



nextteams
the next step in team development

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Thank you for your interest in adventure programs with **GO-Adventures**. The following itinerary covers our *Introduction to Caving* course.

Introduction to Caving Itinerary

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

Date: TBA

Time: TBA – later in the day is best

Objectives: Instruction in basic caving safety and technical skills, followed by 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: (time is dependent on whether your group drops into the 50' pit)

- 2:00 pm – Arrive at Yankauer Nature Preserve
Unload and assign equipment
- 2:35 pm – Hike to cave
- 3:00 pm – Safety Talk
- 3:05 pm – Enter cave and guided exploration, instruction in cave formation and history of cave.
- 4:00 pm – Rotate to next cave or lower chamber
- 5:30 pm – Exit caves and back to parking lot
- 6:00 pm – END

Terms of Service

GO-Adventures will provide equipment and guides for an *Introduction to Caving* course.

Date: TBA

Location: Whiting's Neck and Indian Caves, Martinsburg, WV. Meet at Yankauer Nature Preserve - GPS Coordinates: N39 30.086 W77 51.191

Reservations: 50% deposit due to reserve your program date, with balance due on the day of the program.

Cancellation Policy: If making cancellation more than 14 days prior to the program date, full refund available. If making cancellation within 3 and 14 days of the program date, 50% of deposit will be forfeited. Cancellation within 72 hours of the program date will forfeit your entire deposit.

We require a 50% deposit to reserve your program. You may make your payment using cash, check, VISA or MasterCard.

Please make checks payable to "**GO-AdventureSports**," and send to:

GO-AdventureSports
10203 Carson Place
Silver Spring, MD 20901

What to Bring:

A helmet, headlamp, kneepads and all group gear will be provided by **GO-Adventures**. Participants are responsible for their own personal gear, and should bring the items on the list below.

It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- ☐ Signed liability waiver and medical form
- ☐ 3 AAA batteries
- ☐ Large trash bag for muddy clothes
- ☐ Water
- ☐ Food that will not spoil
- ☐ Wool or synthetic socks
- ☐ Sturdy, close-toed shoes or boots
- ☐ Long pants and long-sleeved shirt
- ☐ Rain gear if there is rain in the forecast
- ☐ Small pack for your belongings
- ☐ Complete change of clothes, including shoes, socks and underwear!

***Suggested Clothing:** polypropylene or other non-cotton long underwear, wool socks, boots with good traction and ankle support, an insulating layer such as wool or fleece, a shell layer (water resistant), hat or bandanna, thin gloves.

Please note that, **unless there is lightning, inclement weather will NOT discontinue activities-please come prepared!

Emergency Plan:

In the event that an emergency should arise, **GO-Adventures** staff will be equipped with cell phones, and there is a telephone located 5 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.

The waiver must be complete and unedited, both front and back, prior to participation. If you have any further questions or concerns, please feel free to contact our office at (240) 603-4150.

Thank you,

Eriq Powers
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