

A Guide to Buying your Kit

This is a guide to give you some idea of what kit to buy, but before buying expensive kit you have no experience with I recommend asking some of the experienced cavers for advice, with any luck they might even be able to show you the equipment on a trip sometime if they own it.

The kit you buy all depends on your budget, it is possible to get all the kit for a low price if you look hard enough but it will likely be less comfy or durable and need replacing sooner. Whereas some of the more expensive stuff significantly outlives the cheap alternative and in terms of time can work out cheaper. A rule of thumb normally is to buy the quick wearing stuff (Knee pads, cows tails etc) cheap but the longer lasting stuff (Helmets, lights etc) deserves the extra bit of cash since they will be expensive to upgrade if you get a cheap crappy one and last long enough to make it a worthwhile investment.

The guide was written for new members of a University Caving Club but feel free to edit and use for your own club if you wish.

Prices were the cheapest found from the selection of shops but may be outdated(2014).

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Standard Equipment

Oversuits

Beaver-£50(LightWeight)/£60(Standard)

The cheapest of the lot but they wear out more quickly too, and the seams aren't as good as other oversuits.

Warmbac-£82

The red/blue oversuits that most people have. Hardwearing and you'll get a few years wear out of them (18months -2 years). The Fit Isn't great and they soak up water/mud but they are the most durable oversuits you can buy. (These are the oversuits you are likely to be using when borrowing gear)

Adventure Verticale-£99

Very good fit (comfortable, lightweight and flexible) with reinforced patches on the arse and legs. The seams aren't that strong but easy to sew back up if they split.

Meander (PVC)-£120

The big yellow plastic things you'll have seen. The fit is pretty atrocious on everybody but they're very good for wet trips. They are expensive and hard to come by but they will keep you very warm in a wet cave.

Undersuits

A brief guide to furry things

To stay warm in a cave you'll want something to go underneath your oversuit. There are plenty of options for this purpose. So the basics are that synthetic materials are best and fleece is generally the warmest synthetic material. So, at the lower end of the scale some fleecy trousers and a fleece top over a synthetic t-shirt is pretty cheap. The disadvantage here is that the two items can part in the middle, particularly when grovelling about underground so can leave you with a chilly midrift ☹️

Polyester (or Gucci Merino wool) base layer thermals can be added for warmth too.

To solve this issue is the onesie which is what the majority (though not all) of cavers choose to wear. There are a variety of materials and brands to choose from

Primark onesie-£12

These are very cheap but are very thin and tend to come with flappy hoods and other sticky outy bits. Worn along with other clothing over the top they can be made warm enough though the more layers you add the bulkier it will feel. They are becoming more and more popular among younger cavers though but don't be surprised if you find yourself cold in a cave wearing one of these.

Polarfleece-£40-£50

This is the typical material for a cheap furry and provides a good level of warmth for the price and can be found in most caving shops.

Polartec-£50-£90

This is a warmer and faster drying variant of polarfleece and will give better warmth to weight at the cost of more money. These are a very worthwhile investment if you find you get cold easily while underground. (they come in different thicknesses where higher numbers are warmer.)

Powerstretch-£80-£110

A more "technical" fabric these are designed to be close fitting for maximum flexibility (less baggy damp material to flap around beneath your oversuit), excellent wicking properties to keep your skin dry and very good warmth to weight ratio. The downside is they are at the top end of the price range but are furry nice to cave in.

Warmbac-£55

A combination of wetsuit material (Neoprene) for the torso and Polarfleece for the arms and legs. These are designed for very wet caves but provide much better flexibility over a full wetsuit that would restrict movement.

SRT Kit

Generally you should be familiar with what Petzl have to offer but other manufacturers do exist and if you are curious about the alternatives I would either talk to an experienced club member or look on the caving shop websites.(List of shops given at end)

List of SRT equipment (discussion on different options below)

- Harness
- Hand Ascender – Basic or Handled
- Safety Cord/Footloop
- Chest Ascender - Croll
- Chest Strap
- Descender – Stop, Simple or Rack
- Central Maillon
- Cows tails

Optional

- Donkeys Dick (hauling cord)
- Pantin (Foot Jammer)
- 13mm spanner

Harness

Petzl Super Avanti-£59

The basic durable Harness which you would have used on your caving trips, it is very light and durable for a harness. There are 2 sizes available size 1(waist 60cm – 95cm) and size 2(90cm – 105cm).

Singing Rock Harness -£45

Slightly cheaper than the Petzl Avanti harness but not as flexible in sizing. If you think you'll need to adjust it a lot (which you shouldn't) don't buy one of these harnesses. If you can deal with it being VERY hard to adjust then get one. One major benefit of the Singing Rock harness over the Petzl Avanti is the metal central maillon loops. The Petzl harnesses have annoying fabric ones which make them harder to get on and off when you can't feel your fingers on a cold evening. Not the most comfortable of harnesses but they're well-built and will last a long time.

MTDE Amazonia sit harness - £62

This is a middleweight, comfortable and very effective sit harness. Solid 26mm tape on bum strap and leg loops (all fully adjustable) gives surprisingly good support- although initially it can feel rather odd! Low central attachment point aids efficient prussiking. A very nice harness for those wanting a bit more support on rope (and a personal favourite).

The addition of the bum strap over a harness without one is that if you spend a while on a rope your legs don't go numb anywhere near as fast. Slightly more expensive but has more support and additional gear loops. One drawback is that it is slightly bulkier than a more basic harness so not as convenient for taking off and carrying in a bag

MTDE Club sit harness - £42

Lightweight and simple sit harness of the belt and legloop type. A good alternative to the Petzl super Avanti for a bit less cash. The leg loops aren't reinforced with PVC type material so longevity may not be as good but it is well constructed and will do the job well.

Hand Ascenders

Petzl Basic-£39

The standard ascender, you would have used this on our fresher trips, its small, reliable and durable.

Petzl Ascension-£40

The handled version of the Basic, slightly heavier and a little more likely to get stuck while crawling but while climbing both hands can be put on the ascender for a little more comfort and it is easier to take on and off the rope single handed. It also comes in right handed and left handed versions.

Safety Cord/foot loop

The Safety cord connects your central Maillon to your hand ascender via a screw gate Krab, it is vital as a point of attachment while using the hand ascender and its length needs to be long enough for you to climb comfortable but short enough so if you were to sit on the cord while the hand ascender is on the rope you can still reach the ascender, hence it needs to be the length from your outstretched arm to your central maillon.

The foot loop simply attaches to your hand ascender and is used to prusik up the rope. Its length needs to be from your foot to roughly the height of your croll.

Integrated Foot loop/Safety, 8mm static-£5.00

Both the foot loop and safety cord in one ideal rope keeps everything tidy. One slight issue with this is that the safety is therefore made out of static rope which means slightly less shock absorbing ability than dynamic.

8.5mm safety cord-£3.40

Dynamic rope and thin making it less bulky, although it will mean that an extra knot will be on the ascenders krab it is safer than the integrated foot loop since it will handle falls better.

footloop 9mm Static-£2.20

Cheap but slow to adjust if required (although you can always just put the loop back through the krab if you require a really short loop temporarily)

Adjustable Foot loop tape or cord-£16-£21

Available in cord(smaller and lighter, harder to adjust) or tape. The tape version has a buckle allowing quick and easy adjusting of the length allowing you to find that perfect foot loop length quickly but its significantly more expensive than the 9mm rope.

Pure Dyneema foot loop -£12(approx.)

A single length of Dyneema (or a double length) can be used to make a single or double foot-loop the same way as with static rope. Dyneema is thinner, lighter and stronger than normal rope so will last more or less forever. The downside is that being thinner, it is less comfortable to stand in.

Chest Ascender

Croll-£34

Very reliable and durable, you would have used this on your SRT fresher trips. Other brands that are very similar exist for the same price. However the new Petzl Croll is more compact.

Chest Strap

Petzl Torse-£16

Can stay permanently on the chest ascender allowing you to get your kit on quicker. It simply clips round the harness at the back. Straps are slightly thinner than the standard straps and apparently some of the taller cavers may find it more uncomfortable.

Chest Strap-£12

Long enough to fit anyone and can be cut down to size. It can be quite awkward to get on in the first place (something you will get better at quickly) but thick straps make it comfortable while caving and long lasting.

Bra-style harness £18 - £40

These can be more comfortable than other harnesses with more support on the rope and often provide extra gear loops which are handy for rigging.

Descender

Petzl Stop-£76

The autolock function is very useful for those less confident on the ropes but for long pitches can start to make the hand ache slightly. Probably the slowest descender for getting down a pitch but very popular with beginners and easy to use. The handle also has a tendency to get caught on things when in tight spaces.

Petzl Simple-£39

Works in a very similar way to the Stop but without the autolock which some people prefer. Much smoother to abseil on than a stop but less smooth than a rack.

Petzl Rack-£57

Can be used for very smooth and speedy descents but takes skill to set up as quickly as a stop/simple, is much heavier and more likely to get stuck while in tight spots.

Hand Ascender and Descender Attachment Krab

It is important to have a strong link between the descender/ascender and your central maillon and to prevent the krab from being cross loaded its best for this krab to be oval shape.

Ovl Karabiner-£10

Any brand of oval will do. The oval shape makes it perfect for use with the descender/ascender since krabs aren't designed to be cross loaded and the oval shape keeps the descender in the right position to prevent this.

Petzl Freino-£35 (only for Descender)

Has twist lock gate which allows for quick access to the descender and has a built-in snapgate which can be used for an effective braking krab. This was designed for the Petzl Stop and Simple and can speed up the time it takes to get on the rope but the price is on the steep side even if it does include a braking krab.

Braking Krab

For any descender except the rack you will want a braking krab which will give that extra bit of resistance on the nicer ropes and make a controlled abseil that little bit easier, there are a large range of options and really you want a steel snap gate just because it'll last much longer.(If you get a Petzl Freino you don't need another one)

Raumer Handy-£16

A tough sleek braking krab which is very effective at providing extra resistance but the price is rather high for a braking krab.

Faders Steel Snaplink-£7

Light for a steel krab and has a large loop making it easy to lock of your descender, it also has the advantage that you could use it on steel cable traverses without ruining a cows tail. Will be long lasting and reliable but provide less resistance than the Handy although it is very rare that you would need that much resistance.

Central Maillon

Essential to connect the two belt loops on your harness

Half circle Maillon 10mm Steel-£6 stainless-£17.50

The steel version is what you will be using on your fresher trips, it's heavy and can be hard to get off in cold weather but very cheap and reliable. The Stainless version won't rust up and refuse to open/close if neglected slightly.

Petzl Omni-£23/£25

A light alloy krab similar to the half circle Maillon but has a much nicer screw lock or twist lock which is easier to get off. Most people will tell you these are worth the extra cost as they are much easier to get on and off which is a godsend when you're getting changed in cold and wet conditions.

Cordes Courant Moka-£21

Amazing auto lock gate makes this very easy to get on and off. It is very light, easy to get on and off and strong like bull. Defiantly worth spending the extra money to get this over the Maillons

Cows Tails

A cows tail consists of a roughly a 2.5-3 meters of dynamic rope(between 8.5mm to 10mm) tied to form a short cows tail and a long, with snap gate krabs at the end. Pre-tied cows tails rope can be brought from caving stores (you need to re-tie the knots before use). Some stores sell a set which will include the rope and the snap gates costing approximately £18.

Cows tail rope

10mm-£5.90

Thick rope will ensure that the rope lasts a long time but some people prefer thinner ropes which get in the way less.

9mm-£5.60

Although slightly cheaper they are unlikely to last as long due to them being thinner so you will have to replace them when they start to show serious ware but are lighter than the 10mm rope.

Cows tail Snapgate

There is a massive range of light snapgates out there but here are a couple of the options found on the stores to give you an idea of what to look for. (You will require 2 snap gates) It is also recommended to use a screwgate for the long cows tail so it can't accidentally come undone but this is down to personal choice.

Edelrid Pure Snaplink-£6.50

Petzl Spirit-£8.30

Optional Gear

Donkeys Dick

A small length of rope to attach a tackle sack to your harness, useful when on the rope and crawling. Easy to make yourself using retired cows tails.

Pantin

For those who want an extra boost for ascending ropes, the pantin is your way forward, it goes round your wellie and is like an extra foot loop attached to a non existent hand jammer. So you can effectively walk up the rope instead of the frog style of climbing but it should be the last thing you buy and many hardcore cavers still don't use one as it isn't necessary to cave. It also comes with the option of Right foot or Left foot, generally people use the Pantin on their stronger side and have the foot loop on the other.

Wellies

Since the range of wellies out there is so vast you should be able to find a decent pair for roughly £10 fairly easily. Try to find ones with a good deep tread and preferably made of rubber rather than plastic (the wellies from Decathlon are plastic and are surprisingly slippery on wet rock)

One point to take into account is your shoe size is about an extra half a size when you have wetsocks on so it is sometimes better to get a size up or when buying wellies try them on while wearing the socks.

Helmets

The standard caving helmet was the Ecrin Roc but unfortunately they recently have stopped being manufactured, so here are details of the Ecrin and alternatives. Helmet choice is mostly personal preference on comfort and price so they are worth trying on first.

Petzl Ecrin Roc-£?

Lightweight and strong and can be more comfortable than the Ecrin. Some people have had issues with the adjustment mechanism breaking on the current models. There is also a Spelios edition which includes a Duo mounted on which normally cost £141.

Petzl Elios -£50

Lightweight and strong and can be more comfortable than the Ecrin but the new version seemed to be rather uncomfortable but if you want to try just ask to borrow the one from the SUSS kit storage, it's one of the new models as of 2012. There is also a Spelios edition which includes a Duo mounted on which normally cost £135 but there is currently a £100 model on Inglesport at the moment if you have a small head (Its size 1).

Wild country 360 Helmet-£50

Lightweight helmet, with a small profile and size (and good colours). The great thing about this helmet is that it comes in a small size, so people with a small head can cave with a good fitting helmet. The helmet straps are fastened to the helmet at its back, meaning it doesn't have a smooth surface to attach a battery pack to.

Edelrid Ultralight-£58.50

Light helmet, very durable. Structurally similar to the Ecrin Roc.

Torch

There are a lot of options out there for torches and the quality of torch you get all depends on how much you are willing to spend. A budget torch will get you through a cave no problem, but for the full caving experience and easier rigging/navigation the higher ranges are worth it.

[A brief guide to Lumens(lms)]

Lumens is a measurement of light, to explain it in a simplified manner, the Pixa 3 you use on caving trips is producing 50lms at its brightest, so if something produced 100lms its effectively twice as bright and the brighter torches producing 1500lms are producing 30 times the light.

Budget Option - less than £75

Pixa 3-£60

A reliable little torch, you should be quite familiar with them since they are the torches most clubs lend out. The gets 12 hours at 30lm to 3 hours at 50lm. There are also Pixa 1's and 2's which are less bright but are cheaper and will still be enough to cave on.

Fenix HL30-£36

Cheap torch, but stronger than it looks and impressive lighting with emergency 4lms which lasts 140 hours to a decent 100 lms which lasts 4 hrs 30 and a very impressive 200 lms which will last for a few minutes before it reduces brightness to prevent overheating. Only takes 2 AA batteries similar to the Pixa. Not commonly used by cavers but mine is still going after over a year of caving.

Zebra Light H51-£54.95

The ideal Backup torch for those with a deeper pocket but good enough to cave on as a budget torch, large range of brightness from 200 lms(for an hour) to 0.2 lms(for 19 days), similar battery life to a pixa with 12 hours at 30 lms. The H51 version can use a single AA but is slightly larger than the H31 which uses a Lithium ion battery (also gets slightly brighter outputs with Li-ion), the main issue with Li ion is that it's harder to charge(requires separate charger + battery) and if it were to run out of battery, AA's are normally easy to find(many of us carry spare), the same can't be said for Li-ion. They also include a strap so can either be kept round your neck or in a pocket while caving and will be easy to either mount on your helmet or hold if required. They also make good torches for camping and walking. Also will make a good back up torch if you decide to upgrade to a new torch.

Fenix HL55 - £53

This little gem has the price of a budget torch but the stats of a high range torch with an impressive maximum output of 900 lms. They are fairly new to the market so reliability is still uncertain but mine has coped well so far(2 years old now), they have IPx7 rating and feel as bombproof as a zebra light. They also take 18650 Lithium batteries (the same used for scurions, just ¼ of the amount) which are the equivalent of 4AA batteries so at 165 lms it has a run time of 10 hours and at 55 lms(the same as a Pixa) it has 30 hours. So it has many of the perks found in the high range section but are significantly lighter and cheap. A technical note though concerning batteries, which will require a special charger and cost £10 each(for good ones) so there is a hidden cost of at least £25(charger + a battery) here, They are industrial standard batteries so it's important to take care charging them correctly.

Now has a version which has a built in charger(micro usb based) looks as bombproof and apparently as waterproof for those concerned about the charging situation.

Medium Range - £70-£200

Duo-£72(5 LED) £95(14 LED) £141 (Helmet mounted with Elios)

The duo has 2 modules, a halogen spot light and an LED flood module. The Halogen spot is generally pretty useless but the flood with 3 brightness levels is more than adequate for caving. The DUO runs off 4 AA batteries so it's easy to swap them out on longer trips. The other advantage is that there are a variety of upgrades available to boost the light output. See below (if you intend to upgrade your Duo straight away, buy the 5LED version or find a second hand DUO to save some money).

Bisun Flexitwin Insert-£70(requires duo)

Very easy to install in a Duo and it still has the spot and flood options which both work at 200lms giving a maximum output of about 400lms. The main advantage of this is its flexibility with settings, with several modes available for switching brightness and the mix between flood and spot, its guaranteed to please in terms of ease of use and controllability. It is possible to get a warm LED or a white one, the white is brighter by ~10% but warm gives a nice feel. A advantage of going with Bisun is that Dave, the person running bison is very helpful and often upgrading the software for the device so if you have an issue with the device its likely he may come up with a solution to it and upgrade your light the next time you meet him.

CustomDuo Insert-£70 (requires duo)

Provides similar brightness output to Bisun and looks more professionally engineered but at the end of the day it is very similar. A new module is about to be released very soon and has several improvements of which may be able to temp you from Bisun, one of which is a battery charge indicator so you can manage your batteries better. It's also possible to replace either flood or spot lights with a range of Duo modules but it will cost more to get both flood and spot separately.

High Range - £200+

Recommended as perhaps a second torch once you've been caving for a while or if you aren't really struggling with money, these torches are much brighter than you need them to be but will make caving that extra bit nicer.

Petzl Ultra Vario-£288

The top end of the Petzl caving lights range. Contains a flood and a spot and gets a maximum light output of 520lms and can run on an 200 lumens for 10 hours on the smaller Li-Ion battery pack

.Scurion-£305(700lm) £567(1500lm)

Ultra bright and very decent battery life (88hours+). Well **engineered but one issue some** people aren't so fond of is the weight. If you are **seriously interested in one I would** recommend trying on one of the club members first if they are kind enough to lend you one.

Secondary Equipment

Non essential equipment for those hardcore cavers but you will regret not owning this stuff and a fool to cave without wet socks on some of the more serious trips.

Wetsocks

Long-£16.50-£24.90

Goes further up your legs up to where your wellies go, slightly more expensive but keeps you that extra bit warm. Several companies sell them, beaver are the cheaper option and might not last as long but work perfectly well, Warmbac are the slightly more expensive more recommended wetsocks

Short-£14.50-£16.19

Shorter but keep your toes toasty, and the Warmbac short is much cheaper from hitch n hike with the 10% discount

Kneepads

Beaver-£15

The budget option, provides decent protection to your knees but the stitching on the straps can go easily but that is fixable with some DIY sewing. Stays on very well and comfy to wear

when not crawling, an ideal starter kneepad, just be aware of the straps and re sew them before it goes and you lose the Velcro.

Warmbac-neoprene-£17.10

Comes in a non Velcro version which means the straps aren't going to fail but is slightly harder to get on and off but that's a minor issue. The thing to go first on these will be wear and tear on the knee but you will get a significant lifetime out of them before it goes.

Warmbac-Warmtex-£30.15

Similar to the neoprene but an extra layer of warmtex gives it a much longer lasting life time.

Nailers K2 -£14

Very tough and makes rock feel like pillows and crawling a pleasant experience, they do have an issue of moving away from the knee though and you may have to often stop crawling and re align it. The straps can also be quick to go and the pads are bulky making walking less comfortable but if you find crawling with thin kneepads to uncomfortable, these are your solution.

Gloves

Gripper Gloves-£4.80

Thick gloves with good grip, long durability and thermal lining. The all round good pair of gloves which keeps your hands warm, long lasting and flexible.

ScrewFix Orange Builder Gloves-£1.40

Cheap and durable, practically the gripper gloves with slightly less insulation.

Back up Torch

Although not necessary immediately, if you find yourself with a slightly unreliable main torch it is good to have a secondary torch either mounted to your helmet (unadvised if there is a risk you may lose your helmet ie drop it down a pitch) or kept in a pocket but with a way of putting it on your helmet quickly ie a clip or strap. If you are planning on doing a trip alone or with a group of newer members who also don't have a back up torch it is essential/highly recommended to have a back up torch.

Petzl E+lite-£24

Very small and light, comes with strap to go around helmet and a whistle. Waterproof, dim torch and runs on hard to get battery(Lithium CR2032) but you shouldn't be using this torch unless your main torch dies and if you had to resort to using this torch you probably want to

start heading out of the cave. Very long non use battery life though meaning you can keep it in your oversuit pocket and only use it if required.

Zebralight -£54.95

See torch section.

Survival Bag

A survival bag can be ideal for the slower long trips where getting cold is likely, and for emergency situations where you may have to wait for a long period of time.

Lifesystems Mountain Thermal Bag-£9.90

Silver lining keeps 90% of heat in, weights 290g and ideal for keeping yourself warm. Can be kept in pocket or a tackle bag

Tackle Bags

Although something we happily lend out to you for most of the year when you are using our ropes, it can be useful to have your own, from a small one to hold just a bottle of water(Tea anyone) and some emergency equipment, to a medium small for a Darren drum, to large ones to carry rope in.

Landjoff Personal 5-£9

Tiny 5L bag which is enough to hold a couple of 1 litre drink bottles/small thermos and snacks and even a small survival equipment. Not massively durable but has an easy fastening system for closing the bag quickly, good for attaching to harness(with Beast buckle) and if crawling use a thin cord as a donkeys dick.

Beast Junior Tackle Bag-£38

Larger bag which can hold 50M of 10mm rope or an ideal bag for a Darren Drum plus SRT kit.

Beast Daddy-£43

Elongated shape makes it good for crawls and can store up to 100m of 10mm rope. An ideal tackle bag for most cavers.

Other Bits

Beast D ring-£5

Clips round the SRT harness on the main strap at the back, essentially acting as a stronger gear loop to put more stuff on your harness, good if you get a small tackle bag ideal for rigging where you can keep some of your karabiners on it as well.

Beast Lamp Belt-£13.50

A belt which originally served a purpose of holding a battery to your waist but nowadays is used in the nastier crawls and non SRT trips where a tackle bag can be attached to yourself.

Where to Buy

There are many caving shops available, near us in Sheffield there is Hitch'n'Hike which also gives SUSS 10% discount. In the Dales we have Inglesport and Bernies café both in Ingleton. And we have the travelling sales man Tony Seddon who can be found all over the country and you will bump into him on many of our weekends. Many of the shops also have online stores where you can order stuff but unless you are certain you know what you want, nothing beats some of the advice the people running the stores can give and you might save on delivery charges.

Stores

Hitch'n'Hike- <http://www.hitchnhike.co.uk/caving.htm>

Our local store which offers 10% if you buy in store, make sure to mention you're from SUSS to get it. Prices aren't the lowest but including the discount most things are very competitive.

Bernies Café- <http://www.berniescafe.co.uk/>

Large stock and certain things are cheap, also has a good café if you find yourself in Ingleton.

Inglesport- <http://www.inglesport.com/>

One of the cheaper stores and also has a very decent stock.

Starless River- <http://www.starlessriver.com/shop/>

Tony Seddon's online store, also tells you whereabouts he will be in the coming weekends, I would advise looking at his store to get some idea of what you want then buying it from him in person, he often gives a small discount to large orders and the advice he gives is top notch.

Go outdoors- <http://www.gooutdoors.co.uk/>

Although a limited range, has a large stock of petzl gear and can be cheaper on some occasions but you won't get any of the good advice you may find in a caving store.

Jump Suits- <http://www.jumpsuits.randomstuff.org.uk/>

Sells high quality Undersuits and Oversuits, also offers repairs for these.

Cave And Climb- <http://caveclimb.com/>

Mendips based store also with a large stock.

Caving Supplies- <http://www.caving-supplies.co.uk/shop/>

Massive range but online shop is difficult to use, you need to know exactly what you're looking for.

Up and Under- <http://www.upandunder.co.uk/Outdoor/Caving/>

South Wales shop with decent selection

Bisun- <http://www.bisun.co.uk/>

Sells large range of lamp inserts

CustomDuo- <http://www.customduo.co.uk/Pages/default.aspx>

Sells large range of lamps inserts and photography lights