



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.

Wild But 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 preferred. *Not required, preferred.*
- ✓ Leather gloves. *If you have them.*

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.
- ✓ There is no wifi in the cottages. Wifi is available at the lodge. Cottages have good cell service.

Optional Items

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

Lodge Restaurant

The lodge has a full service restaurant. The hours are: Breakfast: 7am to 10:30am, Lunch: 11:30am to 3:30pm, Dinner: 4:30pm to 8pm. 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, 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 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.