



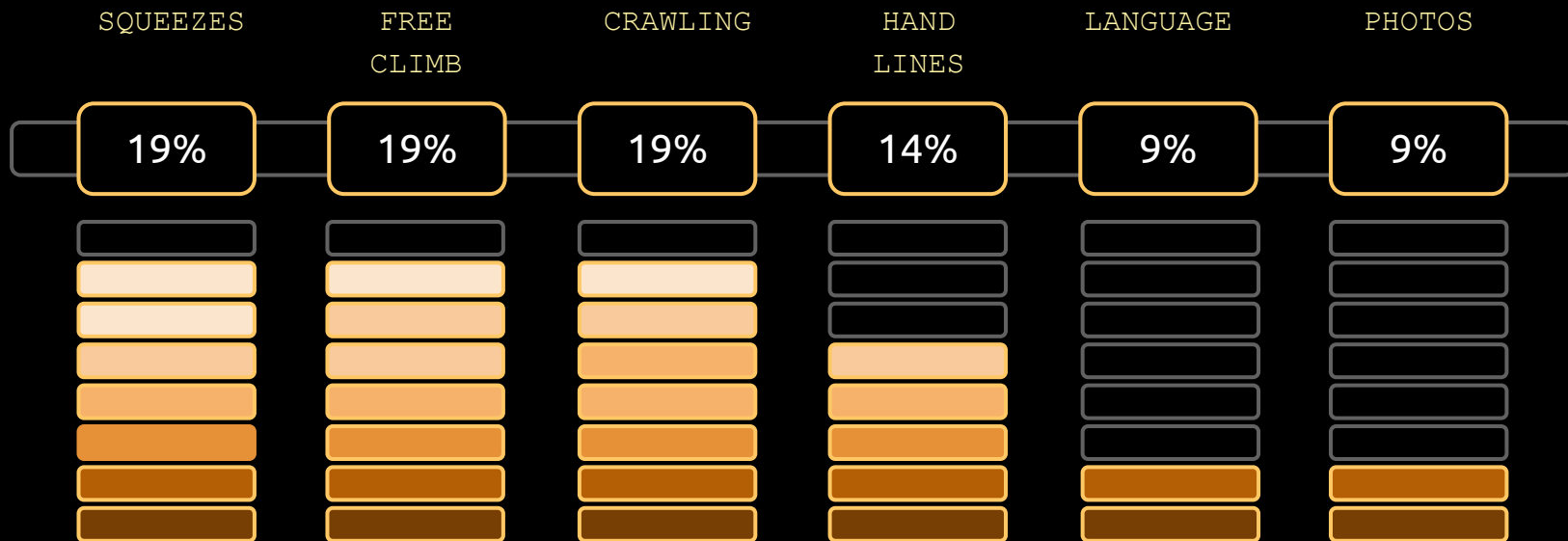
Aggie Speleological Society

# · Cave Basics ·

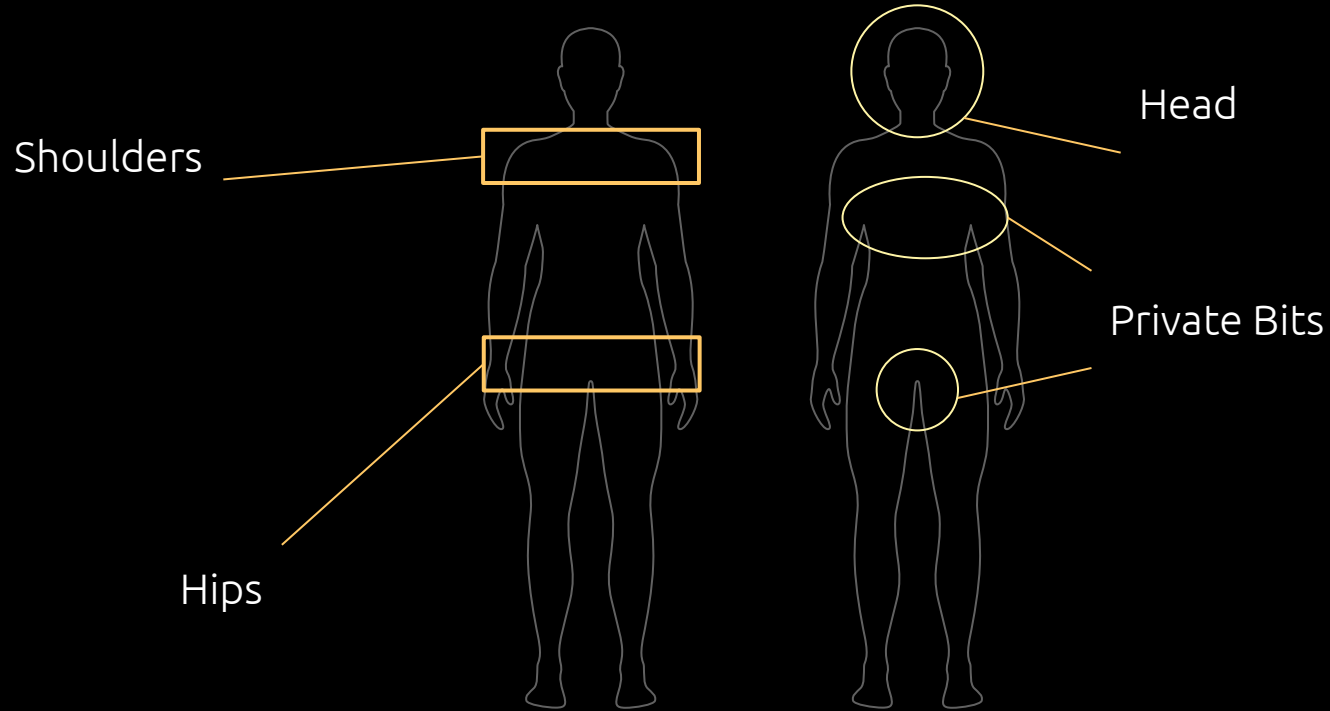
September 7, 2023

Jenna Crabtree

# CAVING BASICS 101



# PASSING A SQUEEZE OR RESTRICTION



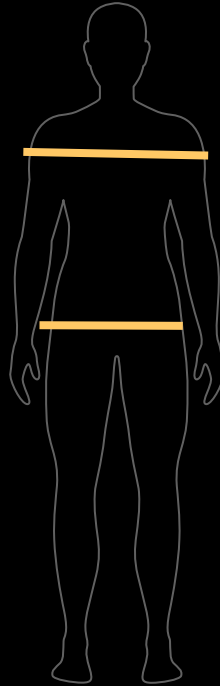
# MATCHING YOUR BODY TO THE SQUEEZE

## Considerations:

-Male or Female  
Body Type

-Matching the  
largest part of  
your body with  
the largest  
part of the  
squeeze

-knowing your  
limitations



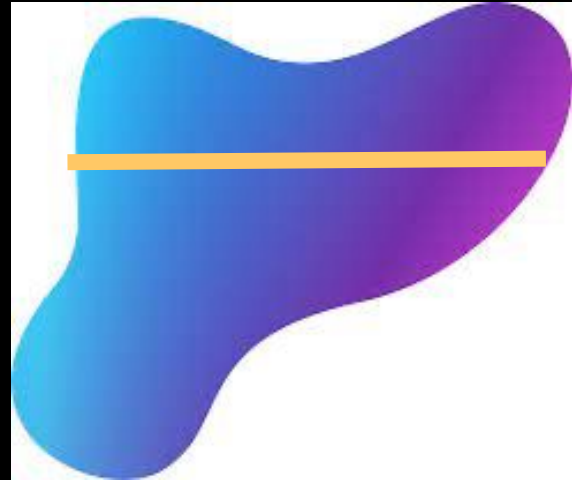
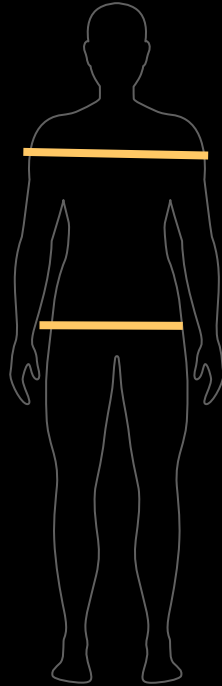
# MATCHING YOUR BODY TO THE SQUEEZE

## Considerations:

- Male or Female Body Type

- Matching the largest part of your body with the largest part of the squeeze

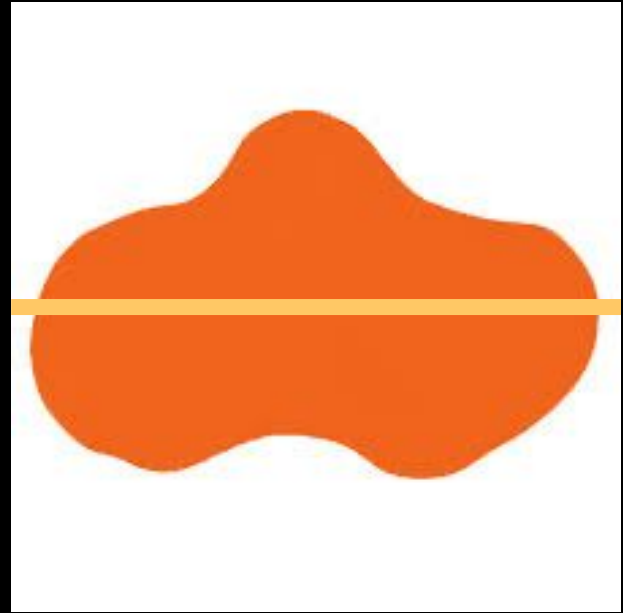
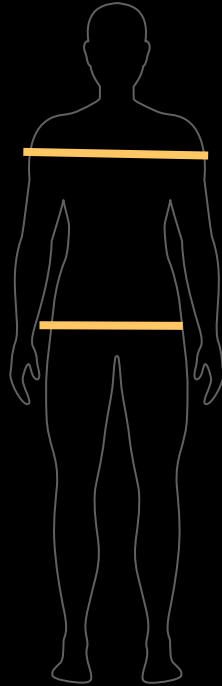
- knowing your limitations



# MATCHING YOUR BODY TO THE SQUEEZE

## Considerations:

- Male or Female Body Type
- Matching the largest part of your body with the largest part of the squeeze
- knowing your limitations



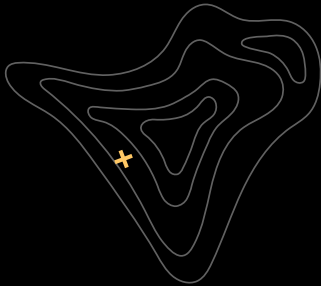


FREE CLIMBING  
/  
BOULDERING



# COMMUNICATION

Letting peers know when you are climbing



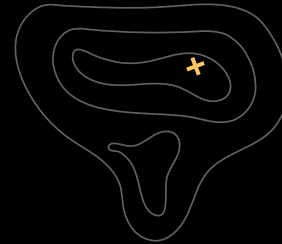
# FOOT PLACEMENT

Choosing placements that are weight bearing



# HAND PLACEMENT

Choosing placements that are weight bearing

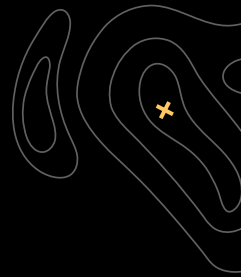






<https://www.youtube.com/watch?v=2a0uS7c wdGE>





<https://www.rei.com/learn/expert-advice/climbing-holds.html>



# CRAWLING

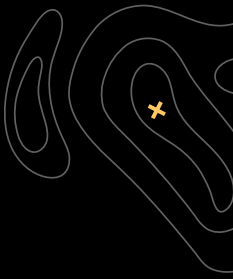




<https://www.youtube.com/watch?v=PxBgkSAyac>

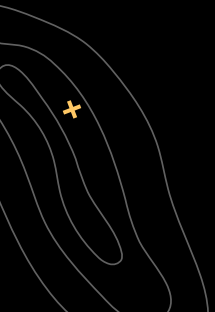


[https://www.youtube.com/shorts/x-d3ic\\_BOgM](https://www.youtube.com/shorts/x-d3ic_BOgM)





<https://www.youtube.com/shorts/Ob6JZnvM9rw>

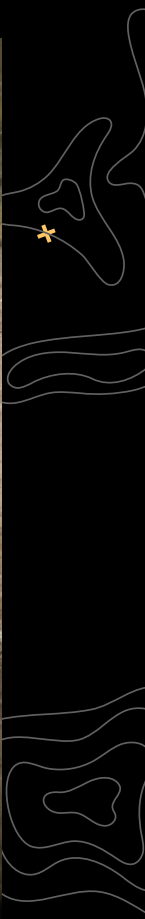


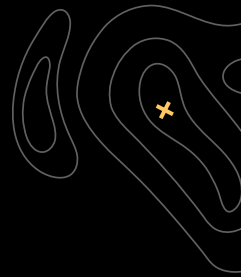


# HAND LINES

<https://www.youtube.com/watch?v=TjW/hvyYA0zg>







# LANGUAGE



# COMMON CAVE COMMANDS



"On Ladder,  
Off Ladder."

- ladder
- bridges
- ropes



"Slow Down"

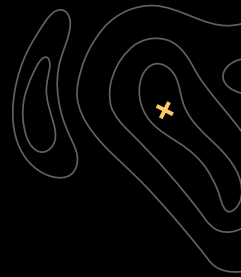
- pace of the group is set by the slowest member



"It's slippery here."  
"Rock!"

- many hazards in a cave
- passing info back
- situational awareness

PHOTOS



# CAMERA HACKS

## LONG EXPOSURE



Allows the camera to adjust to the dim lit chamber or passage

## CLOTHING



Brighter clothing shows up easier in photos!

## LIGHTING



Placing lights in front of and behind the subject illuminates the chamber and the person. Beware of using too much light!

## HAZARDS



Caves are harsh environments for phones and cameras. They are prone to being lost, cracked screens, and filling every hole with mud or water.



## WELL LIT PHOTO:

Notice light placement  
Behind & in front

*Whirlpool Cave 9/2/23  
Photo by Jakob Denton*



## BEHIND THE SCENES:

- Front lighting
- Move people if needed
- Move around lighting

*Whirlpool Cave 9/2/23  
Photo by Jakob Denton*



## POORLY LIT PHOTO:

Bad back lighting  
Headlamp facing camera

*Dogwood Cave June 2023  
Photo by Jenna Crabtree*





## WELL LIT PHOTO:

Difference of chamber size  
Lights not directly at camera  
Super rad

*Dogwood Cave June 2023*  
*Photo by Jenna Crabtree*

# ANNOUNCEMENTS



# MAPLE RUN CAVE

- INTERMEDIATE CAVE
- Saturday September 9
- Departure: 7am
- Roughly 3 hours in cave
- Expected Return: no later 5pm
- Trip Leader: Caleb
- 7 trip slots available
- Ethan Perrine is leading
  - UTG President



# DEXTER AND THE MOONROCKS



- Saturday September 9
- Austin, Texas
- Celebrating Jenna “Jennace the Menace” Crabtree’s Birthday
- Celebrating Jakob “Horror from Below” Denton’s Birthday
- Sad cowboy music; western space grunge; good vibes
- Join the GroupMe



**DEXTER  
& THE MOONROCKS**



**WEST COAST TOUR 2023**

8/25 - DALLAS, TX - THE SOUTH BEND  
8/26 - DALLAS, TX - THE SOUTH BEND  
8/27 - FORT WORTH, TX - QUARTZ  
8/28 - FORT WORTH, TX - QUARTZ  
8/29 - FORT WORTH, TX - QUARTZ  
8/30 - SAN ANTONIO, TX - THEATRE AN FORT WORTH  
8/31 - SAN ANTONIO, TX - THEATRE AN FORT WORTH  
9/1 - SAN ANTONIO, TX - THEATRE AN FORT WORTH  
9/2 - SAN ANTONIO, TX - THEATRE AN FORT WORTH



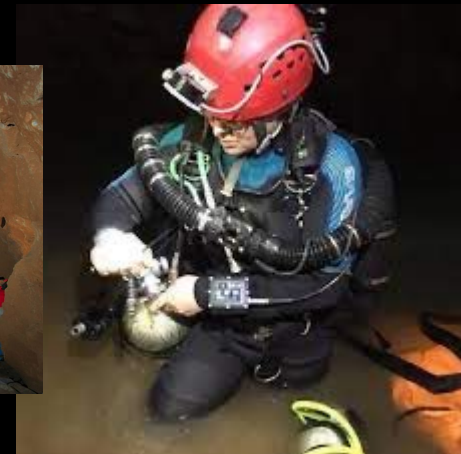
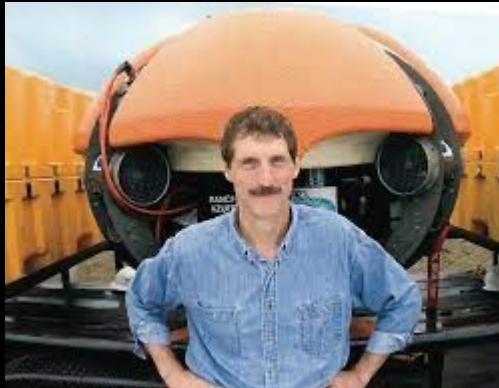
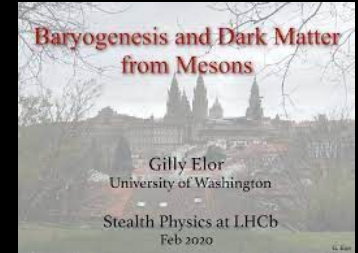
# *Deepest Cave* MOVIE NIGHT

- ASS House
  - Address will be in GroupMe
- 7pm; 7:30pm start time
- BYO refreshments
- Preparation for Bill Stone & Dr. Gilly Elore
- Cueva Cheve, Oaxaca, Mexico
- Most accurate representation of expedition caving we have seen so far



# Bill Stone & Dr. Gilly Elore Guest Speakers

- Thursday, September 14
- HEB 8pm
- Cueva Cheve
- Sunfish
- Engineering
- Exploration






# VERTICAL TRAINING

- Opportunities to become vertically checked-off
- Allowed to *peach pits*
- Tues, Wed, Fri, Sun
- All dates, times, & slots will be posted on Signupgenius





# KNOT NIGHT & MIDNIGHT YELL

- Friday, September 15
  - *The Descent*
    - **Every** caver has seen this movie and references it
  - Learn how to tie common knots used in caving during the movie!
  - Midnight Yell as a Group!
    - Walk over/carpool from ASS House
  - BYO refreshments
  - Bring your own rope if you have it! If not we will provide you some!
- 



# WHIRLPOOL CAVE

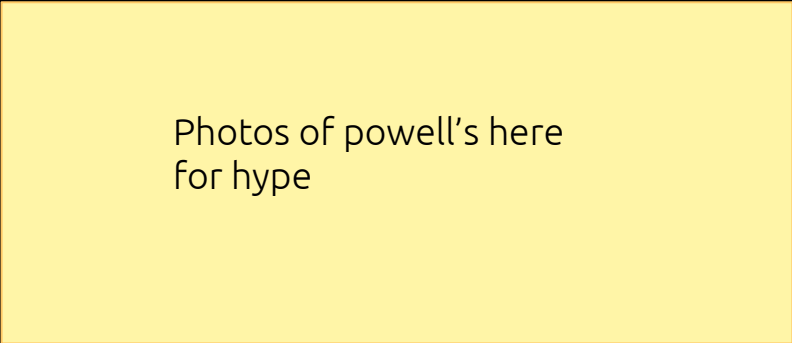
- BEGINNER CAVE
- Saturday September 16
- Departure: 10am
- Expected Return: no later 7pm
- Trip Leader: Tristan and Caleb
- 8 trip slots available
- No experience necessary
- Trip Sign-Up at September 14 meeting





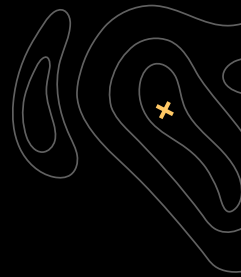
# POWELL'S CAVE

- BEGINNER CAVE
- Friday-Sunday
  - Overnight camping trip!
- Trip sign-up September 14th General Meeting



Photos of powell's here  
for hype





Big Thank You to Ken Demarest!

