

+FIRST AID +

Be sure you understand the proper use and application of any First Aid supplies you carry. Don't waste time, space or energy carrying things you can't use or that may cause injury due to misuse. If possible, take a first aid course from an organization like the Red Cross.

Each person should take a personal First Aid Kit and a member of the group should have a larger more extensive First Aid Kit containing other supplies that should be readily available.

Personal First Aid Kit:

- Safety Pins
- Aspirin
- Small Scissors
- Bandages
- Antiseptic or Rubbing Alcohol
- Gauze Pads
- Tweezers
- Knife or Razor Blade
- Antacid
- Lighter
- Antiseptic Towels
- Bacterial Ointment
- Moleskin (for preventing blisters)

Group First Aid Kit:

- Safety Pins
- Aspirin
- Bandages
- Various Gauze Pads
- Gauze Tape
- Antiseptic
- Scissors
- Moleskin

Latex Gloves
Q-tips
Water Purification Tablets
Tweezers
Antihistamine
Bacterial Ointment
Antiseptic Towels
Sewing Kit
Lighter
Sting Relief

Gear:

Three sources of light per person (Make sure batteries are fresh)
Extra batteries, and bulbs (especially for your main light)
Hard hat with attached light source
Warm clothing
Tough, water-proof, ankle-high boots with aggressive tread soles
Tough gloves
Knee and elbow pads
Coveralls or old clothes
Cave pack: fanny pack or day pack

Cave Pack Essentials:

Lighter
Small Flashlight
Spare Light Bulbs and Batteries
Compass
Knife
Food & Water
Small First Aid Kit or Group First Aid Kit
Urine Bottle
Toilet Paper (Remember to pack out)

Pocket Knife
Small Length of Cord or Webbing
Garbage Bag for Picking Up Extra Trash
and an Extra One for Your Muddy Clothes
Pencil and paper

Extra Equipment for Vertical Trips:

Seat Harness
Rappel Device
Ascenders
Gloves
Enough Ropes, Rope Pads, Webbing, Carabineers, etc. To Rig All The Drops You Plan To Do.

Optional Gear:

Cave Clean-up and Restoration Equipment
Small Whistle for Signaling
Burrito Bag (a plastic bag to carry out waste and toilet paper)
P38 (Flat Folding Can Opener)
Spare Baggies (Pack Out Small Foreign Objects)
Survival Kit

Disclaimer:

Caving can be a potentially hazardous activity. You could get hurt and/or killed. The material on this web site is provided to help you avoid that outcome, but there is no certainty that it will do so. Neither the author nor The Central Arizona Grotto is to be held liable for the use/misuse of any material on this website. Please use extreme caution when exercising these activities and get proper training and lots of practice before engaging in any of these activities to reduce the risk of possible injury.