

Teambuilder Gear Checklist

Weather and temperatures can vary significantly on Laurel Mountain, so come prepared for cooler temperatures and inclement weather, even during the Summer.

If You're Going Caving

Temperatures in Bear Cave are typically about 50 degrees year-round, regardless of outside conditions, so be sure to dress warmly. Bring a flashlight or headlamp. Also, plan to emerge from the cave wet and muddy—old clothing and shoes are a must. Be sure to bring clothing (especially extra socks) and shoes to change into after your trip to the cave. If all of this sounds daunting, relax; you'll have blast.

If You're Participating on the Reaction and/or Ropes Courses

Wear comfortable shoes and clothing that permits ease of movement.

One-Day Teambuilders

- Signed liability waiver
- Pair of warm comfortable shoes or hiking boots
- Warm sweatshirt, jacket, and/or raingear (when it's warm and sunny in your town, it can be cold, windy and raining here)
- Weather-appropriate clothing
- Water bottle
- Camera (optional)
- A sense of adventure

Two- or Three-Day Teambuilders

- Signed liability waiver
- Pair of warm comfortable shoes or hiking boots
- Warm sweatshirt or jacket (when it's warm and sunny in your town, it can be cold and windy here)
- Weather-appropriate clothing
- Water bottle
- Single, fitted sheet
- Sleeping bag
- Toiletries
- Towel
- Pillow (if you want one)
- Extra pairs of socks
- Camera (optional)
- Flashlight with working batteries and/or headlamp (essential)
- Rain gear (if you have it, but no umbrellas)
- Sunscreen (you'll spend a lot of time outdoors)
- Bug repellent (during warmer weather)
- A sense of adventure