

## Caving gear list for 30/31 Jan

You will need old warm clothes that can get wet and dirty in the caves. Try to avoid cotton especially next to your skin in the caves. Try to avoid hood and cords for caving as they can get snagged on rocks etc. You will need a COMPLETE set of clothes to change into including socks and shoes for when you finish caving for the day.

- Polar fleece or woollen tops
- Polyester, nylon or woollen trousers
- Thermals -Tops and bottoms if possible (Thermals under Overalls are OK)
- Woollen or acrylic socks – at least 3 pair if you want warm feet
- Footwear for caving – need to be solid with good tread
- Footwear for NOT caving
- Warm Jacket
- Rain jacket (just in case - weather is supposed to be good)
- Beanie & gloves ??
- Bathers ?? (We may be able to go for a swim in the evening)
- Sleeping apparel
- Sleeping bag
- Pillow
- Towel
- Toiletries
- Plate, bowl, cup, knife, fork and spoon –( not sure what is at the camp)
- Drink bottle
- Lunch first day
- Snacks
- MEDICATION
- Sunscreen
- Sunhat
- Overalls if you have them – we can provide some but not sure of sizes
- Head torch if you have one for around camp. We have caving torches unless you want to use your own

You can have cotton/denim jeans for your change of clothes to wear at night at camp. They are just not suitable for caving when we are walking in water.

You may get wet and want a second set of caving gear for the next day.  
(They may dry overnight)

If you need any gear or have any questions give me a call  
Vicki 0400 155 690