

# Caving Information



## What is Caving?

Being a completely alien and unseen environment, caves have for generations been regarded by many as the domain of the sinister, and all those who participate in the activity as being equally strange folks. Nothing could be further from the truth. Not only are caves some of the most beautiful places on earth, they only show their beauty to those who explore their depths.

Unlike many other forms of adventures/outdoor activity, cave exploration holds a romance that clings to danger and brings the very best out of those who participate in it. Friendships bonded while exploring the underground are friendships formed for life. The experience of original exploration is indeed one of the most exhilarating things that any explorer will do, and unlike other adventure activities, original exploration occurs on a weekly basis. New caves/potholes are being discovered in both the UK and overseas on a regular basis by both experienced and novice cavers alike.

In the UK our main caving regions are Somerset, South Wales, Derbyshire and North Yorkshire with a few caves in Scotland and Northern Ireland.

## What will caving involve?

After changing into our caving kit we will take a short walk to the entrance of the cave we have chosen to descend. The cave is likely to involve scrambling climbing, walking and crawling. It is likely we will see streams, cascades, stalactites and stalagmites. The cave size will vary from large to small.

## What will I wear?

Caves are normally the same temperature all year round, about 10C, which can feel quite chilly and vary from being dry to extremely wet.

Somerset County Scouts have recently invested in new Caving equipment this is available for Scouts to use at a small charge per person.

Currently set at £10 per person per day

Helmets, lights, caving over-suits and fleece under-suits are available in a number of sizes.

It is likely you will get **wet** during the trip so you will need to bring:

Towel

Complete change of clothes

Wellies or old hiking boots with thick socks.

Warm, non cotton clothes just in case our under-suits don't fit!

**NO JEANS or COTTON SHIRTS YOU WILL NOT BE ALLOWED TO CAVE IN THESE.**

**Please** bring a big plastic bag to put your damp /wet kit into afterwards.