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## **Caving equipment list**

### **We provide**

Helmet, lamp, belt, oversuit and boots.

### **You need to bring**

Any medication, as indicated on the booking form.

Suitable clothing to wear underneath your oversuit. These should be clothes which you will be prepared to get damp or wet and sometimes muddy. It is therefore advisable not to turn up in your best clothes! A warm pair of socks are advisable for wearing under your wellies. If you have long hair it should be tied back to prevent it getting tangled in your helmet.

### **After caving**

You will need to bring a full change of clothes and a towel.

### **Optional**

Food and drink for after the trip. Water is recommended.

Deodorant!