

Sitton's Cave Pre-Trip Checklist-Participant

Sitton's Cave is a wild, undeveloped cave. There are no paved paths, no handrails, or LIGHTS. You will be scrambling over rocks, crawling on your knees and possibly wading in a stream, so you should be reasonably fit. The safety of every caver is the primary consideration, those arriving without the required items will not be allowed to go caving. You must be able demonstrate the ability to crawl through a 2ft X 4ft X 2ft box to be allowed on the trip.

Please inform guide of any medical needs or conditions upon arrival at the Interpretive Center. Please have all necessary medications with you (inhalers, EpiPen's, etc.).

Minors under the age of 18 MUST be accompanied by a parent or legal guardian.

Signed waivers will be required before entry into the caves. All minors must have a signed waiver by a parent or legal guardian prior to entry.

Participants are to promptly arrive at the Interpretive Center at 9:30am EST the day of the trip.

The following items are required by the participant for safety:

- Arrive at the park in the clothes you wish to cave in.
 - Long pants
 - Warm long sleeve shirt
 - Close-toed, securable shoes.
- Bring a change of clothes for after the trip and a change of shoes. There are changing stations at the cave parking lot.
- 1-2 Garbage Bags to put wet clothes in.

Other items:

- Medications
- After trip snack and water.

The following items will be provided by the park:

Helmets - Lights - Knee pads - Gloves

There will be no refunds given once you have entered the "dark zone"

Trips may be canceled at the discretion of the guide if conditions are deemed unsafe for any reason