



# The Day Trip List

(Everything you need for a day trip of any size)



## Lights!

There is no more important piece of gear than the light. A good light will make you better able to navigate through any cave.

1. You need at least one "Main Light," this needs enough battery power to take you through whatever sized trip you are planning. It should be durable and bright, and have redundancy with your back-up lights.
2. You need at least two "Backup" lights. One on your helmet and one in your bag. These are to help you survive if your main light has a problem. These can be cheaper, but its best if they use the same batteries as each other and/or your main light. Have at least enough back-up battery to get you out of the cave.

## Knee and Elbow Pads

No matter what anyone tells you, you need both of these types of pads to cave in the Black Hills. The better the pads the quicker you will be able to move without getting hurt. Its that simple!

1. The pads need to be soft. (not hard shelled)  
The Volleyball type of pads are OK for beginner trips. Just remember that the knee is often a point of contact for climbs.
2. Eventually a knee-pad that better covers above and below the knee is going to be best. There are multiple brands that are popular: Howitzer, Crawldaddies, Salamander, Dirty Dave's are all popular choices.
3. Elbow pads are a little more basic than knee pads and a less robust pad is probably OK.

## Helmets



- Most Climbing Helmets will work.
- It needs to have clips to hold your light,
- The ability to mount brackets for high end lights,
- Need Vents, and can not have a bill.

## The Pack

(Because you have a lot to carry!)

- We use **Side Packs** here in the Black Hills.
- The Grotto has had these professionally produced, and they are available on the grotto website.

## The other Things.....



1. **GLOVES** - You have to have these. Either the rubber palmed gardening gloves or leather palmed gloves are popular.
2. **A Watch** - Reliable, has an alarm, and one you don't mind scratching and breaking.
3. **A Scooper Compass** - A Cheap plastic compass that will slide onto your watchband, for quick navigation. (Amazon)
4. **A Poop Bag** - These are usually a combination of Foil, plastic wrap and Ziploc bags, ask someone for directions.
5. **Collapsible Liquid Containers** - Useable for both carrying drinking water into the cave, and urine out of the cave. Some folks use dromedary bags, all Jewel Cave explorers use Cube-ies.
6. **Synthetic Long-sleeve Shirt** - Used in case you get cold during survey.
7. **Synthetic Balaclava (Thin)** - Used in case you get cold during survey.
8. **Pack Strap Cover** - This goes over one of your pack straps to protect your neck from chaffing. Some people use a seat belt cover. This sounds silly, but it will really improve your experience.
9. **Repair Kit** - Some materials in case something breaks, i.e. Zip-Ties, Duct Tape, medical tape, sewing kit, multi-tool etc.
10. **First Aid** - Most people bring ibuprofen, and some sort of bandage, but this is up to your discession.
11. **FOOD!** - Bring enough food to have a snack every hour, this will keep you from "bonking." Remember it needs to be secure in a container, it can not be crumbly, and don't experiment with new food in the cave. Also, have a plan to keep the food off of the cave at all times. Making a mess is not cool.

