



Ian France Technical

EQUIPMENT LIST

Listed below is a basic list of equipment to be worn.

I can help provide equipment required during training (except for, suit, boots, primary mask, hood and gloves), however; we feel programs are better completed in your own equipment to build familiarity and muscle memory.

Exposure Protection

- Drysuit
- Thinsulates or Base Layers
- Boots
- Gloves
- Hood

NOTE: IF YOU HAVE AN APEKS INFLATOR NIPPLE ON YOUR SUIT PLEASE INFORM US OR BRING YOUR OWN HOSE! WE ADVISE CHANGING IT FOR A STANDARD BCD SIZE.

Fins

- No split fins!

CCR

- Approved CCR
- Sofnolime (enough for a fresh fill per day)

Regulators

- Back gas (TWINSET) – Two Regulators complete with 1st and 2nd stages. Two low pressure inflator hoses of appropriate length. One Regulator set must have a 2m hose, the other a 22", and one must have an SPG on a 22" - 24" hose. The SPG and long hose will need a piston clip with swivel attaching.

AND/OR

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Back gas (SIDEMOUNT) – Two Regulators complete with 1st and 2nd stages. Two low pressure inflator hoses. One Regulator set must have a 2m hose and both must have an SPG on a 6” hose. The long hose will need a single piston clip with swivel attaching.

- 1 - 3 (depends on level of training) Oxygen clean regulators for deco, 1m hose, with SPG’s on a 6” hose. For Trimix, one regulator should have a low pressure inflator hose
- All regulators should be cold water ready
- Necklace: Designed to hold the back-up regulator within easy access.

Wing

- One double/single bladder wing (40lbs) (TWINSET) unit with harness and backplate (single bladders must be backed up by using a drysuit for redundancy)
AND/OR
- One double/single bladder SIDEMOUNT harness (single bladders must be backed up by using a drysuit for redundancy)

Cylinders (can be hired)

- One 24l Twinset cylinder setup with manifold and isolator (2 sets of cylinders for overhead programs in France)
AND/OR
- One set of 12l setup for SIDEMOUNT (2 sets of cylinders for overhead programs in France)
- Stage Cylinder: 1 - 3 (depends on level of training) AL80 recommended

Accessories

- Wet notes / Arm Slate
- 2 Depth Timers or Personal Dive Computers
- 2 Knife, Z Knife or Dive Tool
- Mask
- Spare Mask (+ double ender clip)
- Two Spools (30m – 50m) (+ double ender clip)
- One Red SMB (+ double ender clip)
- One Yellow SMB (Normoxic and above) (+ double ender clip)

Optional Accessories

- Multi gas computer (on deco courses)
- Laptop with Deco Software (on deco courses)
- Primary light, NOT HAND HELD! (Helmet mounted is OK)
- Backup Dive Light x2 (Helmet mounted is OK) (+ double ender clip)

(NOTE: SMB’s are not required for cave/mine programs)

To start a course we highly recommend you have:

- At least one SMB (must be red) (+ double ender clip)
- Laptop with Deco Software (on deco courses)

- At least one Reel/Spool (+ double ender clip)
- Arm Slate
- Wetnotes and cordura wallet (+ double ender clip)
- A backplate (ideally steel), harness and crotch strap

If you undertaking an overhead environment course:

- 1 Primary light, NOT HAND HELD! (Helmet mounted or Goodman's handle is OK)
- 2 Backup lights (+ double ender clip)
- 1 Primary reel (min 50m) (+ double ender clip)
- 1 Safety spool (min 15m) (+ double ender clip)
- 1 Safety helmet (recommended, unless using twinset)
- Spare batteries

Note: UK Mine/Cave Sites can be difficult to access, it is recommended that:

- 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, gloves etc
- You are strongly advised to transport equipment to the dive site in a rucksack, NOT in a hand-held dive bag please.
- Packed lunch and drinks

For Mine Diver / Intro Cave and above:

- 3 Directional Markers
- 3 NON Directional Markers