



TRIP: Date of Trip: _____ Meeting Place: **Peak Adventures office**
 Meeting Time: 7AM Approx. Finish Time: 6PM
 Location: Angel's Camp area

Cave exploring involves maneuvering through narrow passages and low ceilings. Participants may not fit in every cave area. Guides may need to limit participation for personal safety.

Important Information:

- There are NO BATHROOM FACILITIES at the site
- There is a strenuous 1 hour hike to the cave site (~2 mi.)
- Leave jewelry at home, especially rings
- Caves will generally be about 60°F

We will provide:

- Helmets
- Knee Pads
- Headlamp

What to Bring:

- Thin light-weight full finger gloves (required)
- 2 additional light sources (required)
ex. 2nd head lamp, flash light, etc. (NO CELL PHONES)
- Extra batteries
- Day pack
- Water (2 liters minimum)
- Camera (optional)
- Garbage bag for dirty boots and clothes

Clothing:

* For dressing in layers, synthetics are best closest to the skin. Cotton jeans, coveralls, or other heavy duty fabric are the best outer layer for crawling in the caves.

* All items/clothing brought into the cave will get dirty and could possibly be damaged.

- Durable, loose fitting (not baggy) clothing
- Dress in layers
- Comfortable closed-toe hiking shoes (no flip-flops)
- Change of clothes and shoes for the ride home

Food:

- Bring your own lunch, snacks
- Water (at least 2 liters)
- SUGGESTED TRAIL FOODS:
- Sandwich
- Fruit (fresh or dried)
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers and cheese

Alcohol and drugs are prohibited on all Peak Adventures trips.

Cancellation and Refund Policy:

- Cancellations made more than 10 business days prior to event will receive a refund minus a \$10 fee.
- Cancellations made 10 business days or less before the event are not eligible for a refund.
- There is a \$10 fee for all transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.