Being equipped with proper clothing & gear is crucial to your comfort, and more importantly to your safety! You are expected to come prepared with all mandatory items!

Please bring your gear in a duffel bag with a little bit of spare room. You will live out of this duffel bag throughout the trip. On arrival day you will unpack all of your gear so that your trip leaders may check it, item by item, during an equipment shakedown. At that time, they will issue you cave-specific gear such as caving headlamps (ONLY for use in the caves), coveralls, helmet, etc. Do not bring extraneous items that are not listed below.

Please note that cotton neither insulates when wet, nor does it dry quickly. Caves are 52 degrees F year round and it is essential that you remain warm while caving. To do so, we require that you bring some quick drying layers that also insulate when wet. These layers should be synthetic (examples are polyester or polypropylene). Please see the gear list below for more information.

**Items marked with an * may be borrowed for free from Outdoor Education. You should request to borrow gear online when you pay your balance.**

If confused about gear terms, or what we’re looking for, please see our “Gear Clarification” PDF located on the Wilderness Adventure website.

### MANDATORY CLOTHING

**Caving Clothing:** NONE of these items can be cotton. All must be wool or synthetic (polypropylene, polyester)

- (2) Synthetic long underwear top
- (2) Synthetic long underwear bottoms
- (1) Lightweight fleece or wool top or thick Under Armour
- (3) Pairs synthetic underwear or boxers
- (1-2) Synthetic bras
- (2) Pairs wool socks
- (1) Pair of boots with high ankle for support, preferably hiking boots (These can be old boots because they will get VERY muddy)

**Camp/Cabin Clothing:**

- (3) T-shirts (Cotton is fine)
- (1) Long sleeve cotton shirt
- (2) Shorts
- (1) Wool sweater, fleece jacket, or sweatshirt
- (2) Pairs long pants (Jeans/sweatpants are fine)
- (1) Bathing Suit (Men can use a pair of synthetic shorts)
- (1x/day max.) Underwear (Use your judgment re: quantity)
- (1-2) Bras (Use your judgment re: quantity)
- (1) Waterproof rain jacket (Coated nylon is fine - Gore-Tex is NOT necessary)
- (1) Pair wool and 1 pair cotton socks
- (1) Sneakers with good tread for day hikes (Running sneakers should suffice)
- (1) Camp/water shoes/sandals
  - No flip flops! Sandals MUST have a heel strap, i.e. Tevas, Chacos, or Crocs with heel strap
  - Bare feet are NOT allowed! Foot injuries will severely impact the trip. You must bring camp shoes for time in camp and any swimming or wading.
MANDATORY EQUIPMENT

- (1) *Sleeping bag (Rated to at least 40° F)
- (1) *Sleeping pad (I.e. closed cell foam such as ensolite or RidgeRest or an inflatable Thermarest)
- (1) *Headlamp (preferred) or lightweight flashlight
  - You may not use caving headlamps outside the cave.
- (1) Set of extra batteries for your headlamp/flashlight (bring AAA if you are borrowing a headlamp from us)
- (1) Journal & pen/pencil
- (1) Cotton towel (One that is large enough to change behind)
- (1) Soft duffel bag (Should fit your personal gear + 20% of extra room)
- (1) *Water bottle (Must be 1 liter capacity with a screw on lid – 1 liter Gatorade bottles work well)
- (1) Bowl and (1) spoon (Lightweight and plastic. Tupperware with lid works great.)
- (1 each) Sunscreen, lip balm, & insect repellent
- (1) Toothpaste and toothbrush (We recommend travel size)
- If applicable:
  - Contacts, solution, glasses (Bring extra contacts)
  - Medication
  - Tampons/pads (Please bring extra as the high level of activity can change your menstrual cycle)

STRONGLY RECOMMENDED ITEMS

- (1) Sun hat/baseball cap
- (1) Sunglasses (With UV protection)
- (1) Bandana
- (1) Pillow (really. You will want one)
- (1) Book to read
- (1) Camera (Must be waterproofed to enter the caves)

DO NOT BRING THESE ITEMS: Alcohol, unprescribed drugs, cigarettes, or chewing tobacco. Carrying or using these items will result in immediate dismissal from the trip.

Also leave jewelry, cosmetics, shampoo, iPods, phones etc. at home or in a bag at Base Camp.

Places to get gear: family and friends, local sporting goods, thrift stores, Army/Navy surplus stores, REI, Campmor.com, Sierratra dingpost.com, EMS, K-Mart, etc.

Looking to go green? Check out these retailers that offer eco-friendly alternatives:
Backcountry.com, Great Goat Program, Sierra Trading Post Green Guide, REI Eco Friendly Camping Gear, and second hand stores.