

# Caving

## What is caving?

Caving is an exciting adventure sport that is practised all over the world! It involves exploring caves with a group of people. It's great fun and you can see underground rivers too.



[www.dolomitetraining.co.uk](http://www.dolomitetraining.co.uk)

A group of men following a caving course.

## How to start

The best way to start caving is to look on the Internet. Look at some pictures and some good websites. After that, you should join a club.

## Safety

Caving can be dangerous. Never go caving alone. Always go with a group and always take the right equipment.

## Equipment

Light is very important, so you need to have a helmet with a light. It's very cold in caves, so wear warm clothes and boots. You should also take a first aid kit.

### Fun Facts

- People who explore caves are called spelunkers.
- The descent into a cave is like mountain climbing in the opposite direction.
- The cavers' motto is "Take nothing but pictures. Leave nothing but footprints. Kill nothing but time."

## Conclusion

If you love the idea of hidden underworld worlds, caving is for you. Remember that caving, like any adventure sport, comes with its own set of risks. Approach it safely and with experienced cavers and be sure to educate yourself on this marvellous sport.