

Caving



Complete the two starred activities and four others of your choice.

- *1.** Learn the safety rules for caving. Discuss the reasons for leaving a detailed itinerary of your plans with someone at home. Find out if there is a cave rescue group in your area. If there is one, have one of the members visit your troop to talk about cave safety.
- 2.** Learn about what to wear when you are caving. Find out which fabrics are the best for socks, shirts, jackets, and pants. Why are they best?
- 3.** What equipment do you need to take with you when you go on a caving trip? Find out how each piece of equipment is used.
- 4.** Before you go on a caving trip, talk about hypothermia. What is it? How do you prevent it? How would you know if someone in your group was developing hypothermia? How do you treat it?
- 5.** Discover what careers are open to women who are experienced cavers. Talk with someone who can tell you more about career opportunities in the fields of biology, geology, or other areas related to caving.
- 6.** Locate caving clubs or groups or a local chapter of the National Speleological Society in your area. What are the requirements to join? What are the costs involved? Have a group member come and talk to your troop.
- *7.** A cave is a fragile environment. Learn why it is detrimental to the cave if you leave food scraps or crumbs, write on the walls, or touch or take natural formations. What other precautions need to be taken to protect the cave environment? How are caves protected by Virginia state law?
- 8.** With a qualified cave guide and a minimum of four people and a maximum of ten people (including two adults), go on a caving trip. Use all you have learned to prepare properly and safely for the trip.
- 9.** Locate stalactites, stalagmites, fossils, crystals, or faults in the cave.
- 10.** Learn how the cave you go in was formed. Ask a local historian what part, if any, the cave played in history or if there are any local myths or legends about the cave.

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