VENTURING RANGER AWARD CAVE EXPLORATION ELECTIVE

Additional checkoff sheets and helps are available from ScouterMom.com.

a. Learn about caving.										
a-i. Write the National Speleological Society (NSS) to request information about caving and information about caves and cavers near you.										
a-ii. Learn about the different types of caves										
a-iii. Learn about caving courtesy, caving do’s and don’ts, and what the BSA policy is on cave exploring.										
a-iv. Read at least one book about caving.										
b. Knots										
b-i. Learn the following knots used in caving. Endline knots: bowline, figure eight, figure eight on a bight. Midline knots: bowline on a bight, butterfly. Joiner knots: water knot, fisherman, figure eight on bend. Ascending knots: Prusik knot										
b-ii. Teach these knots to your crew, another crew, a Cub Scout or Boy Scout unit, or another group.										
c. Ropes.										
c-i. Learn about the different types of ropes available for climbing and caving and explain the uses of each and the characteristics of each.										
c-ii. Learn proper climbing rope care. Know and practice proper coding and storage.										
c-iii. Know how to keep proper records on climbing rope and how to inspect it for wear and damage. Know when to retire a rope										
c-iv. Using the knowledge acquired above, make a tabletop display or a presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another group.										
d. Rappelling and belaying.										
d-i. Demonstrate that you know how to properly and safely rappel a distance of at least 30 feet										
d-ii. Demonstrate that you know how to ascend a rope using mechanical ascenders or Prusik or other ascending knots. Ascend at least 30 feet										
d-iii. Know and explain the differences, advantages, and disadvantages of single rope (SRT) and double rope (DRT) for rappelling and belaying.										
e. Outfitting										
e-i. Visit a sporting goods store or NSS-affiliated organization or have them make a presentation to your crew so you can learn about personal caving gear, including helmets, light sources, backup lighting sources, clothing, boots, cave packs, etc										

e-ii. Find out what the American National Standards Institute requirements are for helmets.										
f. First aid										
f-i. Make a list of what you need in your personal cave pack. Include your personal first-aid kit and cave survival gear										
f-ii. Learn what crew equipment is, including a first aid-kit, caving ropes, and ascending equipment.										
f-iii. Help make a first-aid kit for your crew or group and demonstrate that you can keep it up										
f-iv. Demonstrate to your crew, another crew, a Cub Scout or Boy Scout unit, or another group how to construct both a personal and crew first-aid kit.										
g. Caves.										
g-i. Learn about the many types of cave formations										
g-ii. Make a tabletop display or presentation on cave formations and caving conservation for your crew, another crew, a Cub Scout or Boy Scout unit, or another group. Include practices such as proper carbide removal; care of walls, ceiling, and formations; and principles of Leave No Trace.										
h. Find a cave you would like to visit; get permission to enter it; make a trip plan including cave location, a list of participants, expected time in the cave, expected date and time of return, and an emergency contact; and then go in the cave, led by a qualified caver.										
i. From a cave expert, learn about natural and fabricated hazards such as mudslides, loose rocks, pits, deep water, critters, complex routes, wooden ladders, and flooding.										
j. Maps										
j-i. Using a three-dimensional cave map, learn what the standard map symbols represent.										
j-ii. Using the knowledge above, make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another group.										
Completed										
Presented										