



4th MINDANAO CAVING FORUM
 October 1 - 5, 2009
 Comval Provincial Capitol Ground
 and Municipality of Laak
 Comval Province



ITINERARY

DATE	TIME		ACTIVITY	VENUE/ DESTINATION	REMARKS/REMINDERS
	From	To			
DAY 1: October 1 2009 Thursday	8:00 am	5:00 pm	ARRIVAL / REGISTRATION	Comval Provincial Capitol	*Register, fill up forms, pay and claim kit *Marketing Time
	5:00 pm	6:00 PM	SETTLING	Comval Provincial Capitol Ground	*Pitch Tent at designated camping area
	6:00 pm	8:00 pm	WELCOME PROGRAM WELCOME DINNER ORIENTATION	Freedom Stage Comval Provincial Capitol Ground	*Attendance is enjoined *Present meal stub *Wear ID
	8:00 pm	10:00 pm	PSS President's Meeting	Designated Venue	*Exclusive for PSS affiliate club only
	10:00 pm		LIGHTS OFF		Early to bed, big day Tomorrow
DAY 2: October 2, 2009 Friday	5:00 AM	7:00AM	Wake up call BREAKFAST Pack up	Comval Provincial Capitol Ground	*Personal Necessities *Prepare breakfast *Pack up *Zero Waste before leaving
	7:00 am	8:00 am	Send Off	Comval Provincial Capitol Ground	*Wear ID *On board assigned Vehicle
	8:00 am		ETD	Municipality of Laak	*Check Buddies
	10:30 am		ETA	Municipality of Laak	
	10:30am	1:00 pm	Inhabit	Laak Camp Site	*Pitch tent at designated camping site *Lunch
	1:00pm	5:00 pm	Forum Proper *Plenary (Organization Matters) *RA9072 (Issues & Concern) *Regional Cave Management Committee	At designated venue	*For PSS Only
			Lecture *RA9072 and DAO update *The Cave *Cave Formation *Basic Caving * Introduction on Cavers ethics and protocol	At designated venue	*For non PSS and beginner lecture and course group
	5:00pm	6:00pm	DINNER	Camp Site	*Prepare Dinner
	6:00pm	7:00pm	PSS President's meeting	At designated venue	*Exclusive for PSS affiliate club only
	7:00pm	10:00pm	Caver's Night (Caverandia)	Camp Site	*Group contest
10:00pm		LIGHTS OFF		"Good night sleep, a healthy wake-up tomorrow"	
DAY 3: October 3, 2009	5:00am	7:00am	Wake up call BREAKFAST	Camp Site	*Personal necessities *Refresh *Prepare breakfast
			Forum Continuation	At designated	*For PSS only

	7:00am	12:00nn	*RA9072 (issues & Concern) *Regional Cave Management Committee * Update on cave survey and mapping	venue	
			Continuation of Lecture *Leave No Trace *Introduction to managing cave ecotourism *Basic SRT	At designated venue	*for non PSS
	12:00nn	1:00pm	Prepare for Lunch	Camp Site	*All Participants
	1:00pm	5:00pm	Forum Continuation *Reporting on RCC & National Caving Congress	At designated venue	*For PSS Only
			Continuation of lecture *Basic SRT	At designated venue	*For non PSS
	5:00pm	7:00pm	Refresh DINNER	Camp Site	*Prepare for Dinner
	7:00pm	8:00pm	Organize Caving Gears	Camp site	*Check all gears *No liquor intake
	8:00pm	10:00pm	PSS Meeting	At designated venue	* Bidding for the next Forum
	8:00pm	10:00pm	Caver's Night (Reggaerandia)	Camp Site	*Group contest
	10:00pm		L I G H T S O F F	"Early to bed, early to rise, tomorrow is another romantic experience with nature"	
DAY 4: October 4, 2009 Sunday	5:00 am	7:00am	Morning Glow	Camp Site	*Fresh up *Breakfast *Pack up caving gears, extra clothing and food
	7:00am		ETD for Caving	Camp Site	*Final Check of day pack
	8:30am		ETA	Brgy. Sisimon and Andap	*Check Buddies *Personal Necessities
	8:30am	12:00nn	CAVING	Bongloy and Vertical Cave	*Exclusive for PSS Only
				Cave 1 *Anislag Cave 1 (bat cave) Cave 2 *Anislag Cave 2 Cave 3 *Andap Cave System	*For non PSS
	12:00nn	1:00pm	Lunch Break	At designated area	*Leave No Trace
	1:00pm	3:00pm	Caving Continuation	At designated caving site	*For PSS and non PSS * Switching of teams
	3:00pm	4:30pm	Boarding Vehicle	At designated site	*Count off *Check Buddies
	4:30pm	5:30pm	ETA	Camp Site	*Wash Down *Prepare for Closing Program and Socials
	5:30pm	7:00pm	Seal Off Program Garbo Comvaleño	Camp Site	*Distribution of Certificate and Awards *Announcement for the next Forum
7:00pm	Sky is the limit	Whoop it up and Chill out	*Getting to know all *Raffle *Stay within the vicinity		

DAY 5: October 5 2009 Monday	9:30 am	HOMEWARD BOUND	<ul style="list-style-type: none"> *Bring memories and skills *Leave No Trace *Have a safe travel your family waiting for you
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Note: There will be food for sale at the camp site.

<p>WHAT TO BRING:</p> <ul style="list-style-type: none"> *Caving Helmet or Skull Guard (a must) “No Helmet, No Caving” *Headlamp/Flashlight at least 3 source of lights (with extra batteries and bulb) *Coverall/snug fir jeans & sweat shirt *Gloves *Rubber shoes or Boots *Life Vest (For PSS only) *SRT Equipment (For PSS only) *Dry bag/water tight container/plastic bag *Camping Gear *Cooking Gear with food <p>Note: Participants are encouraged to bring their own gears.</p> <p style="text-align: center;">TECHNICAL WORKING COMMITTEE:</p> <table style="margin-left: auto; margin-right: auto;"> <tr><td>CHRISTINE</td><td>639267768718</td></tr> <tr><td>PRECY</td><td>639203450883</td></tr> <tr><td>RAMSIS</td><td>639184833853</td></tr> <tr><td>NONOY</td><td>639197443514</td></tr> <tr><td>JOJO</td><td>639215498467</td></tr> <tr><td>RICO</td><td>639204201254</td></tr> <tr><td>NILO</td><td>639177012747</td></tr> <tr><td>GELAINE</td><td>639164349250</td></tr> <tr><td>TOTO</td><td>639208583201</td></tr> </table>	CHRISTINE	639267768718	PRECY	639203450883	RAMSIS	639184833853	NONOY	639197443514	JOJO	639215498467	RICO	639204201254	NILO	639177012747	GELAINE	639164349250	TOTO	639208583201	<p>HOW TO GET THERE:</p> <ul style="list-style-type: none"> *Davao City – Tagum City Terminal by Bus (1.5 hrs) *Tagum City – Nabunturan, Comval by Bus (45 minutes) *Nabunturan – Provincial Capitol, Cabidanan by tricycle (10 minutes) *Tagum City – Laak, Comval by Bus (2 hours) *Laak Proper – Brgy. Andap (Venue) – (30 Minutes) <p>REGISTRATION FEE:</p> <p style="text-align: center;">P600.00/participants</p> <p>For further inquiries and confirmation:</p> <p style="text-align: center;">Comval Tourism Office: 084-376-0943</p> <p style="text-align: center;">Davao Speleological & Conservation Society (DSpeCS): Smart 639197443514 Globe 639177185305 Email Add: dspeccs_caving@yahoo.com</p>
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