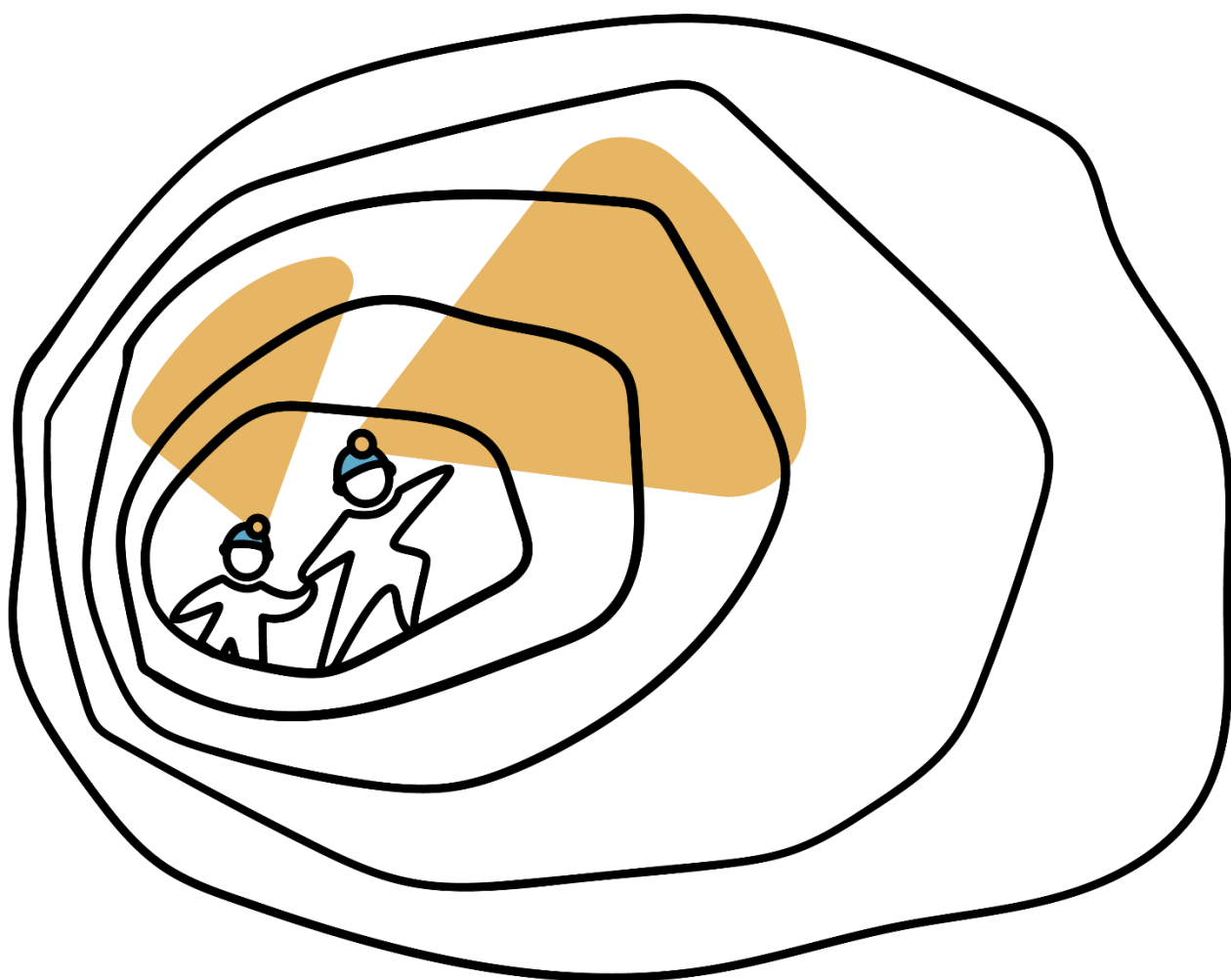


# Caving



I am going caving.

There are lots of different caves. The cave I use will be chosen by the Bendrigg tutor.





I will go the resource centre. This is where the equipment is kept.



I will need to wear a caving suit and a belt to keep my clothes clean.



I will also need to wear a caving helmet and wellies.

When we are all ready, I will get on a bus  
or in the car to go to the cave.



I will need to wear my seatbelt.



When we arrive we will get off the transport and put on our caving belts and helmets.



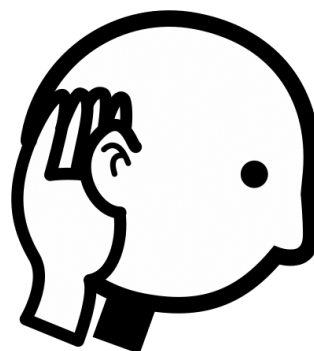
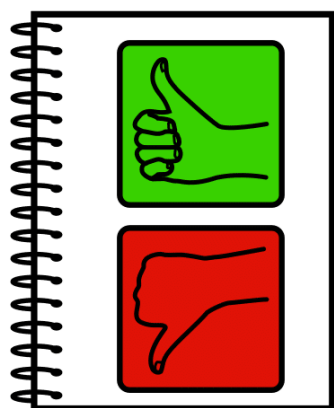
We will walk from the transport into the cave.



I will meet the Bendrigg tutor and other people.



They will talk to me about the rules. This is to keep me safe.



I need to listen carefully.



I will go into the cave with my group.



We will all stay together.



Some caves are big.



I can stand up and walk around.

Some caves are small. I may need to crawl through small gaps.





I may need to walk through narrow passages.





Some caves are wet.



I may need to walk through the water.



Or crawl through the water.



The Bendrigg tutor will choose the right cave for my group.

Caves are dark.



I will use a head torch on my helmet so I can see. Sometimes we will use candles.





When we have finished caving we will go out of the cave.



I will go back to Bendrigg on the bus or in the car.





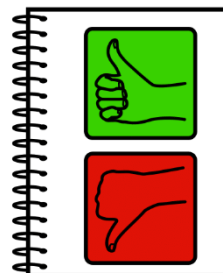
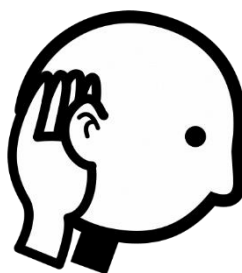
I may feel excited.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules.



When I have finished everyone will say  
well done.



Caving is fun.

