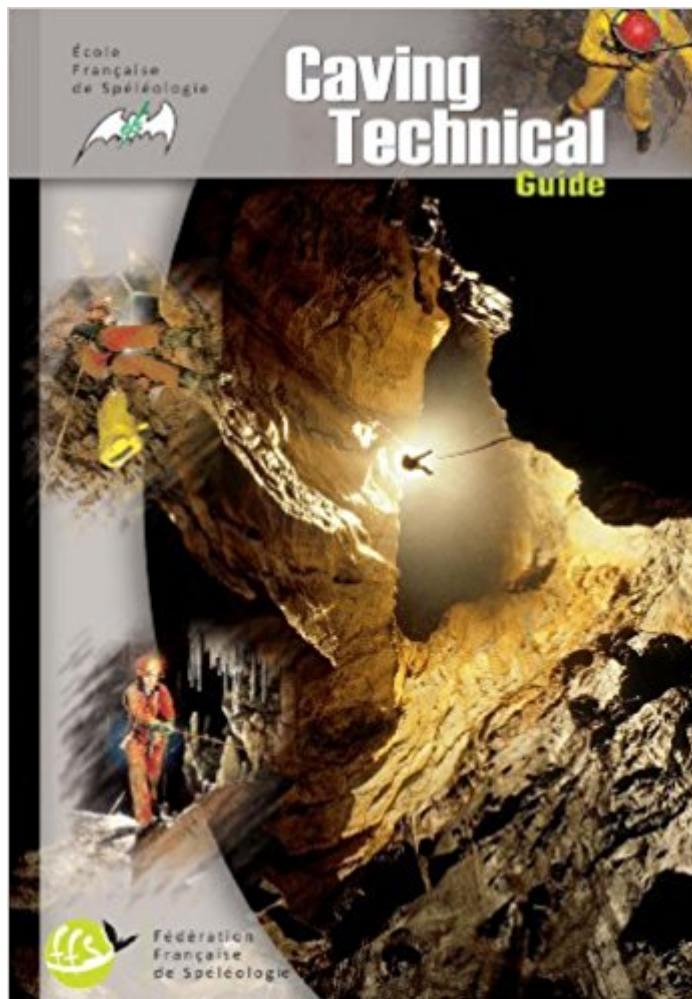


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Caving Technical Guide



Synopsis

The Caving Technical Guide is an instructional publication from the French School of Caving, in association with the French Federation of Speleology. It is the English language edition of the best-selling instructional book originally published in France. This full colour manual describes the various techniques and equipment relating to caving - it is not simply a catalogue of instruction, but more of a guide to progression and how to overcome situations which will be encountered underground. The techniques demonstrated are those taught by the French School of Caving. Sections and chapters include: The French Caving Federation's recommendations: safety and prevention on novice trips; Protecting the underground environment; Organising a trip; Personal equipment; Progress without vertical gear; Group equipment; Control and management of personal protective equipment; Progression involving rigging - type A & B ropes; type L ropes; other techniques; 30 pages of rescue and self-rescue techniques; Supervising and instructing - descending, ascending; Specialised techniques - climbing; pull-through trips; winter; long trips; and, Serious and unexpected situations - accident; floods.

Book Information

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Customer Reviews

Wow! Very thorough and concise. I learned a lot. Well worth the money. If you know anyone just getting into caving, this is a great book for them.

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