



Jumonville

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What You Need to Know for Caving Activities

What to Expect:

You will get deep down dirty. You will get somewhat wet. The cave temperature is a constant 55 degrees all year round, and so is relatively cool in the summer and warm in winter. Since you are usually moving it is not too hard to stay warm. You may have to crawl on your stomach. The crawls are usually fairly short; and you may have to scramble up and down boulders. The instructors will show you the proper techniques and are always ready to lend a hand.

You may see some bats, but they will be asleep, and few in numbers. You will be provided a helmet and you should have your own light which will allow you to see fairly well. Caving is not a macho or high speed activity, but it is still an energy demanding sport. We are there to "smell the flowers."

What not to Worry About:

The cave collapsing - this is not a mine but a natural cavity that has been there thousands of years. Don't worry about bat attacks unless you are a bug. If you can walk and crawl, you can make a beginners trip.

What to Wear:

The clothes you use for caving should be clothes that you would be willing to throw out. There is a good chance they will get ruined. Since the temperature is 55 degrees, you will need long pants, a long sleeve shirt, and closed shoes. It is normally best to "layer" your clothes, so that you can add more, or take some off if you get too hot.

What to Bring:

Bring 2 different flashlights or light sources. If you don't have a separate light source, then bring an extra set of batteries. Jumonville will provide the helmets and garbage bags for your dirty clothes after you are out of the cave as well as first aid kits and any other gear needed for the group.

What We Need to Know:

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.

February 15, 2006 edition

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