

## Advice for those about to undertake their first caving trip.

The clothes you wear will get wet and muddy - so don't wear expensive gear or Gore-Tex, or similar, jackets, they will be ruined. Denim jeans get heavy and tight when wet, and so are most unsuitable for caving. Clothing should provide freedom of movement.

Equipment you need to take:-

Old cagoule & overtrousers;

Warm clothing (fleece/woollen jumpers);

Tracksuit bottoms ("Ron Hill" type);

Wellies are the most suitable footwear. Walking boots are acceptable but will get very wet, and hooks may catch on the wire sides of ladders. Trainers give very little ankle support and are not suitable for caving.

*Take:-*

A complete change of clothes to wear after the trip (including underwear);

A towel;

A bin-liner type plastic bag to put your wet/muddy clothes & boots in.

*You will be provided with:-*

A helmet;

A lamp;

A belt to carry the lamp's battery;

A harness (if appropriate).