



## The Ultimate Caving Equipment Checklist

Stay organized and prepared for every underground adventure.

### Essentials

- **Lighting and Visibility:**
  - Primary headlamp (300+ lumens)
  - Backup flashlight
  - Extra batteries or rechargeable power banks
- **Protection and Safety:**
  - Helmet with a secure chin strap
  - Gloves (abrasion-resistant)
  - Waterproof, durable boots with good grip
  - Comfortable, moisture-wicking clothing
- **Navigation Tools:**
  - Compass and cave map
  - Waterproof map case
- **Emergency Supplies:**
  - First aid kit
  - Signaling whistle or emergency beacon
  - High-calorie snacks and water

### Optional Gear

- **Comfort and Support:**
  - Knee pads or elbow pads for crawling
  - Protective overalls or coveralls
  - Lightweight thermal blanket
- **Personal Items:**
  - Waterproof camera for capturing memories
  - Notebook and pencil for mapping or journaling

## Advanced Gear

- **Climbing and Vertical Caving:**

- Static rope (for rappelling and ascending)
- Harness (caving-specific)
- Carabiners (locking)
- Ascenders and descenders

- **Environmental Adaptation:**

- Wet suit or dry suit for water caves
- Thermal base layers for cold environments
- Waterproof storage bags for valuables

- **Extended Trips:**

- Large caving pack with secure compartments
- Portable stove or cooking kit (for multi-day expeditions)
- Extra food and water reserves

### Custom Notes

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