



HIGH MOUNTAIN EXPEDITIONS

What to Bring/ Wear Caving

What You Should Bring/Wear caving:

Long Sleeve Shirt and Pants (Required) - Clothes that you do not mind getting dirty and wet.

Old Sneakers or Hiking Boots (Required)

A Change of Clothes and Shoes (Required)

Towel

Plastic Bag for Wet/ Muddy Clothes

Camera – Waterproof Digital Camera

Special Medications

Do Not Bring/ Wear:

Wallets, Jewelry and Watches - Leave all valuables at home or locked in car at outpost.

Open Toed Shoes

Non-Waterproof Electronic Devices

Pets

Cotton Clothing Items- Cotton dries very slowly and actually draws heat away from your body

Cigarettes- High Mountain Expeditions is a Smoke-Free company

Professional Caving Gear High Mountain Expeditions Provides:

Spelunking Helmet

Head Lamp

Spot Light

Wilderness First-Aid Kit

Did you forget something? Our outpost stores carry a full selection of Water Shoes, T-Shirts, Waterproof Cameras, Sunscreen and more.