

INTRODUCTORY CAVE COURSE

EQUIPMENT REQUIREMENTS:

* **Helmet, harness, cylinders, lead and air will be provided on this course**

- Mask & Fins (no snorkel required)
- Dry suit, including hood and gloves
- Weight system – N.B. This is built-in to the dive harness
- Two well-maintained regulator systems, each consisting of a first stage, second stage and contents gauge, together with direct feed to dry suit
- One regulator should be non-handed e.g. Poseidon for use on the left side
- Two knives or dive tools (arm-mounted)
- Dive slate and two pencils
- Three dive lights, at least two of which should be suitable for helmet mounting
- Torches should be at least 2 watt output, preferably greater. No hand held lights please
- An adequate supply of new batteries (Duracell please)

SPECIAL EQUIPMENT:

- Helmet with fastenings for headtorchs (supplied if required)
- Primary line reels - supplied
- Safety reel with 15 metres of nylon line - supplied

A set of old clothes/boiler suit, wellington boots, or similar, to wear over rough ground en route to dive site

- Set of waterproofs to wear en route to dive site. Warm clothes, scarf, hat and gloves in winter.

NB. You are strongly advised to transport equipment to the dive site in a suitably strong RUCKSACK. (These are available for purchase at the centre)

Packed lunch/drink is required on both days