

# Equipment Check List

Prepared by the National Speleological Society Youth Groups Liaison Committee  
with thanks to the Dallas-Ft. Worth Grotto  
and to the Girl Scouts of the Virginia Skyline Council Adventurers Program

This list suggests basic cave gear generally needed for a novice trip of not more than four hours in duration. Adjust this list, if needed, for the cave trip planned.

## Basic Caving Gear for Individuals

The safety of every caver is the primary consideration. The trip leader will advise trip members which items are required. Those arriving without the required items will not be allowed to go caving.

- Helmet
- Helmet-mounted light
- Boots
- Socks
- Thermal undergarments
- Long pants
- Shirt
- Light jacket or sweatshirt
- Gloves
- Knee and elbow pads
- Pack
- Backup lights
- Batteries
- Spare bulbs
- Drinking water
- Large, plastic garbage bag
- Pee bottle
- Food
- Whistle
- Duct tape

## Other Items to Bring

- Medications
- Complete change of clothing and shoes
- A second large, plastic garbage bag for dirty clothing
- Parental consent form and/or waivers, health form, trip permits

## Optional Equipment

- Space blanket
- Hand warmer pouches
- Disposable flash camera
- Magnifying glass
- After-trip snack
- Money for incidentals

## Group Equipment Check List

- First aid kit for in-cave use
- Cave map and compass
- Pencil and small note pad for each adult
- Out-of-cave emergency cache
- Space blanket

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