

## CAVING SAFELY

### A Quick Quiz

1. Do you always tell someone where you will be caving and what time you expect to return from your trip?
2. Do you use a good quality helmet with chin strap?
3. Do you always cave with at least three other people?
4. Do you always carry a pack with spare lights, food, and water?
5. Do you carry a small first aid kit?
6. Have you ever had any training in ropework or vertical caving?
7. Do you carry a mechanical ascending system (jumars, Gibbs, Prussik knots, Petzl ascenders) and your own rope when you plan to descend a pit?
8. Have you had any first aid training?
9. Would you recognize the signs of hypothermia?
10. Do you use helmet-mounted lights with back-up lights when caving?

If you answered NO to any of these questions, you should be aware that at some point it is highly likely that your luck will run out and you will become yet another rescue statistic. Be smart: contact your local grotto. Its members can show you how to become a safer caver and why these 10 items are so important.