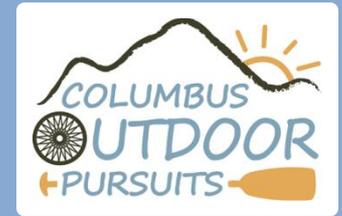


Guidelines for Caving

Section 9

Planning a Caving Trip

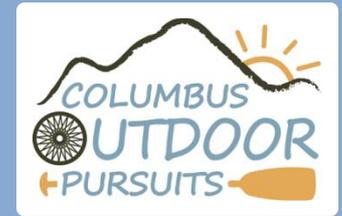


- Leaders should be aware of potential dangers common to caves: areas of falling rocks, routes along or over pits, cliffs, or rock piles and areas susceptible to rising water.
- A minimum party should be three or four (depending on experience level).
- Vertical caving requires more skill than horizontal caving. It should only be attempted by those with previous training in vertical caving and single rope techniques. Adequate equipment recognized by the N.S.S. Vertical Techniques Section must be available for each caver in all rope work situations.

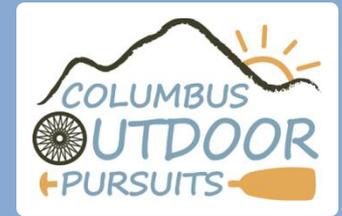
At the beginning of the trip



- Ensure that each person has three sources of light.
 - Two primary sources are to be helmet mounted, each with a reserve power source to last twice as long (if different types) as the anticipated stay in the cave. Extra batteries and a spare bulb and/or carbide lamp (with repair parts) are customary.
 - The third source may be a waterproof flashlight, candle and matches in a waterproof container or chemical (cyalume) light stick.



- Ensure that the protective equipment to be used by participants includes:
 - Hard hat with light mount and chin strap
 - Lug-soled sturdy shoes that cover the ankles
 - sturdy clothes suitable for cave temperatures
 - “wicking” or wool undergarments
 - wool or “wicking” socks
 - Jeans and jean jackets or coveralls will be adequate for most caves. Wet suits or dry suits are to be worn when cavers are exposed to deep-water situations for more than few minutes.
 - pack or bag with body straps for hands-free carrying of gear
 - adequate water supply for drinking and carbide lamps, in a metal or a plastic container
 - food, quantity depending on length of time in the cave



- Other recommended items include:
 - gloves, knee pads, personal first aid kit
 - handline suitable for belay
 - heat source to treat hypothermia
- Inform participants that:
 - running and jumping in caves is prohibited
 - cave diving is prohibited.
 - each person is responsible for the person behind him/her.
 - Inform them of how to protect the environment



This concludes the section on
Caving Safety Guidelines