# How to use this Log Book

Enter each caving trip into the book.

**Date** and **location** are easy.

For **Cave/Trip** identify the name/number of the cave, or areas visited.

For **My Role**, **Type of Cave** and **Difficulty Rating** choose the most appropriate option from those below.

For **Skills**, you may choose up to 4 skills for each cave.

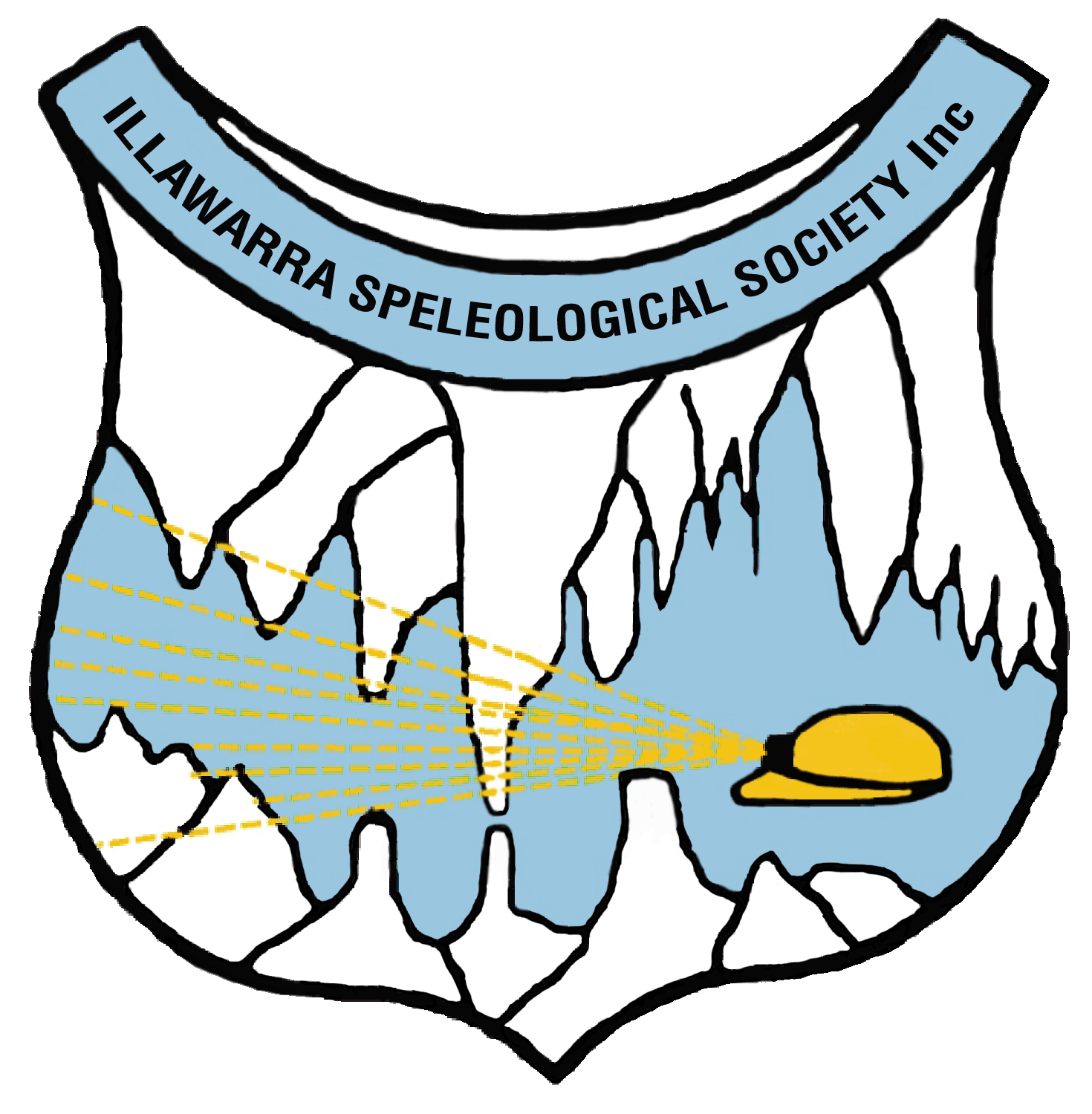
**Other comments** is free for your use.

The **Referee** will normally be the Party or Trip Leader, unless you are it!

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| **My Role** | **Type of Cave** | **Difficulty rating** | **Skills Used** |
|  |  |  |  |
| novice | 1. horizontal | Very Easy | caving |
| caver | 2. some scrambling | Easy | scrambling |
| party leader | 3. much scrambling | Moderate | abseiling |
| rigger | 4. abseiling + 1-3 | Hard | laddering |
| trip/activity leader | 5. laddering + 1-4 | Very Hard | SRT |
| instructor | 6. SRT + 1-5 |  | rigging |
|  | 7. > 100m total SRT | | navigation |
|  |  |  | other |

Illawarra Speleological Society

Caver's Log Book



Version 1.0

20/10/2015

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| **1** | **2** | **3** | **4** |
|  |  |  |  |
| **Other comments** |  | | |
| **Referee** | |  | |

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| **Date** |  | **Location** |  |
| **Cave / Trip** |  | **Time in cave (hours)** |  |
| **# in Party** |  | **My Role** |  |
| **Type of Cave** |  | **Difficulty rating** |  |
| **Skills** | | | |
| **1** | **2** | **3** | **4** |
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| **Other comments** |  | | |
| **Referee** | |  | |
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| **Skills** | | | |
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| **Date** |  | **Location** |  |
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| **Skills** | | | |
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| **Skills** | | | |
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| **Date** |  | **Location** |  |
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