

Raccoon Mountain Caverns Overnight Expedition Supplement

Overnight Expeditions:

- Eat a good dinner before your cave trip. There are several restaurants at our exit. We also have picnic areas on the campground and pavilions for groups. Please call to reserve pavilions or get detailed restaurant information (some will deliver to the campground).
- Before going in the cave, we will provide you with bags to use for your sleeping supplies. See below for the list of supplies you will need. After packing, we will get your kneepads, gloves, helmets and lights. Then you will enter the cave.
- Please use the bathrooms before entering the cave. Each sleeping area has port-o-lets, but during the tour part you are not near facilities.
- You will leave your bags at the sleeping area. Although getting to the area may require pushing your bag through a crawl or two, you are not carrying your bag through the entire tour. Your guide will be within hearing distance of your group's sleeping area in the event you need assistance.
- There are port-o-lets in the sleeping areas. Your guides will explain how to use them. There is a cleaning surcharge for abuse of the facilities.
- The wakeup call is usually at 7:00 AM (Eastern). When everyone in your group is ready (gear packed and sleeping area clean), your group will leave the cave.
- We provide a continental breakfast (coffee, hot chocolate, Sunny D, assorted cereals, toast, hot oatmeal, etc.) for our overnight groups on the second floor of the gift shop building.

What to Bring into the Cave (Overnight Groups):

- Sleeping Bag
- Small pad (Camping pads work very well)
- Plastic sheet or tarp to use as a groundcover. Please, no plastic sheets with paint, as the paint chips will stick to the ground and upset the ecosystem.
- Small flashlight for use while setting up camp. Glow sticks are good for those who do not enjoy total darkness.
- Clean, warm change of clothes to sleep in. Sweatpants, sweatshirt, and warm socks work well. While people stay warm during the tour and it stays 60° in the cave, please pack warm things to sleep in because you will lose body heat to the ground. If you chill easily, take an extra jacket in your pack.
- We provide a bag for you to use for your gear. It is a standard size army duffel bag. All your gear must fit into one bag, so please do not bring unnecessary items. Pack light, as you will have to haul your gear through two crawlways. Please do not bring framed backpacks.
- SNACKS: Feel free to bring water, PowerAde, or Gatorade in small, plastic bottles to drink, chewy granola bars, candy bars, beef jerky, or chewy energy bars to eat. Absolutely no carbonated beverages, glass containers, coolers, or any food item that crumbles are permitted in the cave. Any food that falls onto the ground must be cleaned up immediately.

What to Keep in Your Car for After the Tour:

- Bring a towel, soap and a change of clothes and shoes. We have a bathhouse with showers for your use. Large groups are requested to keep their showers short, as there may be a long line waiting.
- Leaders must supervise the groups 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.
- Males must use the men's room; females must use the ladies room. Campers also use these facilities.

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"

www.raccoonmountain.com or www.raccoonmountain.com