

Girl Scout Council of Colonial Coast
GUIDE FOR ALL CAVERS



- The purpose of this trip is to explore caves and to learn about our world underground.
- **Important Note:** We have special permission to use these caves because we are Girl Scouts. Therefore, we should all conduct ourselves on this trip in a manner that will not jeopardize our image with cave owners. Please remember to act like young ladies and gentlemen, especially on cave owner's property and in public places. Do your best to make this a safe and fun caving trip **FOR ALL!!!**
- **HOW IT WORKS:**
 - Thursday - Vans leave pick-up place at time specified on first page of forms. We stop at Sheetz Gas Station in Fishersville for refuel and **girls may purchase a drink and a snack.** We arrive at Schoolhouse after midnight. Unload all vans until empty, find sleeping space in building.
 - Friday, up early, check posted list for what group you are in, group leaders and which van. Group leaders meet with coffee before breakfast. Everyone else meets in dining hall for instructions. To be sure everyone has eaten, the plates are counted. If you do not use a plate, be sure to tell the cooks! After breakfast is finished, lunch fixings will be set out for you to make your lunch to take to the cave. Bags are counted!
EVERYONE MUST TAKE A LUNCH OR THEY WILL NOT HAVE ENOUGH ENERGY TO CAVE ALL DAY!!!
After meals, **GIRLS & ADULTS CLEAN UP THEIR OWN PLACE.** Be sure plates are upside down in trash can – **INSIDE PLASTIC LINER.** #2 Leader or Junior Staff in your group will check out your hard hat if you have reserved one. Return to #2 leader/Junior Staff clean on Saturday before dinner. Assemble caving equipment and join your group at assigned van. Groups leave camp when ready and return when through caving for the day. Clean van when you return each day. Equipment that is used both days such as helmets and swami belts will be cleaned and disinfected each day at the car wash. Vans will be washed on Saturday p.m. at car wash. ****All adults are volunteers and are here to help with caving, not do your clean-up.** Soup and veggies will be ready when you return to the schoolhouse. Dinner when most groups are back. Games. Lights out at 10:30.
 - Saturday night – same as Friday, but instead of games we write evaluations, participate in caving skits and welcome suggestions.
 - Sunday a.m. - check posted list for chores your group has to do before leaving. Pack up your personal gear, eat breakfast, and do your group work. Sunday lunch will be in Charlottesville. We will eat at the Liberty Gas Station at exit 124 where girls can get a wide range of food. **Girls and Adults must buy their own lunch.**

**** GIRLS MAY NOT leave the restaurant to walk around the strip mall!!!! NO EXCEPTIONS!!! When finished eating, girls will wait at the van or where specified.**

A GOOD CAVER

Wears a swami belt at all times when caving (we supply them) Girls and Adults!!

Understands that caving requires teamwork and contributes to the group effort

Washes hard hats and other equipment at car wash Saturday night and returns to #2 Leader/Junior Staff (NOT in sinks at Schoolhouse)

Is a good spotter, and encourages others through tough spots.

NEVER makes unkind remarks about someone's caving ability!!

NEVER scrambles through another caving group in a cave!!!

EVERY DAY COMMON COURTESY IS THE RULE!!!

TAKE NOTHING BUT PICTURES LEAVE NOTHING BUT FOOTPRINTS KILL NOTHING BUT TIME