

Cave Log

EXAMPLE

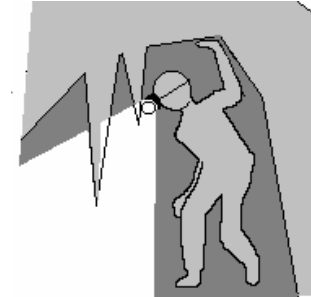
Caving

Date: 10/9/00, Sun. am

Cave: B14 Steampipe and B7 Canberra Hole

Party: Bronwen, Sam, Alan, Bob, Dave, James, Marion

Equipment: 2 ropes x 50m, tapes etc, vertical gear



Sector	Bearing	Distance	Time	Comments
B14 Steampipe		App 38m ↓	09:20	Rigged abseil into B14 over belay bar installed over entrance by 09:55. James went down first to check the rigging, followed by Dave going through to 7 to check the bottom of the ascending pitch. The descent is fairly straight forward, although narrow in places, quite a spectacular solution tube. It doesn't matter which side of the chock stone as you continue to abseil off the ledge below it, spiraling down with the tube to the very bottom, according to Bauers, 38m.
Connecting passage				The passage is followed, under a final low speliothem, to the bottom of the B7Canberra Hole (Yeh, plain and boring). While waiting for your turn to ascend, make sure you search for the thousands of fossils that appear once you recognize them.
B7 Canberra Hole		App 30m ↑	13:10	The ascent is straight forward, and can be climbed (as per James!). The rest of us worked moderately hard, with Alan having the prize for prusiking while the rest of us used mechanical ascenders. There is a chock stone just above half way up which takes a bit of manoeuvring around (especially with a pack on your back). Everyone out at 13:10.

ARE YOU COMING CAVING?

Do you know about ...

gear?

safety?

cave formation?

conservation?

temperature?

foul air?

first aid?

Statutory requirements

(paperwork and qualifications)?

Cave Logs?

... if you don't, investigate and ask BEFORE you make the trip.

GEAR:

Bring: gear for camping	Caving gear
Tent Food Cooking equipment Sleeping gear Mess kit Traveling clothes Rain gear	1. Overalls (or clothes that may get muddy), and 2. appropriate footwear 3. Hard shell helmet, 4. Head torch* (as well as below) 5. Small day pack <ul style="list-style-type: none"> i. personal First Aid kit (crepe bandage, survival blanket, triangular bandage, band-aids), ii. *2 additional light sources, iii. spare batteries-globes etc iv. jumper or extra thermals v. reed whistle, vi. disposable lighter, vii. water in plastic bottle ix. energy snacks 6. bring or arrange for vertical gear if required

SAFETY:

Personal safety - warmth, food and drink, correct gear; pay attention.
 Group Safety - stay together (keeping the person in front and the one behind you within sight), watch out for and assist each other, minimum of five/5 in a party, appropriate experience, appropriate notification, group gear (hand lines etc),

CAVE FORMATION - phreatic, faulting, vadose, deposition, staligmites, staligmites, straws, columns, flowstones, pools

CONSERVATION - mud, touching (oils), breaking (vandalism), marking, rubbish, toilet, wild life (especially breeding areas).

TEMPERATURE - although caves are typically 15°-17°C, your level of exertion may make you vulnerable to dehydration OR hypothermia (extreme cold).

FOUL AIR

	Symptoms	CO2	O2	Detection
Normal air	normal breathing	.03%	21%	normal flame
mild imbalance <i>BE CAUTIOUS</i>	First perceptible signs: increased breathing volume and rate, increased pulse, reduced attention and less energy.	.1% .4%	20% 18%	Naked flame burns, but with reduced vigor. Below 17% O2 match wood won't burn.
Dangerous "FOUL AIR" <i>GET OUT</i>	Deep breathing, mild dizziness, clumsiness, impaired judgement, emotional or ill-tempered, dry acidic taste in mouth. Desire to urinate. Clammy, flushed or bluish.	.5% 1%	18% 12%	At 15% a lighter will burn. Around 14% O2 match head lights but goes out A candle goes out. Below 12% O2 lighter flashes only.
very seriously foul Organ breakdown	Panting, fatigue, dizziness, headache, nausea, difficulty moving, possible collapse.	2% 5%	10%	Carbide lamp goes out. No other naked flame.
	Convulsions, unconsciousness, DEATH.	10%	6%	

Adapted from Bauer and Bauer, 1998