

ADDITIONAL EQUIPMENT & CONFIGURATION APPENDICES FOR OVERHEAD DIVING COURSES IN SIDEMOUNT

INTRODUCTION

This document is intended as a supplement to the CDT Mexico *Sidemount Configuration – Equipment Checklist*.

The main sidemount equipment list applies to all sidemount-based courses and must be reviewed first.

The following pages describe additional equipment, configuration requirements, and considerations specific to certain cave and technical diving courses.

These appendices do not replace the main gear list. They build on it.

CDT Mexico teaches sidemount and cave diving using a structured, functional configuration developed through extensive cave, technical, and instructional experience. Certain configuration choices are required because they directly support skill execution, problem solving, and safety at higher task loads.

That said, we recognize that experienced divers may arrive with different—but equally functional—configurations. Alternative setups may be accepted provided they are safe, streamlined, and allow the diver to perform all required skills reliably and without compromise.

Our approach is not about enforcing a single “correct” way to dive.

It is about teaching advanced cave diving in a consistent, coherent system.

Divers using alternative configurations must demonstrate full understanding of their setup, mastery of all required skills, and the ability to adapt their configuration as needed for the specific demands of the course.

RECOMMENDATIONS

Questions & Clarifications: If anything in this checklist is unclear, or you need further explanations, please contact us. Some concepts or equipment details outside the course context may seem confusing.
— We’re happy to clarify.

Equipment Rentals: Some equipment can be rented, including regulators, primary/backup lights, and backmount wings with backplates. Personal items must be provided by the diver, such as fins, masks, dive computers, and exposure protection (wetsuit or drysuit).

— Rental availability should be confirmed in advance.

Equipment Responsibility: Divers are responsible for the proper functioning of their equipment. For advanced courses, students are assumed to understand the purpose and operation of their gear. For fundamental or entry-level courses (like Sidemount Diver), we provide full guidance on equipment use and configuration.

Sidemount Systems: Owning a personal sidemount system is strongly recommended, as it is highly individualized. Renting a system is possible but requires time for setup and adjustment.

— Sidemount systems can be purchased through CDT Mexico.

Preparation & Familiarity: Proper equipment preparation is essential for safe and efficient training. Divers should arrive with functional, well-maintained equipment and be comfortable using it independently.

CORE TRAINING

CAVERN + INTRO TO CAVE + FULL CAVE

Core overhead training focuses on building foundational cave-diving skills, awareness, and discipline.

At this level, configuration consistency is critical to learning, team communication, and safety.

For this reason, CDT Mexico applies stricter configuration requirements during core training courses.

Recommended Sidemount System

- Razor sidemount system (our recommendation, any version works)
- XDEEP sidemount system (TEC version, but not RB)

Other systems may be used, provided they allow the described configuration without compromise.

Helmet

- Mandatory for CDT Mexico students at core training levels
- Equipped with the Razor helmet-mount on the left side
- Carrying at least one backup light on the right side (must be deployable)

Lines

- 1× primary reel, 120 m (400 ft), sidewinder style (no L-shape); students can use instructor's reel
- 2× safety lines, 37 m (120 ft), finger spools (no reels); students must own and agree to cut them
- 3× jump lines, at least one 37 m (120 ft), finger spools (no reels); students can use instructor's spools

Markers

- 1× primary navigation kit with 5 arrows and 5 cookies
- 1× backup navigation kit with 3 arrows (carried in the pouch)
 - We strongly recommend arrows and cookies over REMs. REMs, due to their rectangular shape, increase the risk of mistakes and confusion.
 - Markers must be personalized and easily recognizable by touch in zero-visibility cave conditions.

This document must be used together with the main sidemount equipment checklist.

ADVANCED TRAINING

STAGE CAVE, MULTI-STAGE WORKSHOP, AND DPV CAVE

Stage cave diving introduces additional task loading, gas management complexity, and equipment handling. Configuration must support clean stage handling, controlled drops and retrievals, and efficient problem management in an overhead environment.

Helmet

Not mandatory for students at advanced levels, but strongly recommended

Left Side Stage Regulator

DIN regulator first stage with 5th port swivel turret, equipped with:

- 1× LP short hose equipped with a 90° LP elbow adaptor
- 1× balanced regulator second stage
- 1× pressure-reading instrument

OPTION A - Analog:

- 1× HP hose
- 1× SPG (black face recommended; bar or PSI, but identical as the sidemount regulators)

OPTION B - Digital:

- 1× transmitter (in this case, a “pin” or “mini” SPG is recommended)

Right Side Stage Regulator (for the Multi-Stage Workshop Only)

DIN regulator first stage with 5th port swivel turret, equipped with:

- 1× LP short hose equipped with a 90° LP elbow adaptor
- 1× balanced and reversed regulator second stage (hose routed from the left side of the neck)
- 1× pressure-reading instrument

OPTION A - Analog:

- 1× HP hose
- 1× SPG (black face recommended; bar or PSI, but identical as the sidemount regulators)

OPTION B - Digital:

- 1× transmitter (in this case, a “pin” or “mini” SPG is recommended)

Stage Cylinders Attachment

1× primary choker (neck leash) and 1× backup (double this quantity for the Multi-Stage Workshop)

Hose Retainers

5× hose retainers minimum (7× minimum for the Multi-Stage Workshop)

DPV CAVE - NOTES

DPV Cave training has the same equipment requirements as Full Cave or Stage Cave, with the addition of a Trailing Handle (for towing a diver). It will be built with the instructor during the equipment workshop. DPVs are provided and rented through CDT Mexico.

Depending on the course scope and student level, DPV dives may be conducted:

- with DPV only (no stage cylinders),
- with DPV and one stage cylinder,
- with DPV and multiple stage cylinders.

The selected configuration must remain functional, streamlined, and compatible with course objectives and task loading.

This document must be used together with the main sidemount equipment checklist.

At advanced levels, experienced cave divers may use alternative configurations, provided they are functional, safe, and compatible with course objectives.

ADVANCED TRAINING

CAVE DECOMPRESSION

Cave Decompression Diving adds mandatory decompression to an already complex overhead environment, increasing task loading, gas management demands, and consequences of error.

Configuration must support clear gas identification, precise decompression execution, and efficient problem resolution without compromising cave-diving fundamentals.

Helmet

- Not mandatory for students at advanced levels, but strongly recommended

Instruments

- 1× multi-gas decompression computer
- 1× backup multi-gas decompression computer
- 1× analog compass or computer integrated digital compass

Left Side Stage Regulator

- DIN regulator first stage with 5th port swivel turret, equipped with:

- 1× LP short hose equipped with a 90° LP elbow adaptor
- 1× balanced regulator second stage
- 1× pressure-reading instrument

OPTION A - Analog:

- 1× HP hose
- 1× SPG (black face recommended; bar or PSI, but identical as the sidemount regulators)

OPTION B - Digital:

- 1× transmitter (in this case, a “pin” or “mini” SPG is recommended)

Right Side Stage Regulator (O₂ Cylinder)

- DIN regulator first stage with 5th port swivel turret, equipped with:

- 1× LP short hose
- 1× balanced regulator second stage (O₂-clean and O₂-ready)
- 1× HP hose
- 1× SPG (black face recommended; bar or PSI, but identical as the sidemount regulators)

Stage Cylinders Attachment

- 2× primary chokers (neck leash) and 2× backups

Hose Retainers

- 5× hose retainers for 11 L (80 cu) cylinders (retainers for the 6 L (40 cu) O₂ cylinders are provided)

This document must be used together with the main sidemount equipment checklist.

At advanced levels, experienced cave divers may use alternative configurations, provided they are functional, safe, and compatible with course objectives.