How can I dump information about my LCIO file from the command line

LCIO includes the LCIO Command Line Tool at \$LCIO/bin/lcio. Assuming that \$LCIO/bin is in the PATH, this tool can be used to print information about your LCIO file.

lcio print outfile.slcio	
Use the command	
lcio print -h	

for help on using the print command.