

## **Kit List for Caving**

Please bring the following as a minimum to wear under specialist caving equipment. If you are not sure about what to bring, then bring everything and choose at the cave with our advice! The average temperature in a cave is 8 degrees celsius, so it is preferable to wear too much in the cave as you can always take a layer off. If you still have any questions then please do not hesitate to contact

[edward@earthlyedge.com](mailto:edward@earthlyedge.com) or 07787 153 208

- Any medication that you need or might need during the day
  - A completed enrolment form (if Earthly Edge does not already have it)
  
  - Cord or string to secure glasses
  - Large towel
  - Footwear: Wellingtons should be your first choice, with hiking boots second.
  - Warm thick walking socks or neoprene socks if you have them
  - Swimming costume and thermal base layer/pants/leggings
  - 1 or 2 jumpers/fleeces. Wool, Acrylic, fleece as first (warmest) choice. Cotton hoody second.
  - Fleece trousers (synthetic tracksuit bottoms with thermal leggings will suffice)
  - Kneepads if you have them
  - Warm woolly hat and rough gloves
  - Money for car parking
  - Your own waterproof camera if you wish
  - A full change of clothes for afterwards
  - Plastic bags for taking your wet kit home
  - A stomach with a full breakfast inside (as caving can be strenuous - if you want it to be!)
  - Chocolate bar or flapjack for during the trip (not crisps or sandwiches which fall to bits)
  - Warm drink and energy food for after caving
  - A smile
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