

**Congratulations on choosing to take cave training in the Riviera Maya, the finest cave diving destination on the planet. We have prepared the following advice to help you get the most from your cave course:**

## Skill Requirements

Cave diving requires finesse and control beyond that needed for open water recreational diving. You will be encouraged to demonstrate a high standard of buoyancy and trim, and anti-silting propulsion techniques (including frogkick, back kick and helicopter turns) before diving in the fragile caves here in Mexico. A good measure of your readiness and skill level is performing simple drills such as a valve drill or S-Drill neutrally buoyant, in trim and holding position on a line in around 5m of water. Course timings are based on a short confined water session to review and confirm these skills. It may be necessary to build an extra day or two into the course to work on essential/ fundamental dive skills if they need some refinement. These sessions are a lot of fun and make for a better learning experience during the cave portion of the course, allowing us to focus on cave specific skills.

## Pre Reading and Theory

We provide all our cave students with a link to a dropbox containing some useful articles and information. The recommended texts to accompany the course are either Jill Heinarth's *The Essentials of Cave Diving* (available from Amazon), Jarrod Jablonbski's *Beyond the Daylight Zone – The Fundamentals of Cave Diving*:

<http://www.globalunderwaterexplorers.com/store/books/beyond-daylight-zone-fundamentals-cave-diving-pdf>, IANTD's *The Tao of Cave Diving* or TDI's *Diving in Overhead Environments Manual*.

We can provide both the IANTD and TDI texts for reference.

## Equipment Requirements

Although we advise students taking advanced and cave courses to have their own equipment that they are completely familiar with, we can supply top quality kit from Halcyon (wings and backplates), Apeks (regulators) and Scubapro (Jetfins), which can help avoid airline luggage charges. All equipment rental is free of charge during courses.

<b>Detailed Equipment Requirements – All Available to Rent if Required</b>	
Backplate and Wing	Stainless Steel or Aluminium Backplate with continuous webbing harness. Double tank wing without bungees and with around 20kg/40lb of lift
or Sidemount Harness	With floating or multiple D-Rings, suitable for use with Aluminium cylinders.
Regulators	Long (2m/7ft) primary reg hose, Short (56-61cm/22-24in) backup reg hose with necklace bungee, 56-66cm/24-26in HP Hose with single SPG
Primary Light	Canister light with Goodman Handle.
Back Up Lights	Two reliable back-up lights with small boltsnaps
Fins	Stiff bladed fins with open heel, such as Jet Fins. No split fins.
Bottom Timer	Wrist mounted digital depth and time gauge or computer
Primary Reel	130m/400ft "Sidewinder" Cave Reel recommended. No ratchet reels.
Jump Spools	Simple Spools with double ender boltsnaps
Exposure Protection	Drysuit (P-Valve recommended!) or 5-7mm Wetsuit. Thigh Pockets or Pocket Shorts, Hood
Masks	Two masks
Knife	Small, sharp knife mounted on belt (backmount) or wrist/shoulder (Sidemount)
Compass	Wrist mounted compass

<b>Cave Specific Personal Equipment – Available to buy</b>	
Wetnotes	Underwater notebook with pencils
Navigation Kit	Cookies and Line Arrows on shockcord pigtail with a small boltsnap
Safety Spools	Two Simple Spools with double ender boltsnaps

Please get in touch if you have any questions on the above or just want to talk through the course requirements – I am always happy to help. [lanny@underworldtulum.com](mailto:lanny@underworldtulum.com)