

## Dangers in Caving

- Drugs and Alcohol - Should never be taken before or in a cave. Alcohol lowers your body temperature
- Hypothermia - Can kill people caused by being wet and cold, when body core temperature falls below 98.6 degrees. Very Serious in Vermont!
- Falling Objects - A high risk in vertical caves or steep passage. Travel one at a time
- Unstable Breakdown - Watch your step in unstable areas. You could knock a rock down onto someone
- Constrictions - Never force yourself into a spot that feels too tight. Going down is easier than coming up
- Drowning - Is a serious hazard in a sudden thunderstorm or tight water filled passage.