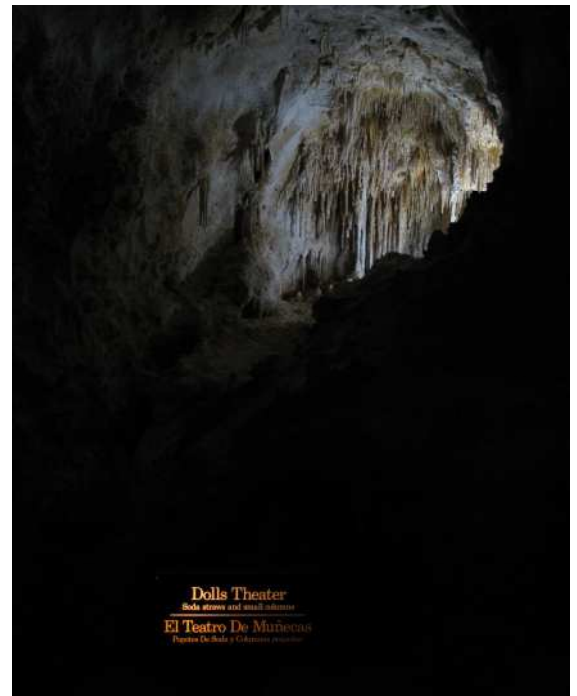


Spelunking/Caving Equipment Gear List:

ESSENTIAL EQUIPMENT & SUPPLIES:

1. Spelunking-type helmet (preferably with a non-elastic and quick-release chinstrap) with a light bracket attached.
2. A light (carbide or electric) capable of being mounted.
3. Two (at least) other sources of light. (Fireflies are not reliable sources of light!)
4. Sturdy, rubber soled, lace-up boots; ankle high for support
5. Warm-when-wet clothing (= not cotton):
 1. wool or polypropylene (quick wicking fabrics) next to skin
 2. outer layer of wool or fleece
 3. layer clothing for a wet and muddy environment with temps in the 50's
 4. jeans and a warm sweatshirt will do for beginner trips.
6. Quick energy-type foods and drinking water (2 liters)
7. At least one basic first-aid kit per group, (instant heat source & water purification tablets, such as iodine).



*Formation in Carlsbad Caverns,
New Mexico*

RECOMMENDED EQUIPMENT & SUPPLIES:

1. Gloves (broken in leather), knee pads, and elbow pads
2. At least one whistle per group
3. At least one 30 foot length of caving quality rope per group
4. A change of clothes for the ride home
5. Climbing gear is you're doing serious wild cave exploration.
6. Plastic trash bag (30-gallon size and heavy duty, +2 mil) You pack it in, you pack it out! While it is possible to bury excrement in the woods, this is not an option in a cave environment.

ADDITIONAL RESOURCES:

- For a little cave humor: <http://www.stationr.org/caving/boys.htm>
- For REAL advice: <http://www.stationr.org/caving/advice.htm>
- Check out the NSS, National Speleological Society www.caves.org
- Additional info about gear including links to specialized vendors: <http://cavingintro.net/basicequip.html>
- Caves visited by Ranger Librarian: Oregon Caves National Monument; Lewis and Clark Caverns State Park, Montana; Carlsbad Caverns National Park, New Mexico

Where I'd like to go next: Newberry National Volcanic Monument, Deschutes National Forest in Bend, OR.