

## **DIVE PLANNING**

1. Evaluate Conditions
2. Agree on entry, exit, objective, and course to follow.
3. Review hand signals.
4. Decide what to do if you become separated.
5. Agree on time, depth, and air supply limits.
6. Discuss on what to do if an emergency arises.

## **PACKING LIST**

- |  |  |
|--|--|
| <input type="checkbox"/> Fins            | <input type="checkbox"/> Knife/Shears    |
| <input type="checkbox"/> Boots           | <input type="checkbox"/> Light(s)        |
| <input type="checkbox"/> Wetsuit         | <input type="checkbox"/> Whistle         |
| <input type="checkbox"/> Weights         | <input type="checkbox"/> Save-a-Dive Kit |
| <input type="checkbox"/> BCD             | <input type="checkbox"/> First Aid Kit   |
| <input type="checkbox"/> Gloves          | <input type="checkbox"/> Water           |
| <input type="checkbox"/> Mask            | <input type="checkbox"/> Towel/Swimsuit  |
| <input type="checkbox"/> Snorkel         | <input type="checkbox"/> Shower Kit      |
| <input type="checkbox"/> Hood            | <input type="checkbox"/>                 |
| <input type="checkbox"/> Regulator Setup | <input type="checkbox"/>                 |
| <input type="checkbox"/> Cylinder(s)     | <input type="checkbox"/>                 |
| <input type="checkbox"/> Log Book/C-Card | <input type="checkbox"/>                 |

## **EMERGENCY DIVING MEDICINE**

**D.A.N. (Divers Alert Network): (800) 446-2671**  
(919) 684-8111 (collect)

## **NON-EMERGENCY DIVING MEDICINE QUESTIONS**

D.A.N.: (800) 446-2671 (toll-free, M-F, 9A-8P EST)  
Catalina Chamber: (310) 510-4020

## **OTHER EMERGENCY NUMBERS**

D.A.N. Travel Assist (non-diving emergencies):  
(800) 326-3822

U.S. Coast Guard Rescue Services:  
Long Beach Station: (310) 980-4444  
Channel Islands Harbor Station: (805) 985-9822