

go-adventuresports get outdoors!

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Thank you for your interest in adventure programs with **GO-AdventureSports**. The following sample itinerary is what you can expect to experience in our *Introduction to Caving* course.

Introduction to Caving Itinerary

Location: Whiting's Neck and Indian Caves, Shepherdstown, WV

Date: TBA

Time: 10:00 am until 5:00 pm

Objectives: Instruction in basic caving safety and technical skills, followed by a recreational cave exploration.

Technical Skills covered:

- Overview of cave formation and geology
- Safe use of harness, helmet, and headlamp
- Safe movement techniques
- Exploration techniques



***Basic Itinerary:** *(Times can be changed to meet the goals of your group. Time willing, we can also visit another cave in the area.)*

10:00 am – Arrive at Yankauer Nature Preserve
Unload and assign equipment

10:35 am – Hike to cave

11:00 am – Safety Talk: Discuss accident potential, challenge by choice philosophy, roles, behavior expectations and consequences, etc...

11:15 am – Enter cave and guided exploration, instruction in cave formation and history of cave.

2:00 pm – Rotate to next cave or lower chamber

4:15 pm – Exit caves and back to parking lot

5:00 pm – END

Location of the meeting place: Yankauer Nature Preserve, Whiting's Neck Rd, Martinsburg, WV 25401

Emergency Plan:

In the event that an emergency should arise, **GO-AdventureSports** staff will be equipped with cell phones, and there is a telephone located 3 minutes walk away from the cave entrance. The nearest hospital is Jefferson Memorial Hospital in Charlestown, WV, which is 24 miles away. Medivac helicopter landing is designated in the pasture across the street from the cave entrance and the Shepherdstown Police Department (304) 876-6036 is 18 miles away.

*Our instructors are highly skilled and experienced. Most have been working in the adventure industry for over 10 years and have instructed hundreds of groups. We believe that you can pay more for such a program, you might pay less for a similar program, but you will not get a better program than with **GO-AdventureSports**.