

CAVING INFORMATION & KIT LIST

For caving trips everyone in the group will require the following clothing. Although we do bring spares we cannot guarantee to be able to provide everything on the day.

We will provide you with wellington boots, a fleece undersuit and a tough oversuit. In addition to these layers you should bring the following:

- Thin, warm hat (fleece/wool) – it is important that it is not too bulky to be worn under a helmet.
- Warm trousers - Either fleece fabric, thermal long-johns or lined winter trousers. Trackies/joggers are a good secondary option.
- At least 2 top layers of clothing, 1 of which should be a thick top.
I'd recommend a synthetic fabric t-shirt & fleece.
- Thick, warm socks. Wetsuit or neoprene socks make a good alternative. 2 thin pairs may be okay – NOT trainer socks as these will rub badly.
- We will provide wellington boots for you, please indicate size required on the booking form. You may provide your own as boots as footwear is a very personal fit and sizes vary between brands. *Your own wellies must have a rubber sole, not a plastic or PVC one as most cheap brands have. DUNLOP UNIVERSALS are the recommended welly for caving and cost less than £15.*
- We can provide gloves if needed. Gardening or builder's Nitrile type ones are best if bringing your own.

If that sounds like a lot of clothing then imagine jumping in a river and then standing still in the shade during January. That is a good approximation of the cave environment. You are aiming to be warm even when wet and not moving.

If anyone turns up without the warm clothing or obviously underdressed then they will have the choice of purchasing/borrowing the needed items before going underground or remaining on the surface. We do not permit our instructors to take individuals underground without the correct clothing.

Please avoid all cotton/denim clothing if possible (undergarments excluded but even them ideally) as cotton/denim offers little or no thermal retention and will usually make you colder. Stick to synthetic fabrics.

For full day caving trips please bring food or snacks suitable to survive a trip underground, M&S salads are not appropriate! We will provide some sealed containers for food and some hot drinks. Chocolate, flap jacks, cereal bars, sandwiches/rolls & biscuits are a good choice. A few water bottles to spread throughout the group are a good idea also.

Don't forget spare clothes and a towel for after the trip!

Due to parking issues at some venues, could you please travel to meet us in as fewer vehicles as possible. You will also need to ensure that you have money for car parks (at least £5 a day in the Peak District, sorry).

Depending on the cave visited there may be a trespass fee charged by the land owner. This is not always part of our fee and you may need to bring some change to cover this. Fees vary from £0 to £3 per person.

We will advise you if you need to bring a trespass fee but for guidance: A course we advertise as being based in a named venue then we will include the access fee in our costs. For bookings where you are able to choose the venue from our recommendations we will require you to pay any fee required by the landowner. We do it this way so that we do not penalise the trips into venues with no fee by always adding these fees to our costs.

As always please get in touch should you have any questions.