What to bring:

- Sleeping bag/blanket (no duvets please)
- Roll matt (camping only trips)
- Wellies (can be borrowed from the club)
- Oversuite (can be borrowed from the club)
- Wash kit
- Towel
- X2 woolly pair of socks to wear underground
- Long Johns/jogger bottoms to wear underground (no denim or cotton)
- Thermal top/long sleeved top to wear underground
- X2 warm jumpers to wear underground
- Change of dry warm cloths for afterwards (keep this separate from your caving cloths)
- Gardening gloves/washing up gloves (not your best outdoor gloves)
- Caving snacks (chocolate bars, dried fruit) **do not bring nuts**
- Any medication you require
- A bag to put wet cloths in
- Drinks alcoholic and non alcholic

Optional:

- Wetsuit socks
- wetsuit
- Knee pads
- Buff/balaclava
- Ear plugs (for noisy snorers)

What not to bring:

- Illegal drugs
- valuable/sentimental jewellery or items
- Suitcases (small and medium rucksacks work best)
- Nuts (due to allegies)
- No other electronics apart from phone and power bank