



EXPEDITION PREPARATION

CHECK LIST for Moaning Cavern's Adventure Trip

- Get a good night's sleep - caving requires energy and good judgment.
- Eat a good breakfast, but avoid excessive liquids and "problem" foods, since there are no restrooms inside the cavern.
- Wear one layer of loose fitting, lightweight grubby clothes. Keep in mind anything on your body will get very dirty and scuffed up.
- Wear sturdy shoes that have traction soles (tennis or jogging shoes or hiking boots work fine).
- If you have downloaded the release forms from this website, bring your signed copy/copies. If not, you will need to sign one at the cavern before your trip.
- Bring a complete change of clothes including shoes, in a large plastic bag. This bag will also be used to transport your dirty clothes and shoes home again.
- Bring a wash cloth to clean up after your trip. We do not have showers at Moaning Cavern, but restrooms are available.
- Bring food and drinks for after the trip. No food is allowed in the cavern, so you will be hungry when you get out. We do have snack foods - chips, candy and soda available from our gift shop.
- If you have a medical condition that requires you to bring food or special equipment into the cavern, let your guide know before the trip begins.
- Arrive at least 15 minutes before your scheduled Adventure Trip to allow for checking in, signing release forms if necessary and using the restroom.
- Before your trip begins, please notify us if you or anyone in your group may require special attention or awareness on the part of your guide.

Please be aware that to do the rappel, or the Adventure Trip with the rappel, participants must be at least 12 years old, and special restrictions apply. There are **five** ways a minor child (aged 12 to 17) may rappel at Moaning Cavern:

- 1.** Their parent or legal guardian is present to evaluate the rappel and sign the waiver.
- 2.** They bring a signed waiver that has been notarized.
- 3.** They bring a signed waiver that has been witnessed by another adult who is present at the cavern and can verify the signature.
- 4.** They bring a notarized letter from a parent or legal guardian authorizing another adult who is present at the cavern to evaluate the rappel and sign the waiver.
- 5.** They bring a signed letter from a parent or legal guardian which includes a witness signature of another adult who is present at the cavern who can verify their signature, authorizing that adult to evaluate the rappel and sign the waiver.



We recommend you print out this list and check off each item to be sure you properly prepare for your wild cavern expedition.

We provide all necessary caving equipment including gloves, knee & elbow pads, helmet with light, and coveralls - beginning size 38. If you're smaller, wear a long sleeved shirt and long pants to compensate for lack of coveralls.

When dressing for your trip, bear in mind that Moaning Cavern is a fairly warm, dry cave. The temperature is a consistent 61°F or 16°C year round.

Please contact us **BEFORE** your trip with any questions or concerns:

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