

# DEEP DARKNESS

## Preparation Checklist

We want your trip to be a fun adventure. Creating that experience begins with proper preparation. Please review the checklist below prior to the day of your trip. If you have any questions, contact us.

Indiana Caverns provides helmet with light, knee pads, gloves, small pack, life jacket and climbing harness

- Wear suitable clothes for a cave temperature of 56 degrees.
- Everyone is required to wear high top shoes or boots for ankle stability.
- Participants should dress in layers to help keep warm.
- Thermal underwear or polypro tops or bottoms are ideal. Wool and polypro clothing preserves body heat when wet. Cotton holds water and wicks away body heat. Loose fitting rugged pants or jeans and a long sleeve wool or flannel shirt over thermal top works for most people. Do not wear outerwear that you expect to be completely clean again.
- All participants should bring a candy bar or snack and a drink in a plastic bottle.
- All participants are required to have a signed Awareness of Risk and Waiver of Liability form (those under age 18 must have the form signed by a parent) in order to participate in the expedition.
- You will want to bring a change of clothes for traveling home. We also suggest bringing a bag to hold wet, muddy post-adventure clothes and shoes.
- Plan to arrive 30 minutes ahead of your scheduled trip departure time. Trip will take approximately 4 hours.

## Important

You must be in good physical condition to participate in the Deep Darkness adventure trip.

This trip is physically challenging and will get your adrenaline pumping. You must be capable of climbing a 93-foot ladder on belay to reach the remote lower level.

If you have any of the following please reconsider this trip:

- Heart Problems
- Back Problems
- Inappropriate body size
- Significant physical limitations

