

OUTDOOR ED VENTURE

Caving

What is it?

Caving is the exploration of underground cave systems.

What can I expect to experience?

Cave systems are cool in the summer and warm in the winter, with a fairly constant temperature of around 7 degrees Celsius most of the year. Often cave systems have rivers or streams within them. Most caves have stalactites, stalagmites and other formations.

What will Outdoor Ed Venture provide?

Outdoor Ed Venture will supply a fully qualified and experienced instructor in addition to the following:

- Caving oversuit
- Helmet
- Lamp and battery
- Lamp belt
- Any specialist caving equipment (ropes, etc)

What will I need to bring?

- Wellington boots
- Old warm clothing, the more layers you wear the warmer and more comfortable you will be. eg. tracksuit bottoms, fleece tops or sweatshirts, thick socks (two pairs at least) - No Denims please
- Complete change of clothing including underwear and footwear
- Towel
- Lunch and a drink (unless you have requested lunch from Outdoor Ed Venture)
- Any personal medication that you need to have with you (eg. Asthma inhalers)
- A sense of adventure!

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