

# Raccoon Mountain Caverns Wild Cave Expedition Checklist

*Please follow this checklist to make your trip more enjoyable*

## **What to Wear: (Day and Overnight Tours):**

- Wear long pants and jeans work great. Please do not wear anything with an elastic waistband as they tend to be pulled down or off when belly crawling.
- Wear a long-sleeved t-shirt or a short-sleeved t-shirt with a flannel shirt over it. Sweatshirts and jackets tend to be too hot ó even though it is 60° in the cave, you can get hot during the crawls.
- Wear sturdy shoes. Boots or athletic shoes with good traction are necessary. Worn out, slick sneakers are dangerous. No shoes with cleats ó while they give traction in the mud, they are dangerous on bare rocks.
- We provide helmets, lights, gloves, and kneepads to use. This equipment is necessary and must be worn during the tour.
- Glasses tend to fog up when staying still but will clear up with movement.

## **Be Aware: (Day and Overnight Tours):**

- Hands need to be free for crawling. Anything you bring into the cave should be in a waistpack to keep hands free. If you bring a camera, it should be a disposable camera. Do not take pocket knives, cell phones, anything expensive, anything you want to stay clean, etc. into the cave.
- Adult chaperones are responsible for the discipline of the group. Horseplay is not permitted. Pushing, shoving, jumping, and mud throwing are not permitted as they can lead to injury.
- It is muddy, wet, and / or slippery throughout the cave. Helmets must be worn and caution used when walking, crawling, etc.
- We go the speed of the slowest person in the group and rest often. It is best if the slowest person is right behind the guide. The entire group does the tour ó no one staying alone in the sleeping area and no solo exploration is permitted.
- The cave environment is extremely fragile. We must be careful not to disturb animals or leave anything behind that would disturb the eco-system. Many of the animals in the cave are endangered species. Point them out to the people behind you, but please do not touch or disturb them.
- The cave should be left as you found it. Follow the caver's motto: take nothing but pictures, leave nothing but footprints, kill nothing but time. Most of the cave is still growing. Water, as it drips, leaves minerals behind. Please do not touch formations or water drops on formations. It is illegal to take anything from the cave. The State imposes a fine for breaking, defacing, stealing or harming any material found in the cave and for killing, harming, or destroying any plant or animal in the cave. óGoing ó behind the rocks or spitting are harmful and are not permitted. Cleaning fees will apply to this. Let your guide know of your need before it becomes urgent.
- Caving is an excellent activity to promote cooperation as a group. Individuals must help each other. Message passing is important.
- The tour is physically challenging and is not recommended for those with heart conditions, recent surgery, etc. If unsure, please call and ask. The guides must be told about any medical conditions (asthma, diabetes, bad knees, bad back, etc.) before entering the cave.

## **What to Keep in Your Car for After the Tour:**

- Bring a towel, soap, change of clothes (including shoes) and a plastic bag for your caving clothes. We have a bathhouse with showers on the campground that you can use. Large groups are asked to keep their showers short as there may be a long waiting line. Use appropriate rooms as campers use these also.
- Leaders must supervise their group and no horseplay is permitted in the bathhouse. An additional charge may be imposed if your group damages the bathhouse or leaves an excessive mess.

If you have any questions, please feel free to call us at either 423-821-9403 or 800-823-2267

*Remember – "Take nothing but pictures, leave nothing but footprints, kill nothing but time."*

*Visit us on-line anytime at either [www.wildcave.com](http://www.wildcave.com) or [www.raccoonmountain.com](http://www.raccoonmountain.com)*