

# Standard Meet Controls

**First Aid** – First aid kits to be available on all club meets.

**Animals / Pets** – Animals and pets are not permitted except dogs on surface walks.

**Access Control** – Care to be taken to leave the entrance to the mine as found. Consider the likelihood that children or other visitors may enter the mine if the entrance is left open. Use any entry control established for the mine.

## Personal Clothing and Equipment

The following is intended to be a guide. Please discuss the trip with the meet leader. If in doubt, bring it, you can always leave it in the car.

With clothing, multiple layers preferred and spare warm clothing recommended

Grade of Trip	Clothing - Mandatory	Clothing -Recommended	Equipment - Mandatory	Equipment - Recommended
Easy - Surface	Warm and waterproof mountain gear, rucksack and walking boots.			Whistle. Map.
Easy - Underground	Depending on the mine either warm clothing and a boiler suit, or an undersuit and oversuit, or cagoule and waterproof trousers. Stout boots.	Gloves. Steel toe cap and mid-sole boots/wellingtons. Knee pads.	Helmet complete with chin strap and helmet mounted lamp giving at least 8 hours duration. Battery belt. Food. Drink.	Back up lighting which can be helmet mounted – this is mandatory for small groups. First aid kit.

Difficult	Depending on the mine either warm clothing and a boiler suit or an undersuit and oversuit. Stout boots.	As easy.	Back up lighting which can be helmet mounted. Climbing/Caving helmet (not industrial/site helmet). Sit harness. Chest strap. Descender. Ascender x 2. Cows tails. 4 Karrabiners. Whistle. Spanner.	Hammer. Tackle sack and lanyard.
Severe	An undersuit and oversuit. Gloves. Steel toe cap and mid-sole boots/wellingtons. Knee pads.		As difficult plus tackle sack and lanyard.	Slings. Knife.
Exploratory	As severe.		As severe.	As severe. Discuss with the meet leader. This could anything from an inflatable boat or a wetsuit to timber or drills.

## Guidance

The following texts provide guidance on most issues associated with the techniques for underground exploration:-

1. SRT a Training Manual by Dave Elliott. A clear and straightforward basic introduction.
2. Vertical by Alan Warild. A book on advanced SRT techniques with special emphasis on light weight vertical rigging, some aspects of which are clearly not applicable to mine exploration.

3. Alpine Caving Techniques by Georges Marbach and Bernard Tourte. The definitive French text recently translated into English. Covers almost everything you will ever need for all aspects of exploration.