

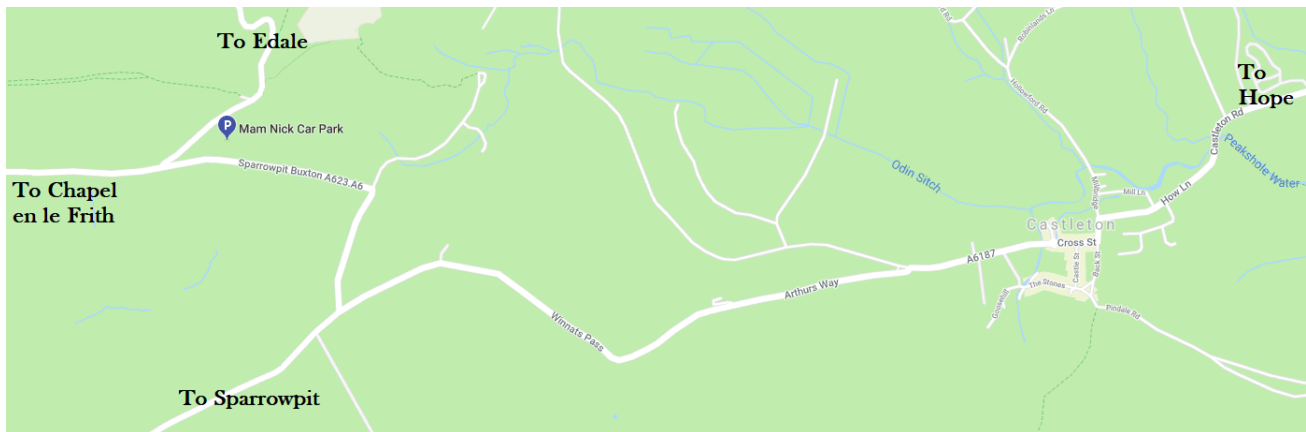


## Vertical Adventure Caving Trip – Participant Information

Thank you for booking onto one of our caving trips. The idea of this document is to give you all the information you require to attend the activity, but we appreciate that we can't answer every question you may have. Please feel free to contact us at [info@peakinstruction.com](mailto:info@peakinstruction.com) if you need further information.

**Times:** Meet at 9:30am unless stated otherwise. NB; there may be different start times on the same day, so please check which activity slot you have booked on to and arrive 10 minutes before that session. You will finish your activity between 3½ and 4 hours after meeting your instructor.

**Meeting point:** Mam Nick Car Park, near Castleton. Do not pay for parking, after meeting your instructor, you will be driving in convoy for a few minutes to the farm where the cave is located. The instructor will aim to be in the lowest tier of the car park and will make themselves obvious. <https://goo.gl/maps/dz8cctevSGp>



**What to Bring:** We will provide you with wellington boots, a caving oversuit, gloves and all the safety equipment required. In addition to these layers, you should bring the following:

- Warm trousers - Either fleece fabric, thermal long-johns or lined winter trousers. Thick trackies/jogging bottoms are fine too. Leggings under hiking trousers are also appropriate.
- At least 2 top layers of clothing, 1 of which should be a thick, warm top. We recommend a synthetic fabric t-shirt base layer & thick fleece jacket. Wear more if you feel the cold.
- Thick, warm socks. 2 thin pairs should be okay but not short 'trainer socks', as these will rub uncomfortably.
- We will provide wellington boots for you, please indicate the size required on the booking form. You may provide your own wellies as we understand that footwear is a very personal fit and sizes vary between brands. Your own wellies must have a rubber sole, not a plastic or PVC one.
- Spare clothing and a towel for after. It is likely that you will get wet during this activity.

**The cave will only be around 10 degrees Celsius, please consider this when you plan your clothing for the activity. It is better to be too warm at times than too cold. Our instructors will not take you underground unless you have the minimum amount of warm clothing specified above.**

We recommend bringing nothing of value underground. Leave phones, wallets, jewellery and cameras in your car. If you have a waterproof camera, the instructor can give you some advice on whether to bring it or not. If you have a GoPro style waterproof helmet camera, you can use this, but you must provide the elastic head cradle or chest mount. We cannot put the stickers on our helmets and you need to keep your hands free. Car keys can be placed in a waterproof container in the instructor's safety bag.

**Changes to the plan:** Being part of an underground drainage network, there are some weather conditions that mean we will need to visit an alternative cave or mine on the day of your booking. Wherever possible, a new meeting point will be sent to you in advance. If this is not possible, we will need to take a slightly longer journey to a different cave after we have met you for your trip. Alternative venues are located within 20 minutes' drive of this location.