



Women's Adventure & Yoga Weekend

Carter Caves State Resort Park, Kentucky

What To Bring

Last Revised: 9/6/2023

Cardboard Cave – Thursday evening

- ✓ Short sleeve shirt, sleeveless shirt or tank top
- ✓ Comfortable clothing ~ Yoga pants are best
- ✓ Nothing in your pockets ~ No shoes
- ✓ You warm up quickly

Hiking – Friday morning

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

Rappelling – Friday afternoon

- ✓ Cotton, long pants. Blue jeans are best. Yoga pants are ok.
- ✓ Boots or other sturdy footwear
- ✓ Cotton shirt is preferred. Synthetic fabrics are ok.
- ✓ Leather gloves. *If you have them.*

Yoga In The Cave – Friday late afternoon

- ✓ Yoga clothing
- ✓ Yoga mat or beach towel
- ✓ Old blanket or beach towel for under yoga mat.
- ✓ 6' x 6' plastic tarp or plastic sheet for the wet and muddy cave floor.

Wet, Wild & Mild Caving – Saturday morning

- ✓ Yoga clothes or other tight-fitting clothes. Worn under the coveralls.
- ✓ Second pair of boots or other sturdy footwear. *These boots will get wet during the cave trip!!!*
- ✓ 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.
- ✓ Coveralls, helmet, light, knee pads, and gloves are provided.

Stand Up Paddle Boarding (SUP), Kayaking, Canoeing – *Saturday afternoon*

- ✓ Swimsuit
- ✓ Towel
- ✓ Sun hat, sunglasses
- ✓ Sunscreen
- ✓ 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 dryer, 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.
- ✓ There is no daily maid service in the cottages. Clean towels can be requested.

Meals We Provide

- ✓ Friday lunch
- ✓ Friday dinner
- ✓ Saturday lunch
- ✓ Saturday buffet dinner in the lodge restaurant

Meals You Provide

- ✓ All Thursday meals
- ✓ All breakfasts

Lodge Restaurant

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

Laundry Facilities

The group cabin has a coin-operated washer and dryer.

Grocery Stores

You are encouraged to bring any groceries with you. Olive Hill, the nearest town, has two small grocery stores that 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.

Ice

The refrigerator freezer in the cabins has an ice maker. An ice machine is located at the lodge. Bagged ice can be purchased at the campground.

Optional Items

- ✓ Headlamp and/or a flashlight for X-Cave walking tour
- ✓ Cash for tips for various guides (rappelling, caving, SUP), dining staff, and housekeeping.

COVID-19

At this time no restrictions are in place.