Whiting’s Neck Cave Packing List

August 17-19, 2018

Sheperdstown, WV

Gear ***Required***:

1. Dirty/old clothes that you do not mind getting very dirty and wet. (Need to be long sleeve and long pants of any type. Old sneakers or hiking boots are appropriate. *You will be getting muddy!*

2. Gloves are required. Typically thin layered cloth gloves are best.

3. Change of clothes (warm clothes in the cave) to change into when you get out.

4. Light- MINIIMUN TWO SOURCES OF LIGHT PER PERSON. This is a safety issue that has always been drilled. Bring extra batteries. Head lamps are preferred in order to have full use of both hands.

5. Snacks- as we will be in the cave roughly 3-4 hours.

6. Min- 1 liter of water per person.

7. Change of Socks.

8. Head covering/hat- You will want it when you stop, as it gets chilly when not moving.

9. Bandana or some form of face mask. There is a lot of dust in the cave and this is essential for protecting yourself from dust.

10. Helmet- this is a must. Any type will do, bike, climbing, etc. but you need a helmet.

11. Knee pads are a must, recommended hard shell.

12. Small towel.

13. Small pack to put gear in.

***Pertinent information:***

 ***Whiting’s neck cave is a limestone cave that is an ecosystem in and of itself. It should be respected as such. People must do their best to not touch the cave walls with bare hands. It is also important to note that there are no bathrooms in the cave. One must properly relieve themselves before entering the cave. Food and drink are permitted but it is essential to PACK OUT WHAT YOU PACK IN. That means no littering whatsoever. The cave is maintained at a constant 50-55 degrees F so there is the possibility of hypothermia. One should clothe themselves to match that temperature. If you are claustrophobic, this is NOT a recommended trip as this cave has very small (yet passable) passages. Whiting’s Neck cave is a bat habitat in the fall and winter, as well as home to frogs, crickets, spiders, and the occasional shrew. If you see any of these animals, LEAVE THEM ALONE and no not disturb them!***