

Safety Tips for Caving

http://cave.sbsar.org/safe_caving.htm

Safety Tips for Caving

General*

If you are going to explore caves on your own, take these basic caving precautions:

- NEVER GO ALONE
- Take 3 sources of light.
- Wear a helmet with a chin strap which will release under load.
- Use rubber soled boots.
- Dress warmly.
- Take some energy food along
- Take a 20' piece of 1" nylon tubular webbing and a carabineer.
- Tell someone where you are going and your estimated time of return.

Caving Good Manners*

- Keep to established routes, both underground or on the surface.
- Do not litter or deface any cave.
- Do not disturb the wildlife; salamanders, crickets, spiders or other forms of life.
- Do not touch or damage cave formations which may have taken thousands of years to form.