

## **Caving: Clothes - may get wet and muddy**

We will be going caving at Whiting's Neck Cave, near Martinsburg, WV. The cave will be around 55 degrees, wet and muddy. You will need to dress warmly for the cave. This is a wild cave (non-commercial) hopefully you will see some cave formations and possibly a cave dwelling creature. You will be walking and crawling through the cave wearing helmets and headlamps.

Wear **two** complete layers of old, loose fitting clothing. Coveralls or old, loose fitting jeans and sweatshirt work well for the outer layer. Wear socks and sturdy shoes or sneakers. Clothing and shoes may get wet and muddy. Bring an extra change of clothes including shoes in a trash bag to change into for the ride home.

Bring four D cell batteries for the headlamp you will wear.

## **We will meet at the Tri State Exxon Gas Station at the intersection of Rt. 340 (Jefferson Pike) and Rt. 671 (Harpers Ferry Rd), in VA**

From Washington D.C.

Take Capital Beltway (I-495) to I-270 N to Frederick, MD

From Frederick, MD

Merge onto I-70 W via exit 32 toward Hagerstown. Merge onto US-340 W via exit 52 toward Charles Town / Leesburg. Continue on US-340 W towards Harpers Ferry, WV. Tri State Exxon gas station (37245 Jefferson Pike, Purcellville, VA 20132) will be on left after crossing the Potomac River bridge (at light).