



Learn & Do Trail Maintenance

Trail Crew

Carter Caves State Resort Park, Kentucky

What To Bring

Trail Maintenance Clothes & Personal Gear

- ✓ Required: Sturdy, broken-in footwear with rugged soles and ankle support. Boots are best. Steel toe boots are even better.
- ✓ Required: Long pants. Blue jeans are fine.
- ✓ Shirts that can get dirty. Bright colors, for safety, are best. Cotton shirts are fine.
- ✓ Work gloves. Cotton garden gloves are fine. Leather gloves are best. Two pairs are best.
- ✓ Wool or nylon socks. Avoid cotton socks
- ✓ Bandana
- ✓ Rain jacket
- ✓ Day pack
- ✓ Two water bottles
- ✓ Sun protection: Sunblock and lip balm
- ✓ Insect / tick repellent
- ✓ Headlamp and/or flashlight
- ✓ Pretreat your clothes with Permethrin

Trail Maintenance Tools & Safety Equipment (*Optional*) – Bring it if you have it.

- ✓ Hard Hat
- ✓ Safety Glasses
- ✓ Hearing Protection
- ✓ Gaiters or Chaps
- ✓ Knee pads (*highly recommended*)
- ✓ Pruners and/or loppers
- ✓ Pruning saw
- ✓ Garden shovel
- ✓ Yard Tools - shovel, hoe, rake, etc
- ✓ Trail Maintenance Tools
- ✓ Battery powered hand drill, reciprocating saw, extra battery packs

Food

- ✓ Three Breakfasts (or dine in lodge)
- ✓ Two packed lunches to eat on trail
- ✓ Snacks & Drinks
- ✓ Your own adult beverages and wine glass, if applicable.

Camping Gear

- ✓ Your own camping gear (tent, sleeping bag and sleeping pad, etc.)
- ✓ Toiletries and towel
- ✓ The cottage has 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.
- ✓ The cottages does not receive daily maid service but clean towels can be requested at any time.
- ✓ The cottages has good cell service.
- ✓ There is no wifi in the cottages. Wifi is available at the lodge.

Hiking Gear (*Optional*)

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

Lodge Restaurant

The lodge has a full service restaurant. Morning breakfast service can be slow. Allow plenty of time. For faster service phone in your order in advance. (606) 286-4411

Laundry Facilities

The group cabin has a washer and dryer. 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, Superior Foods and Save-A-Lot. They carry all of the basic items but you may find their selection limited compared to a larger city grocery store. 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 near 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.

Weather Forecast

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