

## GUIDELINES FOR SAFE CAVING

1. Leave trip plans—destination, time of departure, expected time of return—with a responsible person at home.
2. Wear heavy shoes and hard hats. Hard hats protect cavers' heads from low ceilings and falling objects; hat mounted lamps leave the hands free for climbing.
3. Each explorer should carry at least two sources of light. Cavers often carry a third emergency light source such as a candle and waterproof matches.
4. Keep the group together.
5. Enjoy formations, artifacts or animals, but collect only litter.
6. Always go caving with at least one other person.

This brochure is yours to keep. However, there is a limited supply. If you do not wish to keep it, please return it or pass it on to someone who can use it.

For information contact:

MOUNT ST. HELENS  
NATIONAL VOLCANIC MONUMENT  
ROUTE 1, BOX 369  
AMBOY, WASHINGTON 98601  
(206) 247-5473

GIFFORD PINCHOT  
NATIONAL FOREST  
500 W. 12th Street  
Vancouver, Wash.  
(206) 696 - 7500



## NATIONAL SPELEOLOGICAL SOCIETY

This brochure has been printed through the courtesy of the Oregon Grotto of the National Speleological Society, in cooperation with the USDA Forest Service. The society is dedicated to the conservation, exploration and study of caves. For information about the society, write to: Oregon Grotto of the National Speleological Society, 912 N.W. 50th Street, Vancouver, WA 98663.

# APE CAVE



Photo by Charlie & Jo Larson

## A GUIDE FOR EXPLORATION

MOUNT ST. HELENS  
NATIONAL VOLCANIC  
MONUMENT

GIFFORD PINCHOT  
NATIONAL FOREST

## EQUIPMENT YOU WILL NEED

To safely explore the cave, you should carry at least three sources of light. A Coleman lantern provides ample light to view cave features and to watch your footing. A flashlight with strong batteries can be used to spotlight features and will provide a back-up light in case the lantern fails. The temperature in the cave stays near 42 degrees F all year. Wear a sweater or jacket. Sturdy shoes should be worn, since the lava floor is sharp and rough in many sections.

## PROTECTING THE CAVE

Caves are delicate and must be used wisely to avoid damage. Unlike the surface environment, which in time can heal its wounds, a cave once damaged remains that way forever. For this reason, visitors are encouraged not to take food or beverages into the cave. Rock collecting, acts of vandalism, and littering are strictly forbidden. Residue from railroad flares, burning paper, or other impromptu torches leave a residue that is unsightly, damaging to cave life, and irritating to fellow explorers. Your cooperation in protecting the cave will ensure a quality experience for generations to come. Remember the cave explorer's motto: "Take nothing but pictures, leave nothing but footprints, kill nothing but time."

## TO SAFELY EXPLORE APE CAVE YOU WILL NEED:

- Three Sources of Light
- Sturdy Shoes or Boots
- Warm Clothing

