



Singhampton Caves and Swim

What you need to know:

We will explore some caves during a beautiful nature hike

What You Need to Bring:

- Bathing Suit and Towel
- **Non Microwave** Lunch -Don't forget spoon/fork if needed
- Sunscreen and Hat, please apply sunscreen before loading the bus
- Shirt to wear for swimming
- Water Bottle
- Bug Spray
- Closed shoes are needed for the hike. Please **NO** Sandals, Crocs or flip flops