To: Caving Participants

From: Outdoor Programs Staff

Trip Day/Dates: January 26th and 27th, February 2nd, 3rd, 8th, and 9th

Location: Re: Trip Information (updated 01/08)

Who: This trip is designed for anyone interested in exploring the underground world of caves. No experience is necessary and this outing is open to students, staff, and faculty members and their immediate family. The student, staff, or faculty member must accompany immediate family members.

What: This outing involves the exploration of an undeveloped cave. The underground landscape presents a variety of challenges to navigation and cavers will walk, crawl and squeeze their way through a series of passages, and cavernous rooms. Develop an understanding of how limestone caves form and the unique creatures that have adapted to these extreme environments. Expect to get muddy and have a blast!

Caving equipment, including light sources and helmets, is provided by Outdoor Programs. See the list below of items we require you bring. Air temperature in a cave is approximately 55 degrees and although humidity is 100%, dampness underground can vary depending on the amount of recent rainfall. Combination of temperature and humidity requires that cavers are dressed in layers. Please do not omit anything from this list. Lunch, a snack, and water are provided. Valuables should be left at home and can be secured in a locked bin in the Outing Center.

Safety is our highest priority, so come well rested and completely free of the effects of intoxicating substances. The use of Alcohol, illegal drugs, and tobacco products are not allowed. Since there is always some amount of risk involved in these types of activities, we require you to sign an acknowledgement of risk/liability release form on the day of the outing. If you are under the age of 18, we must have a parent/guardian signature in advance. We also require you to complete a confidential medical form.

Please make every effort to attend. Refunds are given only if Outdoor Programs cancels the trip.

When: Meet at 9:00 am on the day of your trip (listed above), regardless of the weather. Expect to return by 6:00 pm. Please make every effort to attend.

Where: Meet at the Outdoor Programs Outing Center located in the Student Recreation Center (SRC).

How: For more information about the trip, call 262-4077 or stop by the Outing Center. If you have specific questions or concerns about the content of the trip and your participation, contact Andrew at 262-4954 or by email at millra@apstate.edu. We look forward to having you on the trip!

Personal Equipment List: *(Outdoor Programs can provide this equipment on a very limited basis)*

**COMPLETE change of clothes and footwear appropriate for outside weather conditions to be worn after caving**

- Boots with good tread and ankle support (for safety reasons, no tennis shoes or sandals)**
- Synthetic or wool socks
- Synthetic or wool long underwear top and bottom**
- Old loose-fitting coveralls or pants (they will get dirty)
- Old loose-fitting sweater or pile jacket (they will get dirty)
- Fleece or wool hat
- Daypack** (carrying extra clothes)
- Knee pads (optional)**
- Large garbage bag for muddy clothes, shoes and equipment
- Beach or bath towel for changing into clean clothes