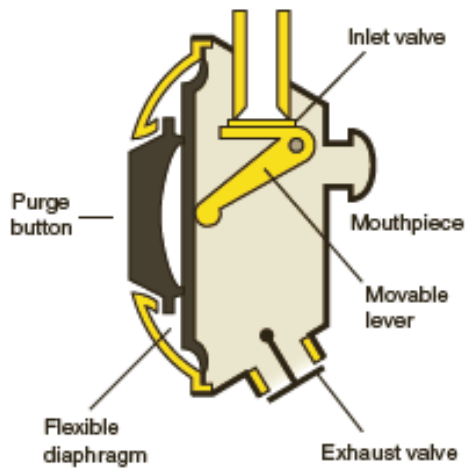
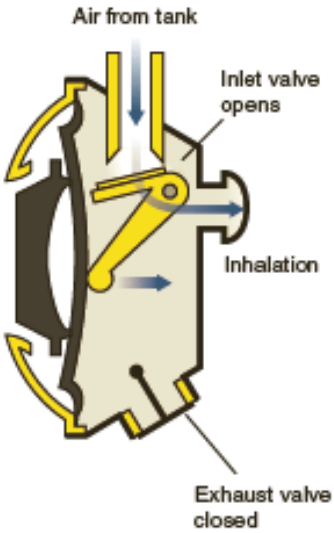


5. Diving Equipment



Static

Do not depress purge button when rinsing a regulator.

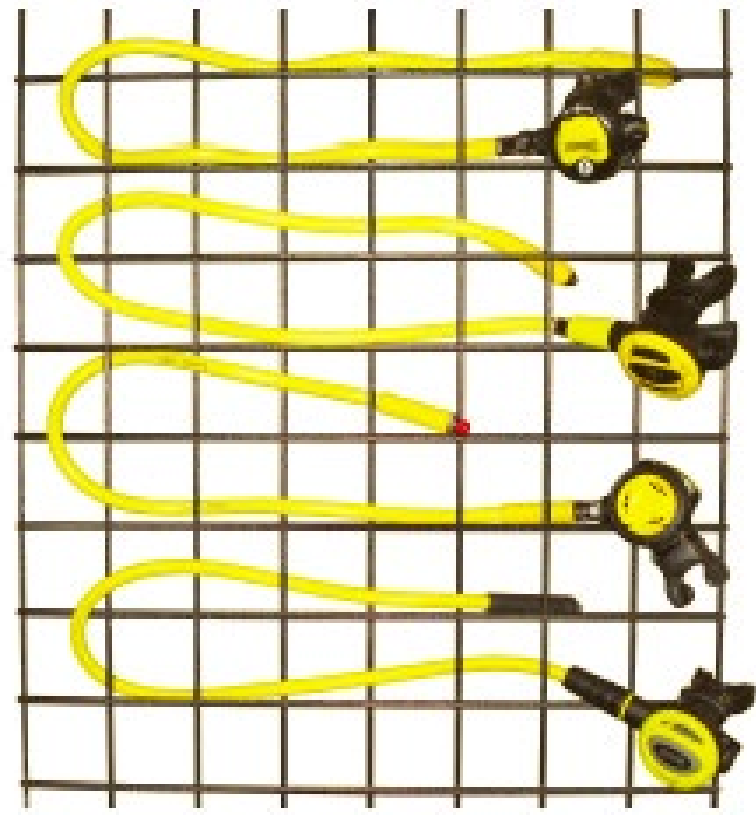


Diver inhales



Diver exhales

Have regulator serviced professionally every year.



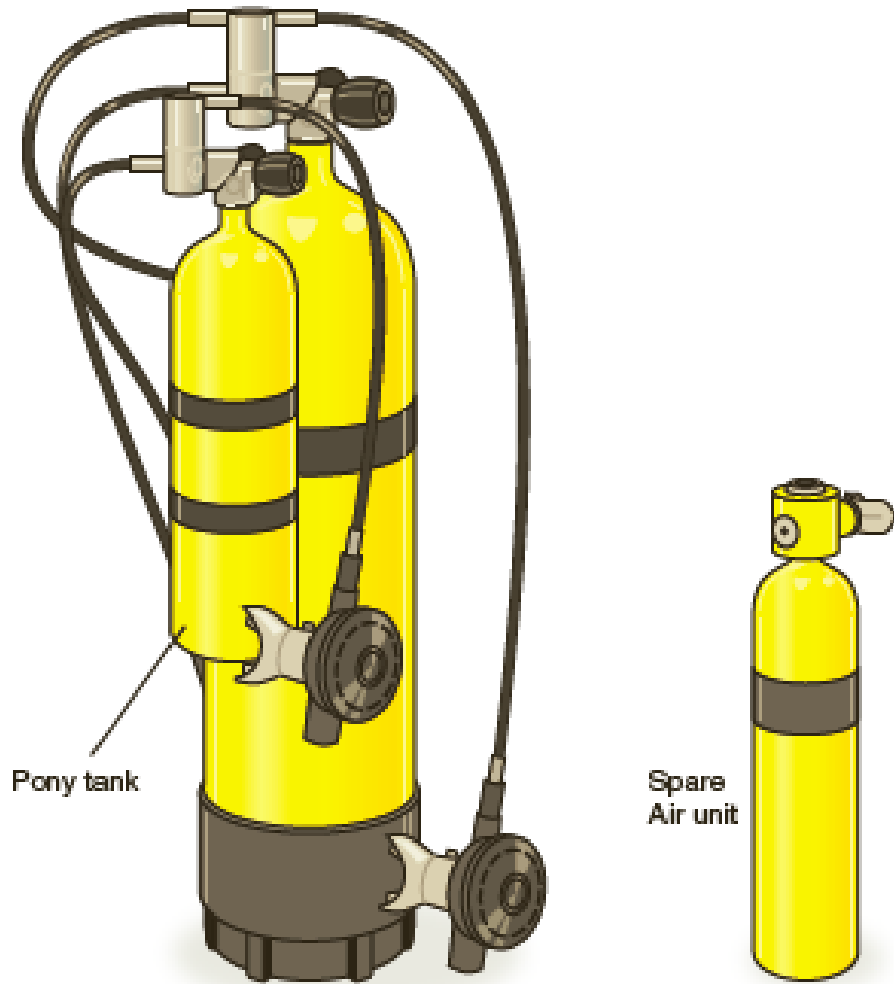


Table 10. Depth gauges

Type	Accuracy	Advantages	Disadvantages
Capillary	Accurate only to depth of about 40 ft (12 m)	Rugged, inexpensive	Can clog with debris or air bubbles
Bourdon tube	Reading accurate within 1% to 2%	Accurate	Can be damaged by reduced pressure at altitude
Diaphragm	Very accurate	Can adjust zero setting for pressure changes at altitude	Expensive
Electronic	Reading accurate within 6 in. (15 cm)	Gauge may zero itself to compensate for changes in atmospheric pressure	Must have sufficient battery power; expensive

Equipment Kits

Dive Kit

- Defogging solution for your mask
- Lip balm
- Wet suit shampoo
- Seasickness medication
- Sunscreen

Save-a-Dive Kit

- Mask strap
- Regulator mouthpiece
- Fin strap
- Crescent wrench
- Snorkel keeper
- Screwdrivers
- Tank valve O-rings
- Cable ties
- Quick-release buckle
- Twine
- Weight keepers
- Duct tape
- Superglue
- Extra batteries
- Heavy nylon thread and heavy-duty needles
- Neoprene cement
- Fiberglass cast tape for temporary repairs

First Aid Kit

Rescue breathing mask

Tweezers

Seasickness medication

Bandage scissors

Isopropyl alcohol

Penlight

Hydrogen peroxide

Coins for emergency phone calls

White vinegar

Emergency contact information
for diving accidents

Baking soda

Diving first aid book

Analgesic and antiseptic ointment

Space blanket

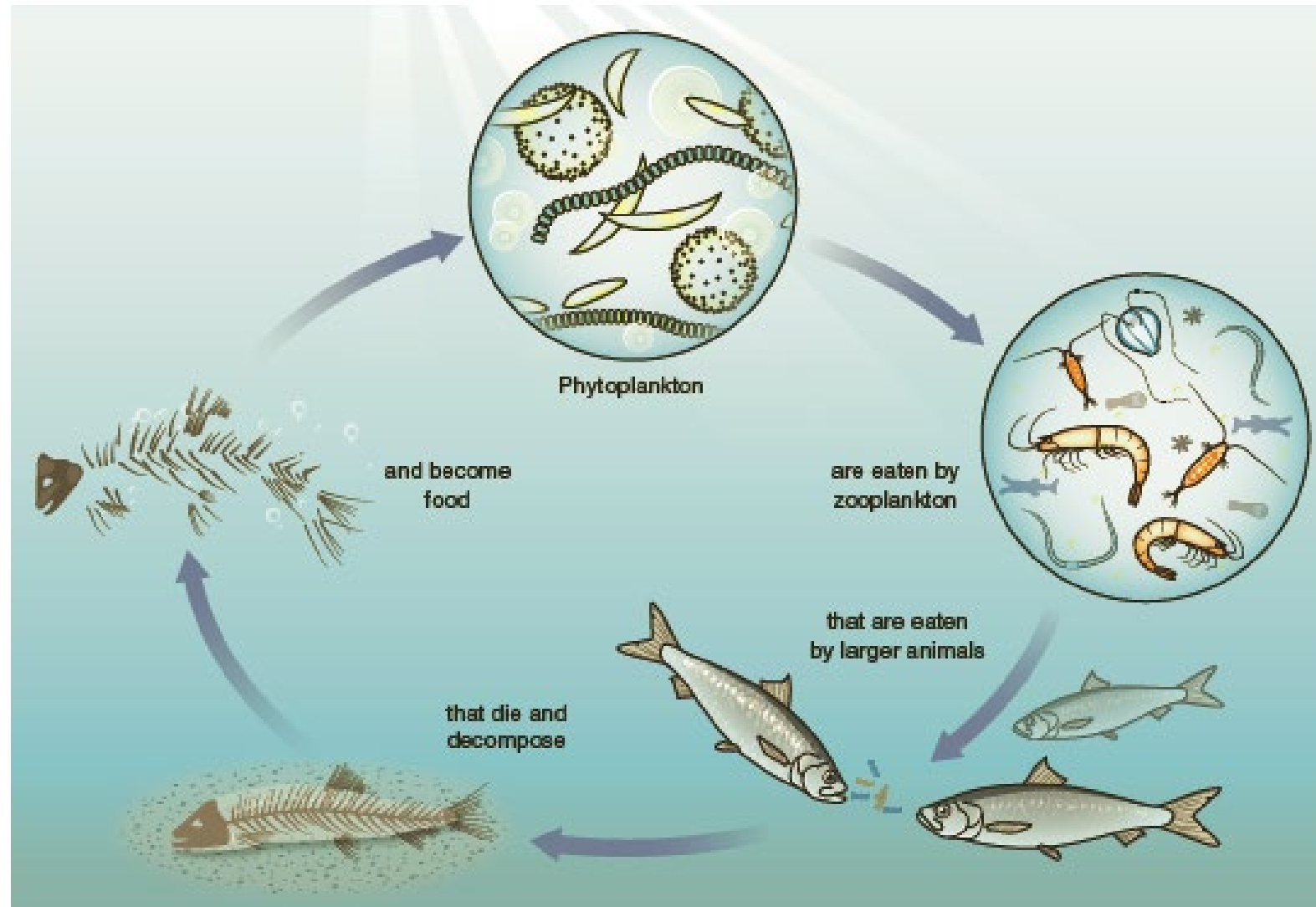
Hot packs

Pen and small notebook

Eyewash

Rubber band tourniquet

Triangular bandages



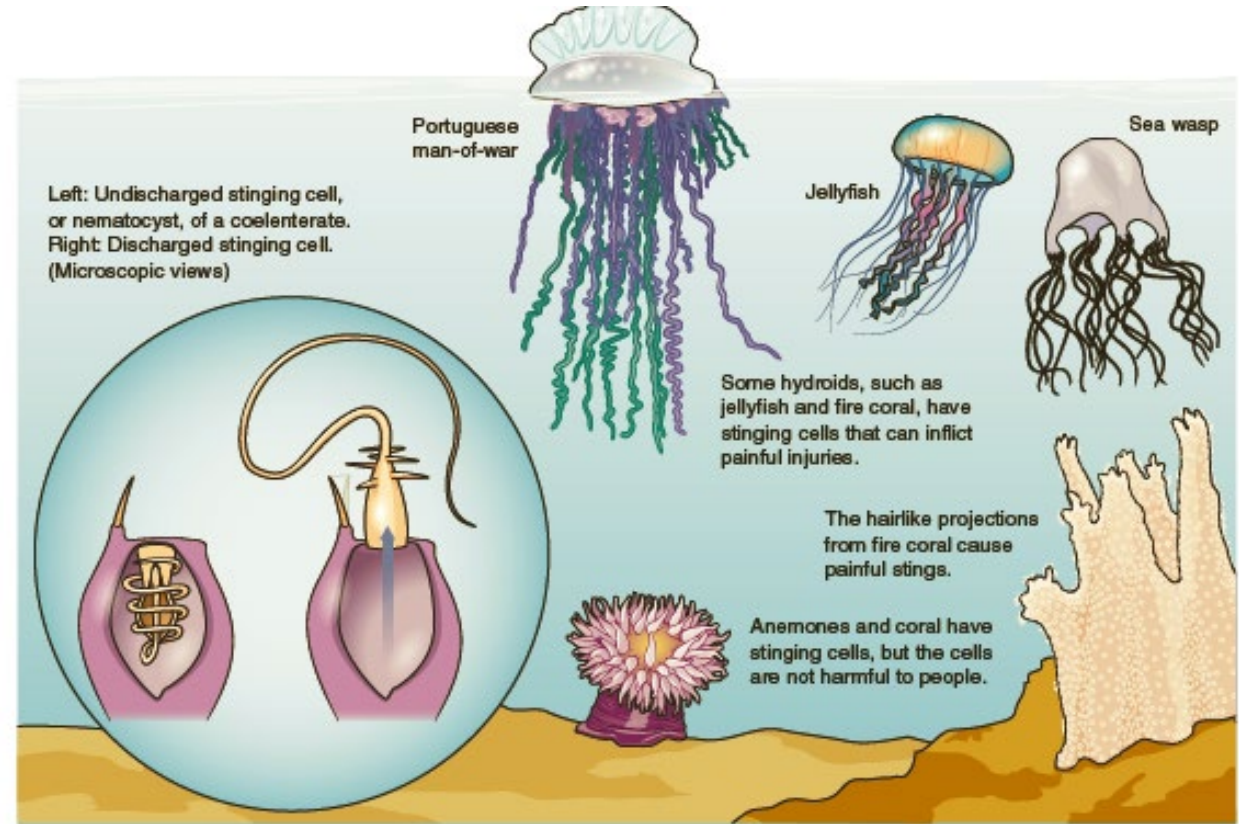
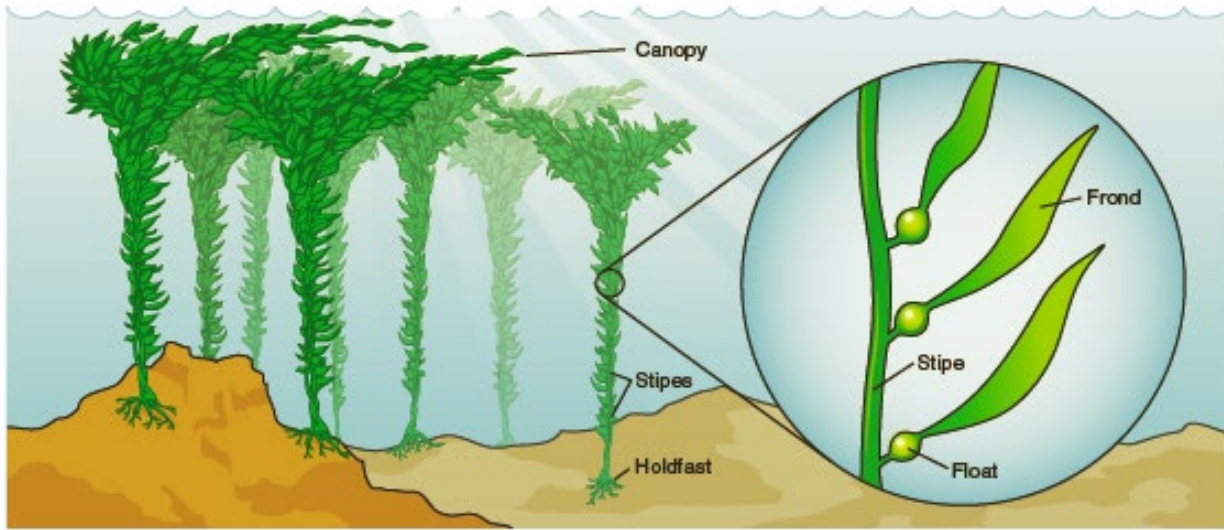
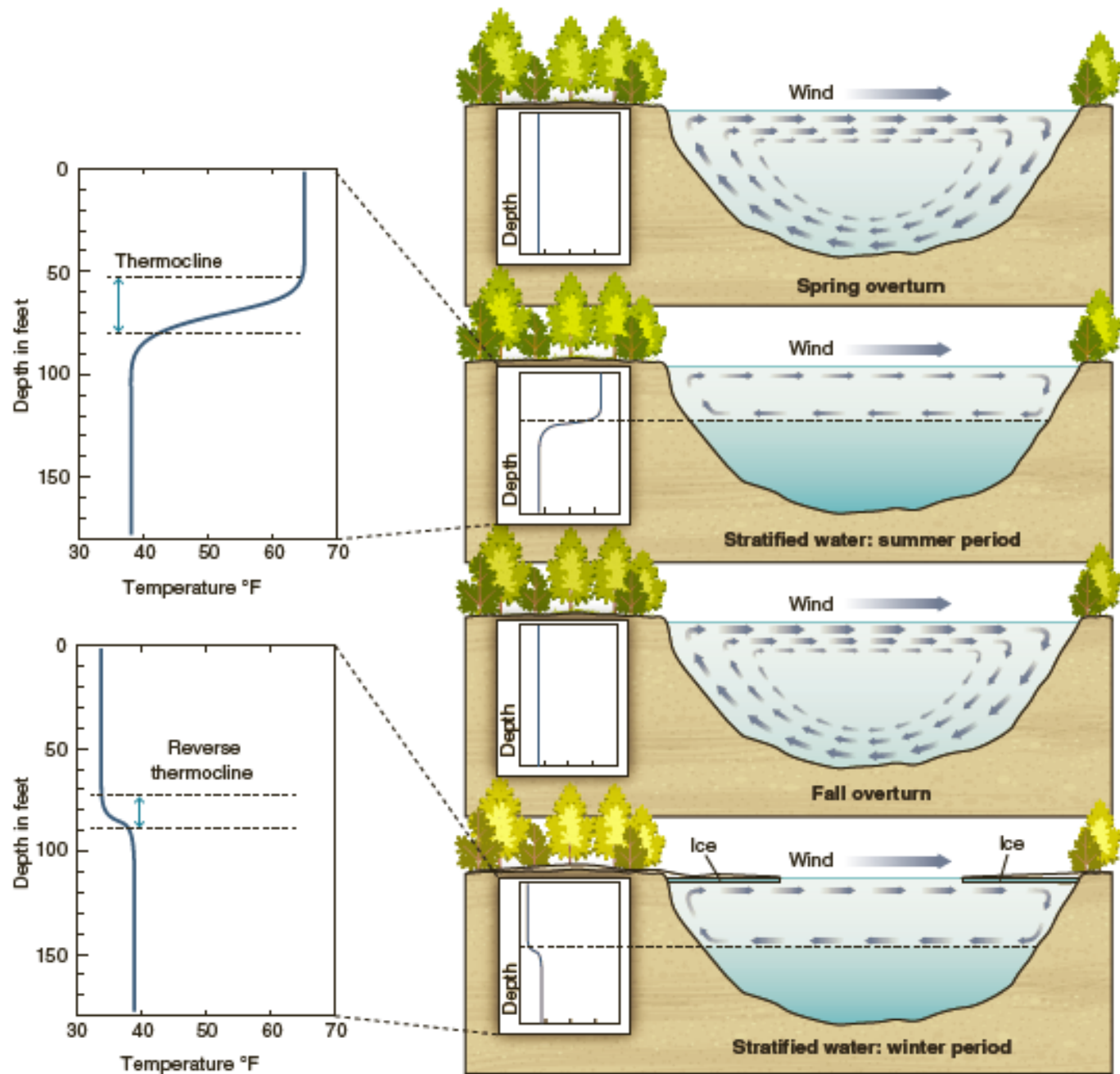
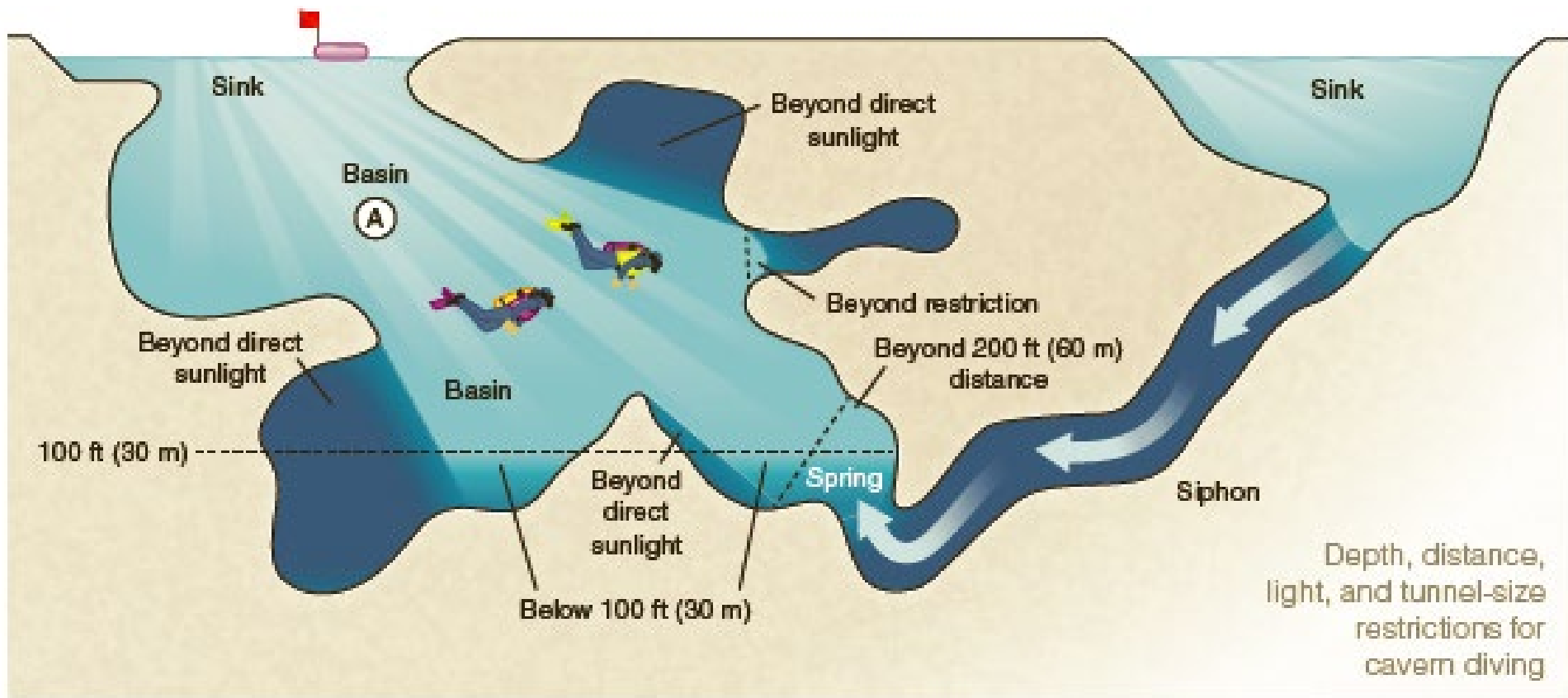


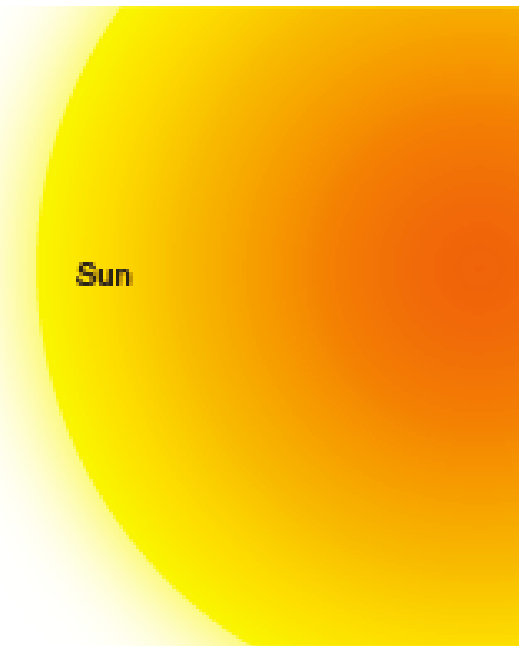
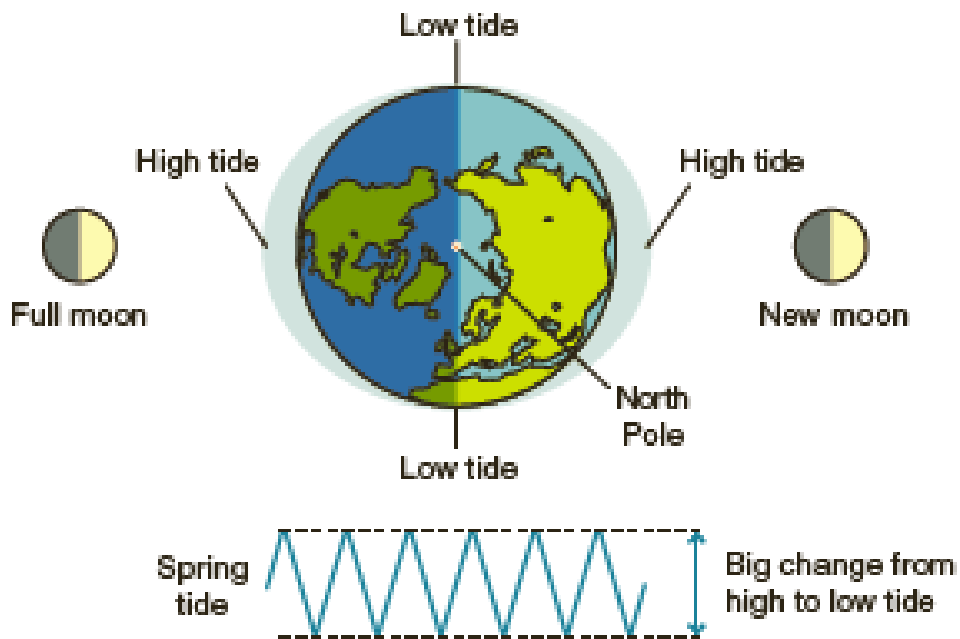
Table 6.11 | Potentially Dangerous Aquatic Animals

Injury	First aid
Abrasions or cuts	
Barnacle Coral	Scrub and disinfect the wound.
Punctures or Lacerations	
Cone shell Sea urchin Venomous fish (e.g., scorpionfish, lionfish) Stingray	Soak the injured area in hot water. For a cone shell sting, apply a venous tourniquet and immobilize the injured area. It is advisable to seek medical attention for injuries caused by the spines of the scorpionfish family.
Bites	
Barracuda Blue-ringed octopus Moray eel Sea snake Shark Turtle, muskrat, alligator	Stop the bleeding; clean and disinfect the wound. For a blue-ringed octopus bite, apply pressure to the wound and seek immediate medical attention—it may be necessary to administer rescue breathing. For a sea snake bite, apply pressure, immobilize the area, and get prompt medical attention.
Stings	
Bristle worm Fire coral Fire sponge Jellyfish	Soak the injured area in vinegar.

Seek medical attention as needed for any injury.







November 2015

	Low tide		High tide					
	a.m.	ht.	p.m.	ht.	a.m.	ht.	p.m.	ht.
	Sunrise 6:19		-PST-		Sunset 5:08			
1 Su	1:35	1.0	2:35	0.5	7:40	8.4	8:48	4.7
2 M	2:08	1.3	3:17	0.9	8:21	8.7	9:38	4.4
3 Tu	2:38	1.7	4:08	1.0	8:58	8.8	10:35	4.0
4 W	3:14	2.1	5:02	0.9	9:33	8.7	11:44	3.7
5 Th	3:50	2.8	6:03	0.7	10:19	8.5	—	—
	Sunrise 6:24		-PST-		Sunset 5:03			
6 F	4:42	3.0	7:17	0.4	1:14	3.5	(11:15	6.0)
7 Sa	6:00	3.3	8:38	0.2	2:57	3.8	12:28	5.4
8 Su	6:23	3.3	9:43	0.1	4:15	4.0	2:03	
9 M	10:12	2.8	10:42	0.1	5:01	4.4	3:30	
10 Tu	11:22	2.1	11:27	0.3	5:37	4.0	4:55	
	Sunrise 6:28		-PST-		Sunset 5:00			
11 W	—	—	12:14	1.4	6:09	5.3	5:17	
12 Th	12:08	0.8	12:59	0.8	6:34	5.8	6:00	
13 F	12:38	0.0	1:38	0.3	6:59	5.0		
14 Sa	1:07	1.3	2:13	0.1	7:24	8.1		
15 Su	1:31	1.8	2:45	0.3	7:47	8.2		
	Sunrise 6:33		-PST-		Sunset 4:55			
16 M	1:58	2.0	3:21	0.4	8:13			
17 Tu	2:21	2.2	3:53	0.3				
18 W	2:40	2.5	4:33	0.1				
19 Th	3:03	2.7	5:17	0.0				
20 F	3:21	3.0						