



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.

What to Bring:

- Day pack
- Water (2 liters minimum)
- Camera (optional)
- Garbage bag for dirty boots and clothes

We will provide:

- Helmets

Important Information:

- There are **NO BATHROOM FACILITIES** at the site.
- There is approximately a 1 hour hike to the cave site.

Good to know:

- Leave jewelry at home, especially rings
- Caves will generally be about 60°F
- Knee pads recommended

Essentials:

- Thin light-weight gloves (required)
- Head lamp (required)
- 2 additional light sources (required)
ex. 2nd head lamp, flash light, etc. (**NO CELL PHONES**)
- Extra batteries

Alcohol and illegal drugs are prohibited on all Peak Adventures trips.

Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and 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.

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