

CAVING PERSONAL EQUIPMENT

Hi and thanks for booking with me on a caving training course or trip. As you can probably imagine Caves and Mines can be hostile environments, with an average temperature of 8⁰c all year and often wet and draughty. To protect ourselves from this and help us enjoy the experience underground each person will need to provide themselves with the following minimal personal clothing, to be worn underneath the specialist caving equipment:

- **One or two thick fleece tops**
- **Fleece trousers (synthetic track suit bottoms with thermals will suffice)**
- **Thermal undergarments**
- **Thick warm socks (If you have Neoprene wet socks please bring them)**
- **Warm hat.**

A video on what to wear is found here:

<http://www.outdoorinstruction.co.uk/2011/09/19/novice-caving-what-to-wear/>

Or

<http://youtu.be/hkrSSZBTco8>

Please do not wear cotton tops or bottoms as the material stays cold and heavy when wet. *Don't forget you'll also need a change of clothes and possibly a towel after the session and if you have kneepads bring these as well. **Remember dress warm.***

All safety equipment required for the trip and general technical gear, such as emergency kits, safety ropes, ladders, anchors etc. is supplied by myself as part of my fee.

As caving is a physically demanding activity it is advisable that everybody eat a hearty breakfast before and provide themselves with **food for the underground** trip i.e. chocolate or flapjack, and small energy drink. Sandwiches and crisps etc. do not travel well underground. *You may wish to bring a hot flask and nibbles for afterwards.*

Please bring with you any medication you may require and approximately five pounds in change per person, for possible car parking and cave access fees, as some caves have a small charge for entrance.

Due to such variables as weather and access arrangements, I cannot specify which cave is to be visited.

Although I do hold professional Liability and Indemnity Insurance, no personal insurance is provided, As the fee is non-refundable (see booking conditions) you are recommended to obtain insurance in the event of your cancellation, accident, loss of baggage/money and/or liability. Contact a travel agent or the British Mountaineering Council for advice.

On the day please put as many people in each vehicle as possible, to save car park space in the local area. Parking in these locations is often limited.

I will contact you a few days prior to the session, with our meeting points for the day.

This is usually a local Café, where you are most welcome to join me over a large breakfast to set us up for the trip. Introductions can be made and the day's events discussed. The day's activities will finish late afternoon, leaving you enough time for your evening activities, celebrations and travel arrangements.

**I'm are more than happy to answer individual questions directly
Feel free to contact me at the details given below
Look forward to caving with you**

Adam