

# Cornell Outdoor Education Equipment List for Caving Trips

## **INSIDE THE CAVE**

- Long underwear top
- Long underwear bottoms
- A turdy outer layer
  - Coveralls, Sweater, hoody, or fleece top
  - Durable pants
- Wool or synthetic socks
- Durable and Supportive Shoes
  - Hiking Boots or sturdy athletic shoes

## **OUTSIDE THE CAVE**

- Long underwear top
- Another insulating top layer:
  - Wool sweater or shirt, or synthetic fleece jacket
- A warm jacket
- A pair of long underwear bottoms
- Warm pants (synthetic or wool)
- Raincoat, shell or poncho
- A hat, wool or synthetic
- A pair of warm comfortable camp shoes
- Extra wool or synthetic socks

## **PERSONAL GEAR**

- Closed cell foam sleeping pad
- Sleeping bag/stuff sack
- 2-1-quart water bottles
- 1-2 bandanas or wash cloths
- Cup, bowl, spoon, fork
- Duffel bag or pack (to put it all in)

## **PERSONAL MAINTENANCE KIT**

- Toothbrush and toothpaste
- Feminine hygiene, ziploc bags
- Contacts, solution, glasses
- Medication (let instructors know)

## **OTHER ITEMS**

- Snacks (candies, nuts, etc.)
- Money for food on the road
- Disposable Camera?
- Book or journal?
- Something to share?

## **TWO IMPORTANT NOTES ON CLOTHING**

It is better to dress in many layers. Many layers provide you with more options to regulate your temperature, which can vary widely in response your activity level and changes in the weather.

We strongly recommend that your insulating layers and long underwear be made of wool or synthetic materials. These materials retain their insulating qualities when damp. Cotton, does not insulate well when it becomes wet. So, dress smart! At the very least, it will increase your comfort and enjoyment of the trip!