



"adventure is not in the guidebooks, and beauty is not on the maps."

Calleva Inc.
13015 Riley's Lock Rd.
Poolesville, MD
20837
www.calleva.org
301-216-1248(o)
240-238-5648(fax)

CAVING GEAR NEEDS LIST

NEEDSLIST: IT IS IMPORTANT THAT YOU READ THE EQUIPMENT LIST CAREFULLY AND UNDERSTAND THE ITEM DESCRIPTION. If you have any questions or if you would like more information about any items on the checklist, please (301)216-1248.

CLOTHING: Backcountry clothing is divided into 2 main categories; insulating and non-insulating, for both upper and lower body. We use a layering system where different clothing items are worn together or separately to achieve optimum temperature control - "layering". Cotton or cotton blend garments are not considered insulating, because of their inability to retain heat when wet. If there is no other option then we suggest the "substitute". Good to bring traveling clothes that will be left in bus. All of your personal gear must fit into 1 duffel bag!

CALLEVA PROVIDES:

- Cavesuit
- Kneepads/elbowpads
- Helmet and Lightsources
- Tents/cooking gear
- Food
- Toilet Paper (we splurge!)

CLOTHING:

- Good footwear for caving (boots or shoes with good support, that you don't mind getting extra extra dirty)
- Plenty of socks (extras too! Cave socks get muddy!)
- Synthetic baselayer top (keeps you warm even if you are in a cold, wet cave, where cotton would only keep you shivering)
- T-shirts (for the out of cave time)
- Underwear (some long underwear doesn't hurt either)
- Pants/shorts (1 synthetic for in the cave or rain is recommended)
- Wind/rain jacket
- Swimsuit

SLEEPING GEAR:

- Sleeping bag (You don't need a 4-season, 0 degree bag, but something to keep you nice and warm during the night, without having to wear your entire wardrobe to bed)
- Sleeping pad (You may be no princess, but rocks are a whole lot more uncomfortable than peas)

PERSONAL CAMPING GEAR

- Dining supplies – Spoon/spork, cup/bowl, Thermos
- Winter Hat (It may be summer, but it's perfect for those chilly nights around the campfire and mornings waiting for breakfast)
- Headlamp (you probably don't want to wear your caving helmet around camp, but you might still want to see after dark)
- Toiletries (we may be camping, but we still brush our teeth)

MISCELLANEOUS ITEMS (optional items)

- A bag to put all this stuff in
- A backpack
- Waterbottle
- Glasses/contact lenses (if you use them, it's a good idea to bring a backup as well)
- Sunglasses
- Sunscreen
- Sun hat
- \$\$ (for a rest stop or two)
- Watershoes/sandals (for swimming and around camp use)
- Lunch for the first day
- A cheap camera (if you want)

UNNEEDS (what not to bring!):

- Aversion to mud

****Note: All clothes worn in cave can get muddy (Cavesuits don't keep out all the mud), so pack extras as needed** We are aware of the expense and variety of equipment that is expected. This list is something to mimic, we suggest borrowing from friends and family to cut down the costs, but we would like every camper to be outfitted properly to live comfortably and safely in the backcountry. Calleva also has gear to lend, so if there is something that you cannot get on your own, please give Calleva a call.