



# Caving kit list

We provide caving equipment, such as oversuits, SRT kits, wellies, helmets etc., however we require you to bring some stuff too. Failure to bring the correct kit (especially underlayers) may mean we cannot take you caving!

If you have any questions, ask 😊

## GIAG, day trips and weekend trips

- Warm clothes (and a spare set, including socks and underwear, to change into after caving)
  - **NO JEANS & avoid cotton**, synthetic materials and wool are ideal
  - Preferably old clothes that you don't mind getting muddy
  - Includes... long sleeved tops, fleece/jumper, warm trousers (like polyester joggy bottoms), base layers or thermals
  - Search around charity shops, Primark etc. for cheap layers, or ask the Facebook group
- Lots of socks
  - Thick, higher length socks (like hiking socks) are best, make sure you bring spares for after getting changed so your feet stay happy
  - We would encourage you to buy your own wet socks after a few caving trips
- Hat/buff/other method to keep your head warm
- Bobble/elastic band to tie up long hair (or put it in a plait)
- Medicine (e.g. asthma inhaler) if needed
  - **Inform your group leader if you need to bring these into the cave**
- Water
- Caving snacks
  - Normally packaged sweets or some kind of way to get your energy back up if you feel tired e.g. mars bars, flapjacks, strawberry laces
- Towel
- Money *\*optional\**
  - We normally go past our favorite café in the Dales for a big breakfast before going underground, so bring a bit of cash to have either a really good breakfast, or a really good second breakfast!
  - *Please make sure you eat a big breakfast or a packed lunch before caving*
- Caving/gardening gloves *\*not essential but recommended\**
- Caving knee pads *\*not essential but recommended\**

## Weekend trip extras...

- Sleeping bag
  - Possibly roll mat too, depending on where we're staying
- Changes of clothes
  - For when the first set get wet and you don't want to wear them again
- Toiletries
- Money
  - In case we go to the pub or stop off at a service station
- Snacks
  - We provide 2 breakfasts on Saturday and Sunday, and 1 dinner on Saturday night in the ticket price, it may be a good idea to bring some food for the Friday or Sunday night
- Normally we have a bit of a party Friday/Saturday night, so bring your own booze!