

## GEAR LIST

### STAGE CAVE DIVER COURSE

(Sidemount or Backmount)

#### IN SIDEMOUNT

- 1x complete sidemount system with a sidemount pouch or drysuit thigh pockets
- 1x helmet (recommended)

#### IN BACKMOUNT

- 1x wing, back plate, and harness with a left thigh pocket attached or shorts with pockets or drysuit thigh pockets

#### Note:

\*Please download the "Cave Diver in Sidemount" or "Cave Diver in Backmount" equipment list for more detailed information.

#### LEFT STAGE REGULATOR

1x DIN regulator first stage with swivel turret equipped with:

- 1x balanced regulator second stage
- 1x LP short hose (approx. 55-63cm / 22-25in, appropriate length depends on the diver)
- 1x 90° elbow LP adaptor
- 1x HP hose (10 to 15cm / 4 to 6in) with 1x SPG (black face recommended, bar or PSI, but all SPGs the same)

#### Notes:

\*We don't recommend the use of a transmitter for the stage, as the connection is lost once the cylinder is dropped and while swimming away.

\*For the "Cave Multi-Stage Workshop", the right stage cylinder is configured with a short hose and a reversed second stage.

\*Please download the "Cave Diver in Sidemount" or "Cave Diver in Backmount" equipment list for detailed information about the basic regulator sets.

#### LEFT STAGE CONNECTION

- 1x choker (bolt-snap clip with looped shock-cord to retain the stage)
- 1x back-up choker (stored in the sidemount pouch or a thigh pocket)

#### LIGHTING SYSTEM

1x primary canister light with cord length appropriate for the configuration or handhold light equipped with a bolt-snap clip

- approx. 4 hours burn time (min. 1.5x planned bottom time) / min. 1200Lu output

2x low profile backup 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 in a sidemount configuration:

\* 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.*