

Mendip Outdoor Pursuits Cave Kit list

It is of **UTMOST IMPORTANCE** that the following kit list is adhered to. Instructors may not permit a person to take part in an activity if they do not have the correct kit.

If you are staying all day, remember to bring a packed lunch and plenty to drink.

Do

- Listen to the instructors and follow their directions
- Make sure you don't endanger yourself or others
- Look after the Caves, their formations, fauna and flora
- Take only pictures. Leave only foot prints
- Ensure you are fully prepared for the trip

Don't Bring

- Anything valuable, it will only be left in the bus and be at risk from thieves
- Watches, rings, necklaces and other jewellery
- Money, except when told you need it

Caving Activities Kit list

Dry Trips

- Wellies or hike boots (Must have a good tread)
- Thick socks
- Old trousers (not Jeans)
- Thin long sleeved top
- Food and drink for the journey
- Warm coat for afterwards
- Asthma inhalers and/or other medication

The dry caves we use are above the water table so do not have active stream ways; However water percolating through the rock can make them very damp, a full change of clothes following a trip is always advisable

Wet Trips

- Wellies (Must have a good tread)
- Thick socks
- Swimming costume (as underwear)
- Warm old clothing (ideally fleece or fibre pile, not cotton) several layers
- Pocket sized snacks (e.g. chocolate) for in the cave
- Food and drink for the journey
- Towel, plastic sack and a complete change of warm clothes for afterwards
- Asthma inhalers and/or other medication