

## **Spelunking Equipment List**

### Batteries,

Brand new 4 size AA alkaline batteries in the original sealed packaging.

### Clothing;

warm clothing that is good down to about 55 degrees F. They should be able to keep you warm even if you get wet, polypropylene underwear and warm socks are a good foundation. Exterior clothing must be durable. Exterior clothing may become permanently soiled. Heavy lug hiking boots are to be worn. Do not wear athletic shoes, sweat pants or light nylon shells.

A clean change of clothes for the ride home including shoes, wash cloth and towel.

### Emergency items;

small flash light with new batteries,  
candle and matches or butane lighter protected from moisture,  
large garbage can liner ( we will use this item),  
high energy food ration, and water, for at least 1 day  
personal first aid kit; band aids, advil, antiseptic, individual specific medications  
duck tape or athletic tape  
old backpack or shoulder bag for these items.

### Optional items;

camera,  
garden gloves,  
knee pads (no hard shells) especially for us older adults,  
Coveralls, but not insulated coveralls (too bulky)

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