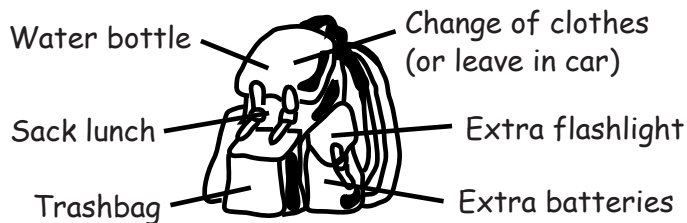
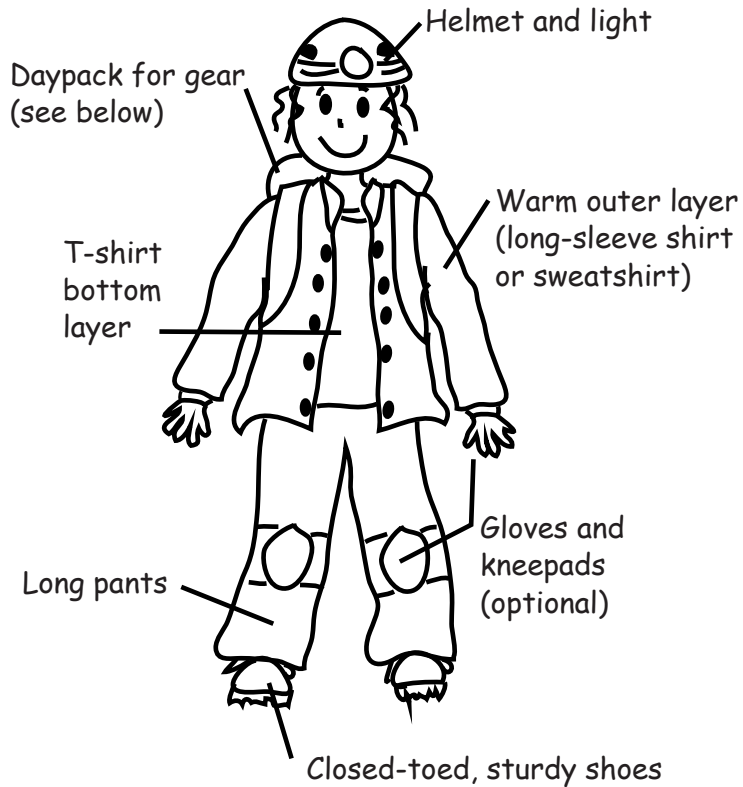









The Well-Dressed Caver

There's no way around it. Everything but your underwear -and sometimes even that-will get dirty and possibly torn, because in general, caves are made out of rock and dirt. Keep this in mind as you choose your attire!



The Caver's Guide

Whether this is your first time underground or just another caving experience, there are some things that you don't dare ever forget. Here are some tips and rules to make all of your caving trips the best.

-  ALWAYS have two separate sources of light. A head lamp is the best as your main source, with a good flashlight with fresh batteries as a backup.
-  NEVER cave alone. Stick with your group or partner, and make sure someone at home knows where you are going and when you plan on getting back.
-  NEVER run or jump in a cave. A simple twisted ankle can require a major rescue effort to get you out. Then there are the unknown holes...
-  NEVER leave anything in a cave. It's not a trash pit, a food disposal, or a restroom.
-  NEVER break or remove formations or deface or vandalize a cave. Not only does it ruin the beauty of the cave for others, but it could cost you \$1,000 if caught!
-  ALWAYS wear a helmet. You'll know why after a couple thunks on the head!
-  HAVE FUN! Explore everything and enjoy the fascinating underworld God created!

CAUTION: Caving, by its very nature, can be a dangerous activity. Although following the above guidelines should provide safe caving experiences, Southern Adventist University will not be liable for any caving accidents.