# Whirlpool Cave FAQs

Whirlpool Cave is a wild cave. You will be crawling on your hands & knees most of the time, as the cave is not tall enough to stand in most places. You will want to plan your apparel, etc. accordingly.

### What should I wear?

- Long pants
  - o denim or other heavy material recommended
  - o sweats or leggings discouraged
- Long sleeve shirt
- Old, closed-toe shoes
- You WILL get dirty, and possibly muddy. Clothes could be stained and/or ripped.

## What should I bring?

- Plastic trash bags to sit on in the vehicle on the way home
- Water

# What gear will be provided by Ascend?

- Helmet
- Headlamp
- Gloves
- Knee pads
- Elbow pads

### What can I take into the cave?

- Car keys (there is a hook near the entrance to hang them so they don't get lost)
- Nothing else may be taken into the cave because it is an ecologically sensitive zone. Pockets must be empty.