

First trip to Whirlpool

Aggie Grotto

You wanna go caving?

You made it on a trip?

Here's the things to bring on your first trip to
Whirlpool!

3 sources of light

- You should NEVER enter a cave without THREE sources of light
- Academy
- Walmart
- Home Depot



Back-up Batteries

- Remember that lights need batteries and sometimes you're in a cave longer than expected!
- Bring batteries that match your headlamps!



Water Source

- You'll get thirsty while caving!
- Plastic bottles only! No metal!



Pee Bottle

- Sometimes things happen, we never leave anything in a cave, so we bring a backup plan.
- These should have a screw top! You do not want pee in your bag or your friends!



Cave Snack

- We will stop once during the trip to eat snacks. Make sure you bring one of the listed items below as not all snacks are created equal in the caving world!
- Snacks with minimal crumbs and no juices!

- **Good**

- Fruit snacks
- Certain protein bars
- pb&j sandwich
- Gushers
- Beef jerky

- **Bad**

- Oranges
- Go-gurt
- Cereal
- Pringles/Chips
- Popcorn
- Pickles
- Granola bars



Gloves

- Oils from our hands stain and damage the cave so it's best to wear gloves!
- Garden gloves are perfect for this!
- Walmart
- Academy
- Home Depot



Knee-Pads

- Crawling on bare rock can be exhausting and hard on your knees. Knee pads are a lifesaver and requirement for entering a cave.
- These need to be soft, no hard shelled! Those will damage the cave!
 - Think volleyball kneepads!
- Walmart
- Academy



Bag

- You'll need something to hold all of your things!
- Something durable that won't break during the trip
- Minimal zippers and hard pieces to minimize damage to the cave



Change of Clothes

- When you get out of Whirlpool you'll be a little stinky and a little dirty.
- It's not nice to get in others cars while being a mess!
- After we cave we change clothes before getting in the cars and leaving.



What to Wear

Top

- Synthetic materials are best because they “shed” the least!
- Opt for an athletic long sleeve or a cotton t-shirt!
- No crop tops or only sports bras!
 - If we can see your tummy you can’t go in the cave:(
- No buttons or zippers!
- Coveralls accepted!
- Brighter colors show up better in photos!



Bottoms

- Various forms of pants accepted
 - Cargo pants, hiking pants, leggings, jeans
- Shorts are not accepted in any form by themselves
- Many cavers wear shorts over their leggings for extra protection!



Buff

- A layer between your head and the helmet
- Keeps your hairs on your head
- Keeps dirt, mud, etc. out of your hair
- Can buy super cheap at Walmart
- Academy



Shoes

- Good tread
- Ankle support
 - Recommended
- Something that will not fall apart in the cave!
- Sandals not allowed! No open toe shoes!
- A lot of us wear cheap hiking boots from academy!



Caving Outfit Examples



Caving Outfit Examples



Kevin Liow

What does the Grotto provide?

Gear Provided

- Helmet



What to expect on a Whirlpool Trip

Trip Leaders

- There will be 2 trip leaders
 - 1 TL will lead at the front
 - 1 TL will bring up the back of the line
- TLs will point out formations and different things throughout the cave
- TLs will prioritize the safety of the group and the cave during the duration of the trip.
- TLs will conduct a wellness check before the group enters the cave
 - Ensures everyone feels in good health before caving
 - Makes TLs aware of existing injuries

Day of Activities

- Meet at the Walmart parking lot off of Brothers Blvd at the designated time
- TLs will conduct a gear check to make sure everyone has everything they need before departing the parking lot
- Arrive at Whirlpool
- Enter the Cave
- Stop for a cave snack and water
- Exit the Cave
- Change before leaving Whirlpool
- Sometimes grab a meal in Austin
- Head back to College Station

Checklist, for screenshot ease

- ☐ 3 sources of light
- ☐ Back-up batteries
- ☐ Water bottle
- ☐ Pee bottle
- ☐ Cave snack
- ☐ Gloves
- ☐ Knee-Pads
- ☐ Bag
- ☐ Change of Clothes
- ☐ Cave Top
- ☐ Cave Bottoms
- ☐ Buff
- ☐ Cave Shoes

Past Whirlpool Experiences





