

Pre-Dive Checklist



AdventureSeekerHQ

Gear Preparation

- ☐ **Mask, Snorkel, and Fins**
 - ☐ Ensure the mask fits snugly and seals without leaking.
 - ☐ Check the snorkel for any blockages or damage.
 - ☐ Inspect fins for cracks, damage, or wear. Confirm they fit comfortably and provide strong propulsion.
- ☐ **Wetsuit or Drysuit**
 - ☐ Select the appropriate suit for the water temperature (3mm–7mm for wetsuits; drysuit for cold water).
 - ☐ Inspect the suit for tears, worn seams, or broken zippers.
- ☐ **Buoyancy Control Device (BCD)**
 - ☐ Inflate and deflate the BCD to ensure there are no leaks.
 - ☐ Check straps, buckles, and storage pockets.
- ☐ **Regulator and Alternate Air Source**
 - ☐ Test the primary regulator for proper airflow.
 - ☐ Inspect the alternate air source (octopus) and ensure it functions smoothly.
 - ☐ Check hoses for cracks or wear.
- ☐ **Dive Computer or Depth Gauge**
 - ☐ Ensure the dive computer is fully charged or has fresh batteries.
 - ☐ Verify that the depth gauge and dive watch are functional as backups.
- ☐ **Weights and Tank**
 - ☐ Check that weights are properly adjusted for your buoyancy needs.
 - ☐ Ensure the tank is securely attached to the BCD and filled to the correct pressure.
- ☐ **Optional Equipment**
 - ☐ Pack a dive torch for low-light areas or night dives.
 - ☐ Bring an underwater camera to capture your experience.

Safety Essentials

- ☐ **Dive Knife or Cutting Tool**
 - ☐ Attach the knife securely to your leg or BCD for easy access.
- ☐ **Surface Signaling Devices**
 - ☐ Include a whistle, inflatable marker buoy (SMB), and a signal mirror in your gear.
- ☐ **First Aid Kit**
 - ☐ Carry essentials like bandages, antiseptic, burn cream, and pain relievers.

☐ **Dive Logbook**

- ☐ Bring your logbook to track dive details, such as depth, time, and conditions.

☐ **Emergency Contact Information**

- ☐ Have a waterproof card with local emergency numbers and your dive insurance details.

☐ **Dive Charts**

- ☐ Pack a dive chart as a backup for calculating no-decompression limits and surface intervals.

Personal Preparation

☐ **Health Check**

- ☐ Ensure you're well-rested and feeling healthy.
- ☐ Avoid diving if you have a cold, congestion, or other medical issues.

☐ **Dive Plan**

- ☐ Review the dive plan with your buddy, including objectives, signals, and emergency procedures.
- ☐ Agree on maximum depth and dive time limits.

Final Check

- ☐ Perform a full buddy check to ensure all gear is working and properly secured.
 - ☐ Check the local weather forecast and tide schedules.
 - ☐ Confirm that water conditions, visibility, and currents are suitable for the dive.
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Post-Dive Checklist

Gear Maintenance

- ☐ **Rinse Gear**
 - ☐ Wash all equipment thoroughly with freshwater to remove salt, sand, or debris.
 - ☐ Pay special attention to the regulator, BCD, and wetsuit/drysuit.
- ☐ **Dry and Store Gear**
 - ☐ Hang your wetsuit, BCD, and other items in a shaded, ventilated area to dry.
 - ☐ Avoid direct sunlight to prevent material degradation.
- ☐ **Inspect for Damage**
 - ☐ Check all equipment for wear or damage.
 - ☐ Address repairs or replacements before your next dive.

Health Monitoring

- ☐ **Monitor for Decompression Sickness (DCS)**
 - ☐ Look for symptoms like joint pain, fatigue, dizziness, or difficulty breathing.

Seek medical attention immediately if symptoms appear.

Log Your Dive

- ☐ **Record Dive Details**
 - ☐ Note depth, duration, water temperature, visibility, and any marine life encountered.
 - ☐ Include lessons learned or areas for improvement.

Reflection and Planning

- ☐ **Review Checklist**
 - ☐ Identify any items you forgot or equipment that needs replacement.
- ☐ **Set Goals for Next Dive**
 - ☐ Plan your next dive adventure based on your experience and observations.