

Caving Virginia Sunday, January 21st



Trip Description:

This classic Outdoor Adventures trip is the perfect way to spend your Sunday. We will journey to a natural and wild cave in Virginia where we get a chance to slip and slide through mud, squeeze through tight passages, and experience total darkness. Lunch will be made underground and by the time we head out for daylight, you'll wish you could stay down longer. By the end of this trip, you'll never forget which one is a stalagmite or a stalactite.

Trip Cost: Student = \$30 (\$40 for non-students)

Includes: transportation, equipment, instruction, and meals.

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip as long as it is outside 10 business days from the trip date. No cancellation fee is applied for transfers if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: No partial refund will be available due to how early the trip is in the semester

Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) You must be able to depart by 6:30AM on Sunday, January 21st
- 2) You must be comfortable crawling and climbing through muddy and tight passages. There are areas of the cave you must travel through standing water that will soak your footwear.
- 3) Because these caves are wild caves, there will be no restrooms and you will wear a helmet with a headlamp attached as a light source while you travel.

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

Planned Itinerary (these times are approximate and subject to change):

Sunday, January 21st:

- Meet at Outdoor Adventures by 6:30AM (participants must be able to depart at this time).
- We will provide you with some equipment and load up the vehicle for our drive to Virginia.
- When we arrive at the cave, we will do some instruction before climbing into the darkness.
- Once we finish exploring and take our lunch break, we will begin the journey out to the van. Be sure to bring clean clothes so you can be comfortable on the drive home.
- Return to campus around 5:00PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 12PM-8PM, and S-S 1PM-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa

Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

Any item with an asterisk (*) denotes items that we will provide for you at no additional charge.

Head, Hands & Feet

- ☐ Bandana: great for keeping your hair clean under your helmet
- ☐ Caving footwear: boots—must be sturdy, have good tread, and provide sufficient ankle support. No sandals of any kind!
- ☐ Socks: wool socks are ideal—your feet will get wet...so the thicker and warmer the better
- ☐ Gloves: highly recommended to keep your hands clean and warm, gardening style gloves are an affordable option
- ☐ Travel footwear: needs to be separate from your caving footwear

Upper Body

- ☐ Warm Layer for caving: an old fleece jacket or sweatshirt that will get muddy, wet, and possibly destroyed
- ☐ Caving Shirt: long sleeve shirt that will get muddy, wet, and possibly destroyed
- ☐ *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- ☐ Clean Top: something you will change back into after we get out of the cave

Lower Body

- ☐ Caving Pants or Overalls: these will get muddy, wet, and possibly destroyed—thicker is better for caving pants (old jeans will work)
- ☐ Long underwear: if you get cold easily, consider having long thermal type underwear in addition to your caving pants/shirt
- ☐ Clean Bottoms: something you will change back into after we get out of the cave

Personal Items

- ☐ Sunscreen: 30+ SPF (Spray sunscreen is NOT recommended, bring lotion/cream)
- ☐ Lip Balm (with SPF recommended)
- ☐ Sunglasses: We recommend you bring a keeper strap for these
- ☐ Camera: protective case is highly recommended (optional)
- ☐ Personal medications: prescription drugs must be on your health form
- ☐ Personal medical insurance card (required)
- ☐ Towel: great for changing out of muddy clothes.
- ☐ Daypack: small backpack to keep clean clothes and belongings in during the drive to the location
- ☐ Menstrual products
- ☐ *Water bottle: quart size (required)
- ☐ *Headlamp: you must provide batteries
- ☐ (4) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- ☐ *Plastic bag to put your dirty caving clothes