

What To Wear:

- Wear long pants (no sweat pants) and a long sleeved shirt. It is a constant 60 degrees in the cave so don't overdress. Shorts are prohibited.
- Wear sturdy shoes. Boots or high tops are necessary. Worn out, slick sneakers are dangerous.
- Gloves, kneepads, helmets, and lights are provided.

Be Aware:

- Hands need to be free for crawling. If you bring a camera, it must be kept in a waist pack.
- One adult leader for every ten people receives free admission. These adults are responsible for the discipline of the group. Horseplay is not permitted.
- 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 stays right behind the guide. The entire group does the tour.
- No one stays in the sleeping area, and no lone exploration.
- The cave environment is extremely fragile. We must be careful not to disturb animals or leave anything behind that would disturb the ecosystem. -
- The cave should be left the way you found it – it is illegal to take anything from the cave.
- 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 of any medical condition (asthma, diabetes, etc.) before entering the cave.

What to bring in the cave (overnight expeditions):

- Bring a sleeping bag, small pad & plastic sheet, small flashlight, and clean clothes to sleep in (sweat suit, extra socks, light jacket). Framed backpacks are not permitted. PACK LIGHT – you have to haul what you bring through two crawl ways.
- Snacks: water or Powerade to drink; chewy granola bars, candy bars, or beef jerky to eat. No soft drinks, glass, coolers, or anything that crumbles; please.

What To Keep In Your Car For After The Tour:

- Bring a towel, soap, and change of clothes. We have a bathhouse with showers for your use. Large groups – please keep your showers short – there may be a long line waiting.

- Leaders must supervise the groups – no horseplay in the shower area.
- Males use the men's room; females use the ladies' room.
- Overnight groups – after showering, come up to the gift shop for hot coffee, hot chocolate, and donuts.