



HOW MANY WEIGHTS DO I NEED TO WEAR

When you prepare to dive it is very important to calculate the amount of weight you need to enable yourself to ascend and descend safely and effectively i.e to keep neutral buoyancy during your dive.

There are many factors that can affect your buoyancy – this depends on your body type, the dive suit, dive tank capacity and equipment you wear, the amount of air you are breathing and even the water you dive into (saltwater vs freshwater)

As a principle divers use 1kg of weight for every 10kgs of their body weight in saltwater.