



Starter Kit

Caving

Headlamp



- Pack spare batteries – AAA vs Li-ion
- Beam distance >80 m
- Don't trust advertised battery life
- Don't use lumen amount as a measurement – not accurate

Brands: Zebralight, Black Diamond, Petzyl

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-headlamp>

Helmet



- Snug fit around head and easy adjustment
- Easy chin strap adjustments

Brands: Petzl, Black Diamond, Mammut

<https://www.outdoorgearlab.com/topics/climbing/best-climbing-helmet>

Gloves



- Leather gloves are best against abrasions in cave
- Less bulky is better to help with climbing

<https://www.outdoorgearlab.com/topics/climbing/best-climbing-helmet>