



Sidemount system

1x sidemount harness & wing

- with loop bungees (attachement cannot be the shoulder D-rings)
- or alternatively continuous bungee with two bolt-snap clips (clipped to D-rings)
- two low profile D-rings on the waist on either side or alternatively sliding D-rings
- one low profile D-ring on each shoulder
- one extra low profile D-ring on the left side or using the drop-attachement point for the stage

1x sidemount pouch

- with two double enders

1x helmet

- mount for primary light on the left side
- 2 back-up lights attached (alternatively the second one can go in the pouch)

Regulator systems

For the left side regulator system:

- 1x DIN regulator first stage with a swivel turret and a fifth LP port
- 1x balanced regulator second stage
- 1x LP short hose (approx. 55cm / 22in)
- 1x 90° elbow LP adaptor
- 1x bungee necklace (3 or 4mm shock cord)
- 1x LP inflator hose (usually 10 to 15cm / 4 to 6in)
- 1x HP hose (10 to 15cm / 4 to 6in)
- 1x SPG (black face recommended / bar or PSI, but same on both sides)

For the right side regulator system:

- 1x DIN regulator first stage with a swivel turret and a fifth LP port
- 1x balanced regulator second stage
- 1x LP long hose (210cm / 84in)
- 1x bolt-snap clip
- 1x LP inflator hose (usually 10 to 15cm / 4 or 6in) (only if using a dry-suit)
- 1x HP hose (usually 10 to 15cm / 4 to 6in)
- 1x SPG (black face recommended / bar or PSI, but same on both sides)

For the left side regulator system:

- 1x DIN regulator first stage with a swivel turret and a fifth LP port
- 1x balanced regulator second stage
- 1x LP short hose (approx. 60cm / 24in)
- 1x 90° elbow LP adaptor
- 1x HP hose (10 to 15cm / 4 to 6in)
- 1x SPG (black face recommended / bar or PSI, but same on both sides)



Lighting system

1x primary light

- canister light with low profile light head and long cord recommended
- approx. 4 hours burn time (min. 1.5x planned bottom time)
- min. 1200Lu output

2x back-up lights

- low profile, possibly turn on/off by light head twist
- approx. 2 hours burn time each
- min. 600Lu output
- each equipped with a bolt-snap clip

Other equipment, back-up and hardware

2x masks (low profile, black skirt and frameless recommended)

1x pair of fins (open-heel, no split, nor freedive, nor force fins, low profile strap)

1x pair of booties (rock boots recommended)

2x 39m / 130ft safety lines (finger spools, no reels, line gauge from 18 to 21)

1x 120m / 400 ft primary reel (sidewinder, no L-shaped, line gauge 18 to 21)

2x line cutter (sea-horse or U shape, no knives, no scissors)

1x Nitrox computer

1x back-up computer or bottom timer

1x wrist compass

1x wrist slate (3 pages)

2x pencils (water resistant)

1x navigation kit (1 bolt-snap clip w/ 10cm thick bungee w/ 5 arrows and 5 cookies)

1x back-up navigation kit (with 3 arrows and 3 cookies)

1x back-up mouth piece

1x back-up double ender

10x strong cable ties

6x hose retainers for 11L. cylinders

1x backup continuous bungee (continuous shock-cord with 2 bolt-snap clips)

1x Bühlmann ZHL-16 air table

1x choker (bolt-snap clip with looped shock-cord to retain the stage)

1x back-up choker

Thermic protection

1x suit (7mm wetsuit strongly recommended or drysuit)

1x hood