your hands warm and cleaner as well as providing additional grip.

Backpack: A small back pack which you can fit lunch, a snack and some water in is ideal. A small backpack can be taken underground without being a hindrance, while you can also additionally carry a larger backpack (smaller one inside) which can be left at the cave entrance if you would like to have a larger storage pack for a jumper/other.

Hairtie: can get caught in ladders and descenders. Best to plait or tuck into helmet.

Day Trip -Food: Food which goes on a caving trip should be either packed so as not to be destroyed during a cave trip (in a solid box) or food which is not easily destroyed by being squashed. Avoid taking food underground which is of a crumbly nature as crumbs will attract vermin into caves. Caves should be left as close as possible to the condition of entry.

Sandwiches in a lunch box are fine (you can eat them over the box).

Trail mix

Raw fruit and veg (not squishy stuff like bananas unless packed in box)

Lollies (excellent during the second half of a hard day's caving for energy)

Muesli bars/breakfast bars/ chocolates/ other snacks

Wraps (can usually withstand a bit of being squished)

Day Trips - Other: Sunscreen, hat, jumper, insect repellent, camera, snaplock bag for garbage or to keep water sensitive items in (such as a camera during river crossing), "toilet pack" for where there are no bathrooms, lip balm, tissues, some money if kiosk/cafe etc.

GENERAL GEAR:

Visitor fee and cottage / camping fee (check with trip leader if unsure)
non-caving shoes

sleep gear (Pj's)
Towel
torch for campground (usually your back up cave torch)
Clothes x 2 (underwear, pants, jumper, shirts, spare socks)
Thermal gear if you have them
Toiletries/panadol/nurofen/sanitary products
wallet/camera/phone etc.

Camping:

tent, sleeping bag, thermarest, pillow, hot water bottle, cooking gear

FOOD: you will want real meals after caving

bring enough food for all meals as well as beverages

e.g:

cereal and milk for brekkie for 2 days (or hot meal/ toast etc)

Sandwich ingredients for two days (as well as container if taking on trip)

fruit/bread/condiments

dinner for XXX number of nights

tea, coffee, snacks, and alcohol

In Cold Weather: jacket, beanie, scarf, gloves (woollen)