



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. Rubber/Latex palm-coated grip gloves 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
- ✓ Knee pads for working on your knees (*highly recommended*)

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

- ✓ Hard Hat
- ✓ Safety Glasses
- ✓ Hearing Protection
- ✓ Brush or chainsaw chaps
- ✓ Pruning saw
- ✓ Hand adze or grub hoe
- ✓ Reciprocating saw (Sawzall)
- ✓ DeWalt batteries

Food

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

Showers

- ✓ Cabin 238 has two full bathrooms. You can also use the showers in the main campground (two shower houses) and horse campground.
- ✓ Towels are provided.

Camping Gear

- ✓ Your camping gear (tent, sleeping bag, sleeping pad, etc.)
- ✓ Toiletries
- ✓ The campground area has good cell service.
- ✓ Wi-Fi 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 at (606) 286-4411 and the restaurant will phone you when your meal is ready for takeout or eating in.

Laundry Facilities

Cabin 238 has a washer and dryer. You are welcome to use them. Bring laundry soap and dryer sheets. We will do a load of group trail crew shirts on Friday and Saturday afternoon so we have clean shirts to wear the next day.

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 carryout sales are available.

Weather Forecast

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