

BLACK ROSE CAVING CLUB

A guide for novices or those new to caving

A handy fact-sheet to frequently asked questions by those who are new to caving and are unsure of what to do or what is needed on their first trip with the club.

Caves provide a fascinating world to visit, they can also be a harsh environment (streams, draughts, average cave temperature of around 8c) so choosing your clothing is your first starting point:

FOOTWEAR

No trainers. Wellington Boots are the best and the preferred choice of most cavers, if these are not available hiking boots may be used.

CLOTHING- Inner Layer

Most cavers wear a one-piece fleece undersuit or even a wetsuit, however for your first trip some old clothes will be best; woollies jumpers, fleeces etc. No jeans. Remember that a number of layers is best to allow flexibility so you can adjust them if you get too warm/cold etc.

CLOTHING- Outer Layer

An old boiler suit, overalls or old waterproofs will give some protection from the elements. Gloves may also offer a little protection for your hands.

LIGHTING, HELMET

We can't supply either of these but they can be hired very easily from caving shops for a few pounds. We will usually meet at these shops (which also double up as cafes) to allow for the hiring of such equipment.



2 novices with hired helmets and lamps, old boiler suits, warm under clothing and hiking boots. Gloves as optional extra.



One of the caves we might visit.

As we said above caves are a fascinating place to visit, but a place that needs to be treated with respect for both your own safety and to preserve the cave environment for future visitors. Take nothing but photographs!

FIRST CAVE

The first cave we visit will be easy in nature, with a mixture of caving to be had; probably including crawling, climbing and perhaps a squeeze. The weather will be taken into account nearer the day and our plans may be adjusted accordingly as some caves are more flood prone than others.

FOOD / DRINK

A chocolate bar or energy bar along with a drink may be useful to give your energy levels a boost.

CLOTHING- Change of

It is wise to bring along a full change of clothing with a towel as there is a fairly reasonable chance you will get wet anywhere from your head to your toes.

Last but not least; money for an after cave drink!

Any more questions or wanting to try caving - don't hesitate to contact us..