

**Packing for your Actun Tunichil Muknal Adventure** – the ATM caves were one of the ancient Maya's sacred sites where they conducted elaborate ceremonies to appease their gods. Once inside, you will wade along a shallow underground river before climbing ladders up to sacrificial altars still surrounded by jade axe heads, pottery, blood letting implements and other artifacts.

The Actun Tunichil Muknal experience requires a reasonable level of fitness. It involves a 45 to 60 minute hike in over reasonably flat ground and the crossing of three shallow rivers before reaching the cave's entrance.

You will swim or wade about 20 feet as you enter the cave and you will spend 2 to 3 hours exploring the cave. You will be on a private tour with your own experienced guide or guides.

All of your luggage, passports and valuables will be left in the van in the carpark which is attended and safe; you will not be able to carry anything into the cave except for small flashlight and an extra pair of socks in your pocket.

Do not bring passports and valuables past the carpark.

Cameras are not permitted past the carpark.

There are clean bathrooms, showers and change rooms in the carpark.

For this adventure we recommend lightweight drip-dry safari/hiking clothing with zip-off legs and closed top lightweight hiking shoes or tennis shoes with two pairs of socks. There are places within the cave where you will take off your shoes and walk with socks only.

We recommend carrying a small daypack containing some bottled water, granola-bar type snacks, insect repellent, a roll of toilet paper and any medications you might need inside a Ziploc. Your daypack will more than likely get wet.

Some carry their packed lunch in their daypack and some choose to leave it in the van.

Your backpack and its contents will be left unattended outside the cave; your guide will place it out of sight in the bush.

Everything except the following will stay in the vehicle; the vehicle will be safe & attended:

- Small daypack
- Helmet with light which will be provided
- Your lunch, water, snacks, repellent and medications
- An extra pair of socks for when you need to remove your shoes in the cave
- Some bring a towel & a roll of toilet paper
- A small waterproof pocket size flashlight – not necessary but can be a plus

When packing your back be mindful of keeping food items properly sealed and avoid leaving food particles and such that will attract ants to your backpack whilst you are in the cave.

