

SOME BASIC RULES OF ARIZONA CAVING 2012

CAVING is a 24 hour, year-round sport for young adults, men and women. Like many individual sports it presents challenge, intrigue, excitement, physical exercise and hazards. A caver must be mentally and physically prepared and properly equipped for each adventure. Attendance should be because one wants to go, not because a good friend is going or for a character building exercise.

Wild caving takes one away from the comforts of smooth paths, hand rails, and open spaces. Forget cleanliness, for you may crawl, slither, or walk through dirt, mud and sharp rocks. There may be some climbing and movement over heights. It will be cold and wet. If you are unsure, try crawling into your dark closet, or slither under your bed. Stand on a table and look at the floor. If you fear tight or high places, lack dexterity or coordination, this sport is not for you.

Invitations to caving are issued by the caves themselves, however, landowners have refused permission to enter caves because of rude and thoughtless actions by some cavers. These natural wonders were created over thousands of years; the delicate formation can be destroyed in a thoughtless instant. There are no Cave Rangers to clean up the litter, scrub the paint off the wall or replant or replace broken formations. Cave have achieved their own delicate balance of nature, supporting mineral and organic life.

Life?, Yes!, but the danger of you hurting it are far greater than it hurting you. The wildest cave life you'll see will be the other cavers. Preserve these frontiers. If you want a souvenir, bring a well protected camera. **REMEMBER:**

TAKE NOTHING BUT PICTURES LEAVE NOTHING BUT FOOTPRINTS KILL NOTHING BUT TIME

Equipment and clothing is simple and expensive, but fatal accidents have occurred because of poorly prepared cavers. Supply sources are from Thrift Shops, Army Surplus Stores, the home kitchen, or corner market. Some special equipment comes from Outdoor Stores, borrowed or rented from other cavers or recreation departments. Remember that anything worn or carried into the cave is subject to permanent staining, rips, water, sand and trauma. Protection is offered in lightweight plastic containers and gallon freezer ziplock bags. Jewelry and valuables should be left at home. Carry only enough money to cover driver expenses and perhaps snacks along the way, unless advised otherwise.

WHAT TO WEAR AND CARRY INTO THE CAVE

- Clean, comfortable clothes to travel to and from the cave, appropriate for the weather.
- **Light.** 3 lights per person
- Helmet or hard hat with chin strap. One light mounted on the helmet so you have both hands free
- Durable foot gear with good traction. Light weight hiking boots with deep tread are good
- T-shirt and blue jeans are fine for warmer, lower elevation caves like Peppersauce Cave. Higher elevation and colder caves, especially those caves with water, wear warmer clothes and avoid cotton.
- Daypack to hold your extra lights, batteries, bulbs, water and food.
- Food should provide high energy and be durable. Bananas are not a good choice. Remember to eat over your opened daypack so the crumbs fall inside.
- Gloves, knee pads and elbow pads are very helpful.
- 30-gallon trash bag. If you get cold, poke a hole in the bottom, put your head through the hole and the bag over you. It will help keep you warm.
- If you have a camera, protect it and be sure it has a flash.

CAVE RULES

- **TELL SOMEONE WHERE YOU ARE GOING AND WHEN YOU WILL BE BACK**
- Take care of peeing and other toilet tasks BEFORE going into the cave. There is no rain to wash it away or sun or decompose it.
- No drinking alcohol
- No smoking
- Take out **ALL** trash, **PLEASE**
- Take trash on the surface away with you
- Don't go caving alone
- No spray paint or defacing the cave. **REMEMBER** where you entered each room. **LOOK** around.