



EXPEDITION PREPARATION

CHECK LIST for Gold Cliff Mine's Adventure Trip

- Eat a good breakfast, but avoid excessive liquids and "problem" foods, since there are no restrooms inside the mine.
- Wear one layer of loose fitting, light-weight grubby clothes. Keep in mind anything on your body will get very dirty and scuffed up.
- Wear high top sturdy shoes that have traction soles (hiking boots are ideal).
- If you have downloaded the release forms from this website, bring your signed copy/copies. If not, you will need to sign one at Moaning Cavern before you leave for your trip.
- Bring a complete change of clothes including shoes, in a large plastic bag. This bag will also be used to transport your dirty clothes and shoes home again.
- Bring a wash cloth to clean up after your trip.
- Bring food and drinks for after the trip. No food is allowed in the mine, so you may be hungry when you get out. We do have snack foods - chips, candy and soda available from our gift shop at Moaning Cavern. If you have a medical condition that requires you to bring food or special equipment into the mine, let your guide know before the trip begins.
- Arrive at least 15 minutes before your scheduled Mine Adventure Trip to allow for checking in, signing release forms if necessary and using the restroom.
- Before your trip begins, please notify us if you or anyone in your group may require special attention or awareness on the part of your guide.



We recommend you print out this list and check off each item to be sure you properly prepare for your mine exploration.

We provide all necessary equipment including gloves, helmet with light, and coveralls - beginning size 38.

When dressing for your trip, bear in mind that Gold Cliff Mine is fairly warm and damp. The temperature ranges from 65°F to 70°F inside.

Please contact us **BEFORE** your trip with any questions or concerns:

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