



## Women's Adventure & Yoga Weekend

Carter Caves State Resort Park, Kentucky

### What To Bring

#### Hiking

- ✓ Boots or other sturdy footwear.
- ✓ Trekking poles.
- ✓ Daypack with water and snacks.
- ✓ Rain jacket, hat, gloves and extra layers of clothing.

#### Yoga In The Cave

- ✓ Yoga clothing.
- ✓ Yoga mat or beach towel.
- ✓ Old blanket or beach towel for under yoga mat. For the cave floor.

#### Wet, Wild & Mild Caving

- ✓ Yoga clothes or other tight fitting clothes. Worn under the provided coveralls.
- ✓ Second pair of boots or other sturdy footwear. *These boots will get wet during the cave trip!!!*
- ✓ Gloves. Cotton gardening gloves are fine.
- ✓ Note: After the cave trip you'll take off your wet and muddy coveralls in the parking lot of Cascade Cave and wear your yoga clothes in the van for the ride back.

#### Rappelling

- ✓ *Required:* Cotton, long pants. Blue jeans are best.
- ✓ Boots or other sturdy footwear.
- ✓ Cotton shirt is preferred. *Not required.*
- ✓ Leather gloves. *If you have them.*

#### Stand Up Paddle Boarding (SUP), Kayaking, Canoeing

- ✓ Swimsuit
- ✓ Towel
- ✓ Water shoes: Sandals, Crocs, flip flops, neoprene shoes, preferably ones that float
- ✓ Note: For SUP going barefoot is best but you need to be in the deeper water before taking off shoes.
- ✓ Your own life jacket if you have one. The park will have one for you if you don't. *Life jackets must be worn at all times while on the water.*

## **Weather Forecast**

For a weather forecast check the town of Olive Hill, Kentucky.

## **Cottages**

- ✓ Food, if you plan to prepare your own meals.
- ✓ Snacks.
- ✓ Your own adult beverages and wine glasses, if applicable.
- ✓ Cottages come supplied with all linens, towels, hair drier, iron and ironing board.
- ✓ Cottages have a fully equipped kitchen with a full size refrigerator, range, oven, microwave, dishwasher, 12-cup coffee maker (basket filter), toaster, plates, cups, tableware and basic cooking utensils.
- ✓ Cottages have good cell service. Wifi is available at the lodge only.

## **Optional Items**

- ✓ Water bottle and drinking water, if you don't drink tap water.
- ✓ Headlamp and/or flashlight for X-Cave walking tour.
- ✓ Cash for tips for various guides (rappelling, caving, SUP), dining staff and housekeeping.

## **Lodge Restaurant**

The lodge has a full service restaurant. Morning breakfast service can be slow. Allow plenty of time.

## **Laundry Facilities**

The park campground has a coin operated laundry. Bring quarters, laundry soap and dryer sheets.

## **Grocery Stores**

You are encouraged to bring any groceries with you. Olive Hill, the nearest town, has two small grocery stores. They carry all of the basic items but you may find their selection limited. The Olive Hill grocery stores are about a 20 minute drive one-way. The nearest Walmart and Kroger are a 30 mile drive one-way in Morehead.

## **Adult Beverages**

Adult beverages are permitted. The park is located in a dry area meaning alcohol sales are not permitted. Consumption is legal. The nearest adult beverage stores are in Olive Hill where beer and wine carry out sales are available. The town of Grayson has a larger selection of beer and wine and is slightly farther away.

## **COVID-19 Precautions**

Bring a mask and hand sanitizer.