



CAVING EQUIPMENT LIST

All program participants, including chaperones, require appropriate clothing and equipment to participate in SPL programs. Consider this a list of “must-haves,” regardless of the season. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. In early spring or late fall you’ll want to add some warmer layers, and June thru mid-September you may want extra shorts and T-shirts. It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

CLOTHING & FOOTWEAR

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED.

Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable. This is NOT A JOKE.

There is no such thing as bad weather, only inappropriate clothing.

In addition to regular clothes each person requires:

- Gore-Tex or rubber rain jacket and rain pants
- 2 fleece, wool or acrylic tops/sweaters
- 1 pair of nylon, fleece or wool pants
- Wool or synthetic long underwear top and bottoms
- Warm fleece or synthetic fill jacket
- Synthetic T-shirt
- 3 pairs of wool socks
- Bathing suit
- Sun hat or baseball hat
- Fleece/wool toque (warm hat) & gloves
- 1 pair of WORK gloves for being IN the caves
- 1 pair of warm fleece/wool gloves for at camp
- Essential Gear: Coveralls or old clothes that can be worn overtop other layers to protect them. The caves are muddy and abrasive and these will protect your fleece or rain coat. Used coveralls can often be found for about 10\$ or old jeans and work long sleeve shirts are a good alternative.**

EQUIPMENT

- Sleeping bag and stuff sack (minimum -7°C; synthetic fill is preferable)
- Sleeping pad (Therma-rest type or closed cell foam) and its stuff sack
- 5 large garbage bags and zip-loc bags for waterproofing gear.
- 60+ Litre Backpack
- Daypack
- 1 litre water bottle
- Unbreakable cup, bowl and spoon
- Toiletries & Towel
- Sunglasses with straps
- Sunscreen: SPF 45 or higher
- Essential gear: 2 Headlamps or flashlight with spare batteries. Lights are worn on a helmet so small LED flashlights that can be duck taped to a helmet are a good substitute for a real headlamp**

OPTIONAL ITEMS

- Camera
- Journal and pencil
- Spending money
- Bug shirt or mosquito proof head-net (recommended mid-May thru mid-October)
- Insect repellent
- Hiking poles

IMPORTANT NOTES

- If you require **glasses** (safety strap recommended) or **contact lenses** bring and extra pair of glasses as a back-up.
- If you require **prescription medication**: A) Check the expiry date. B) Bring a complete second set (that your instructor/guide can carry) in case the first set is damaged or lost. C) Ensure all medication is packaged in a waterproof bag (Zip-lock) and labelled with your name, the drug name, the drug dose and the expiry date.
- Please do not bring cell phones (they don’t work here), electronic games or iPod’s/MP3 players.