

# Caving Basics

Take three sources of light for each individual.

Use a helmet to protect your head.

Use boots with good traction.

Wear synthetic clothes such as nylon or polyester.

Use gloves (leather or water sport gloves are good).

Take a pack to carry spare lights, snacks and water.

Let someone know where you're going and when you will be returning. Set a deadline and stick to it.

Cave with an organized caving group. They know where the caves are, how to cave safely, what equipment is best for you and they have cave maps.

Always get permission and respect the cave owner's rules.

Caves are wet & muddy. Bring a complete change of clothes for after the trip (including shoes).

Take nothing but pictures, leave nothing but footprints and kill nothing but time.

Have fun