



EXPEDITION PREPARATION

*CHECK LIST for California Cavern's Mammoth Cave
& Middle Earth Expeditions*



- 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 a warm long-sleeved shirt over thermal underwear (if you are especially sensitive to the cold), don't forget two layers if you are smaller than size 38 adult.
- Wear rugged, loose-fitting pants. Do not wear clothes that tend to absorb water - a sweatsuit is not a good idea. Clothes that repel water are best. We recommend bicycle pants made of polypropylene or loose fitting ski pants. A wet suit during our wetter season is especially recommended. All clothing may become permanently stained by mineral rich cave mud, so don't wear your favorite clothes.
- Wear high top shoes with excellent traction. Your shoes should tie very tightly above the ankle. Cave mud is very sticky, and low top shoes would be pulled right off. Bear in mind your shoes will forever bear the scars of this trip.
- If you have downloaded the release forms from this website, bring your signed copy. If not, you will need to sign one at the cavern before your trip.
- Bring knee and elbow pads if you think you need them. Make sure they are the soft slip-through gym pads as used in basketball & volleyball. Do not use the hard plastic kind with velcro as used in rollerblading.
- 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 all shower supplies and toiletries. There are showers available for your use after your expedition, and you will need them.
- 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 expedition 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.



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, helmet with light, and coveralls - beginning size 38. If you're smaller, wear two layers to compensate for lack of coveralls.

When preparing for your trip, please bear in mind that California Cavern is a wet, muddy cave and you will be crawling around in a cool 53°F, 12°C temperature for 2 - 5 hours, depending on the expedition you have chosen.

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

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