

CEDAR LANE JUNIOR HIGH YOUTH GROUP  
**CAVING TRIP IN FRANKLIN, W. VA.**

*FALL KICK-OFF EVENT*

**Saturday & Sunday, September 6 and 7, 2008**

**Join Your Junior High Friends on our Fourth Spelunking Trip**

Back by popular demand, **our Kick-Off Event** away from the Church for the Fall, will be a caving trip to Pendleton County, WV, about a 3 hour drive from Cedar Lane. This county is riddled with hundreds of caves, though we will only explore two or three. For the fourth time, our trip will be led by Andy Wilson, who has more than 30 years experience exploring caves, and has made numerous past trips to all of the caves we will explore. The caves this year may not be as muddy as the ones explored in the past, but expect to get pleasantly dirty. Interested participants will need to wear old clothes (or coveralls) and shoes (or boots), that they can change out of after exiting the cave. A good list of items to bring can be found by going to Equipment Checklist at the following link: [http://www.caves.org/youth/nss\\_youth\\_home.htm](http://www.caves.org/youth/nss_youth_home.htm). Anyone who is claustrophobic is advised not to go. For interesting information on some of the caves we may visit, go to: <http://www.caves.org/preserves/jgcp/jgcp.html> and <http://www.psc-cavers.org/stcc/>. You can also find a lot of hits on the internet if you Google Hamilton and/or Trout Cave.

**Here are the details:**

- **Dates:** Saturday and Sunday, September 6 and 7, 2008
- **Time:** Meet at Church at 7:00 a.m. on Saturday and leave immediately thereafter, and return Sunday about 5:30 p.m. We'll arrange a phone tree to notify parents of expected return time.
- **Meals:** We'll have lunch and dinner on Saturday in WV (and may stop for a snack on the way over); we'll eat Sunday breakfast at a restaurant in Franklin; and we'll have a quick lunch before we leave WV on Sunday. So each traveler will need to bring about \$45 for the meals. This doesn't include buying additional snacks there. You may want to bring snacks from home for the trip back to the church.
- **Weather:** Caving will go rain or shine. Once we are in the cave, weather won't matter.
- **Cost:** \$40 per person (covers transportation and camp lodge)
- **We need to know** if you will be joining us as soon as possible. Each student and a parent must also complete **Contract and Permission** forms which are enclosed.
- **Call Glenis Bellais right away** at Cedar Lane (301-493-8300) to reserve your place (you can leave a voice message). Because of safety requirements, we will be limited to 20 students.
- Forms and check payable to Cedar Lane must be submitted to Glenis Bellais by Thursday, September 4.
- **Important--Pre-trip Meeting:** We will have a mandatory pre-trip meeting on Wednesday, September 3, beginning at 7:30 to go over required caving gear and clothing and safety rules. If you can not attend this meeting, call John Daniel so that an alternative meeting can be arranged.

See other side of this sheet for what you should bring!

**What you need to bring for the Caving:**

- **Biking or skate boarding helmet.**
- **Headlamp for use on helmet and plenty of spare batteries**—we may have some helmets with carbon headlamps but will not have enough for everyone; plus these helmets are especially heavy for some people. John will bring his homemade combination helmet and lamp to the pre-trip meeting for all to see!
- Old clothes (that cover your knees) and shoes (worn that morning) or coveralls; you will need caving clothes for two days. The clothes worn on Saturday may be too dirty to wear again on Sunday!
- Change of clothes and shoes for going out to dinner on Saturday night and for returning to the Church on Sunday. These can be the same set of clothes.
- If you have boots, you may want to bring/wear them in case we get into a muddy portion of a cave.
- Two small flashlights with fresh batteries—can be disposable type (for emergency purposes only). John will bring a couple to the pre-trip meeting.
- Two pairs of cotton gloves (gardening gloves from home are the best kind)
- Crushable snacks in Ziplock bags (GORP is good) – bring anything that you don't mind getting flattened! Bring enough for Saturday and Sunday caving excursions
- Canteen, bottled water or bottled soda. Bring what you enjoy drinking. John will furnish bottle water to those who forget.
- Small hip or backpack to carry food, water, and flashlight (avoid larger pack; some cave passages are going to be tight).

**What you need to bring for the Camp Sleepover:**

- Sleeping bag, pillow, PJs and towel (each cabin has a shower)
- Personal items for cleanup, dental care, etc.

**This will be another fun and adventuresome caving trip and we hope you will join us. Call Glenis right away.**

If you have questions about the Youth Group or the Caving Trip, call John Daniel at 301-946-5509; or Susan Archer or Glenis Bellais at 301-493-8300.

Chaperone/Adult Caver: We know that we need another adult woman to make the trip with us. Think you would be a candidate? Like a little adventure? Call John to discuss.