

GEAR LIST FOR OVERHEAD DIVING COURSES IN SIDEMOUNT

(Cavern – Intro to Cave – Full Cave)

SIDEMOUNT SYSTEM

- 1x sidemount harness with crotch strap and wing
 - with loop bungees (attachment cannot be the shoulder D-rings) or with continuous bungee (clipped to D-rings)
- 2x low profile D-rings on the waist on either side or alternatively sliding D-rings (we dive aluminum cylinders)
 - 1x low profile D-ring on each shoulder
- 1x sidemount pouch (with 2x double ended bolt snaps) or alternatively drysuit thigh pockets
- 1x helmet (recommended)
 - mount for primary light on the left side (Razor mount recommended)
 - 2 back-up lights attached on the right side (alternatively the second one can go in the pouch)

REGULATOR SYSTEM

- 1x DIN regulator first stage with 5th port swivel turret on the left side equipped with:
 - 1x balanced regulator second stage
 - 1x LP short hose (approx. 55-63cm / 22-25in, appropriate length depends on the diver)
 - 1x necklace (3 or 4mm shock cord)
 - 1x 90° elbow LP adaptor
 - 1x LP inflator hose for the wing (appropriate length depends on the wing's corrugated hose and the diver)
 - 1x HP hose (10 to 15cm / 4 to 6in) with 1x SPG (black face recommended / bar or PSI, but same on both sides) or transmitters (in this case, a "pin" or "mini" SPG is recommended)
- 1x DIN regulator first stage with 5th port swivel turret on the right side equipped with:
 - 1x balanced regulator second stage
 - 1x LP long hose (210cm / 7') equipped with a small size bolt-snap clip
 - 1x LP inflator hose in case of drysuit configuration (appropriate length depends on the diver)
 - 1x HP hose (10 to 15cm / 4 to 6in) with 1x SPG (black face recommended / bar or PSI, but same on both sides) or transmitters

Note in case of drysuit configuration:

In a drysuit configuration, the left regulator is equipped with the drysuit's inflator hose and the right regulator with the wing's inflator hose. The corrugated hose from the wings comes from the right side of the diver. If the reason is unclear, we'll explain during the first day.

LIGHTING SYSTEM

- 1x Primary canister light with cord length appropriate for sidemount or handhold light equipped with a bolt-snap
 - approx. 4 hours burn time (min. 1.5x planned bottom time) / min. 1200Lu output
- 2x low profile Back-up lights equipped with a small bolt-snap clip
 - approx. 3 hours burn time (min. 1.5x planned bottom time) / min. 600Lu output

Note in case of using a goodman handle:

We strongly recommend the use of the Razor mount as a goodman handle for its versatility. Most importantly if using the helmet.

THERMIC PROTECTION AND OTHER EQUIPMENT

- full wetsuit (min. 5mm) or drysuit with hood
- dive booties (rock boots recommended)
- 2x masks (low profile, opaque skirt and frameless recommended)
- 1x pair of fins (open-heel, no split, nor free dive, nor force fins, low profile straps)
- 2x 37m / 125ft safety lines (finger spools, no reels, line gauge from 18 to 21)
- 2x line cutters (seahorse or U shape, no knives, no scissors)
- 1x nitrox computer
- 1x back-up dive computer or bottom timer with submersible dive table
- 1x wrist compass (or integrated in the dive computer)
- 1x wrist slate (3 pages) or wet notes
- 1x navigation kit (1 bolt-snap clip w/ 10cm thick bungee w/ 5 arrows and 5 cookies)
- 1x back-up navigation kit (w/ 3 arrows)

OPTIONAL EQUIPMENT (can be provided for the course)

- 3x jump lines (finger spools, no reels)
- 1x 120m / 400 ft primary reel (sidewinder recommended)

Even though we recommend that students own their equipment, most of it can be rented with us. Please double check the list and let us know as soon as possible which items you might be needing.