

General Equipment You Need to Bring

- Rucksack - To keep all your stuff in.
- Sleeping Bag - We sleep indoors but due to the low price, typically £3 per night, there is sometimes no heating or bedding.
- Toiletries - keep it short and sweet, the washing facilities will be limited.
- Food or money - For food on Friday night.
- Spare underwear – There is little need for other spare clothing as you wear caving gear during the day.
- Petzl Tikka Head Torch (or other brand LED head torch) - this is optional, but useful if you have one.
- Walking Boots – Useful for Midnight Missions although trainers will suffice.
- A bikini is recommended to make getting changed easier.
- Cartons of fruit juice are optional but popular!

Caving Equipment (Provided)

- Bernies Bag
- Helmet
- Over suit
- Under suit
- Wet Socks
- Welllys
- Battery Belt
- Battery (+ Wing Nut)
- Headset (Both battery and headset must be orange or red, don't mix colours)

SRT Equipment (Provided)

- Harness
- Central Mallion (Preferably semi-circular)
- Chest Jammer
- Chest Tape
- Hand Jammer + Oval Karabiner
- Foot Loop + 7mm Mallion
- Stop + Oval Karabiner
- Steel Braking Karabiner
- Set of Cows tails