

Loucon Training & Retreat Center

Great Outdoors Gear List

What do I bring/wear for a raft trip???

- Appropriate clothing for the weather
Summer clothing: Cotton T-shirt , Nylon shorts
- Appropriate foot-wear (buckles, straps, or laces are good; NO FLIP-FLOPS!)
- Sun block
- Sunglasses
- Sunglass or eyeglass straps
- NO COOLERS, DRY-BAGS or FISHING POLES!!!
- NO ALCOHOLIC BEVERAGES
- Water-proof camera
- Medication

What do I bring/wear for a cave trip???

EQUIPMENT REQUIRED: A helmet, headlamp and batteries are provided. .
(Carbide lights are not acceptable.) Participants should expect to get wet and muddy and should wear:

- Long sleeve shirt and/or sweatshirt
- Long pants and gloves
- Boots with good tread and ankle support

Anyone not wearing appropriate footwear will not be permitted to participate in any of the caving adventure tours. Participants will need to bring a change of clothing and a garbage bag for wet clothes. **A small pack for carrying a water bottle, snack, camera, and a flashlight is recommended but not required.**