



information..

PUBLISHED BY THE NEWCASTLE
SPELEOLOGICAL ASSOCIATION.
P.O. BOX 86
BROADMEADOW.
N.S.W.

SHEET NO. TWO

SOME HANDY HINTS FOR INSIDE THE CAVE:

- 1- Always carry two independant sources of light. A candle or a small torch can be used as the second emergency light.
- 2- If using a carbide lamp, a small primus prick is essential.
- 3- Food is always handy to have with you. When a tired caver needs something to revive him, a ten minute rest and a bit of food does wonders.
- 4- If the cave being visited is dry, water should be carried in a small container. This can be used to fill a dry carbide lamp or to wet the mouth. In your lamp water will not last as long as your carbide. Quite a few cavers take spare carbide with them (which is a good idea), but few take spare water into a cave. Water tends to run out far more quickly than the carbide.
- 5- If the cave is a very wet cave, with flowing water somewhere, a small vessile to refill the carbide lamps is a great help. Trying to refill a lamp without compleatly dousing it can be a little tricky. If possible this vessile should be plastic.
- 6- Don't go into a cave with a party of less than four. If one is injured this leaves one to stay with the injured party and two to go back to the surface for help. Two should go back, for if one is injured in his hurry the last person can still reach the surface.
- 7- Take a box of matches with you even though you may be carry- ing an electric torch. These can be used in an emergency to reach the surface. This should only be used as the last resort and never be counted as the second source of light.
- 8- It may be possible to insert the primus prick, a box of matches and a packet of band-aids in your helmet. Here they won't take up any room and can easily be obtained in total darkness. The band-aids come in handy for many purposes.
- 9- Never in any circumstance relieve yourself in a cave. If this is a matter of "Life or Death" dig a deep hole in bat guano. (This should never really have to be resorted to). Make sure you are right before you enter the cave.
- 10- When traveling through a cave in a party, have an experienced person as guide in the front followed by an inexperienced. Use this all the way down the line and try to have the group followed up by another experienced member.

II- If the cave is a difficult one, have every member trained in tying the "Bowline Knot". This knot is most useful in caving and can be called on for use at any time. It is not always possible to have another member tie the knot for you. (see below for diagram on how to tie the bowline.)

The following list is a training ration pack issued by the Army for troops; This may be of some use in planning food lists for caving trips.

This ration pack is available in three varieties...

A..

Breakfast.. Grapefruit Juice 2x4oz.
Spagetti and Meat Balls 1x 12oz.
Instant Rice 1x4oz.
Milk, cond. Unsweet 1x6oz.

Midday Meal..

Camp Pie 1x 12oz.
Vegetable Salad 1x8oz.
Dried Fruit 2x 2oz.

Evening Meal..

Irish Stew 1x 16oz.
Green Beans 1x 8oz.
Date Pudding 1x 6oz.

B..

Breakfast.. Tomato Juice 2x 4oz.
Hamburger Steak and Onions 1x 12oz.
Rice Instant 1x 4oz.
Milk, cond. unsweet 1x 16 oz.

Midday Meal..

Corned Beef 1x 12oz.
Potato Salad 1x 8oz.
Dried Fruit 2x 2oz.

Evening Meal..

Vegetables and Meat Balls 1x 16oz.
Green Beans 1x 8oz.
Preserved Fruit 1x 8oz.

C..

Breakfast.. Orange Juice 2x 4oz.
Braised Steak and Onions 1x 12oz.
Rice Instant 1x 4oz.
Milk, cond. unsweet 1x 16oz.

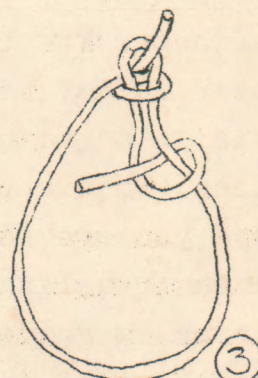
Midday Meal..

Pork and Cerial 1x 12oz.
Beetroot Sliced 1x 8oz.
Dried Fruit 2x 2 oz.

Evening Meal..

Savoury Meat 1x 16oz.
Mixed Vegetables 1x 8oz.
Honey nut roll 1x 6oz.

THE FOLLOWING THREE STEPS MAY BE USED TO TIE A BOWLINE KNOT...



EDITOR: Keith Davey.