

TDI Advanced Cave Sidemount Course / CDT Mexico's gear list
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Sidemount system

1x sidemount harness & wing

- one low profile D-ring on each shoulder
- with loop bungees (attachement cannot be the shoulder D-rings)
or a continuous bungee with two bolt-snap clips (clipped to the D-rings)
- two low profile D-rings on the waist on either side
or alternatively one sliding D-rings (*) on either side
or alternatively fixed low profile D-rings for 1st position & sliding D-rings for second position

* Sliding D-rings cannot be of the "hard" type. They must be flexible, preferably rubber.

1x sidemount pouch

- with two double enders

1x helmet

- mount for primary light on the left side
- 2 back-up lights attached (alternatively the second one can go in the pouch)

Regulator systems

For the left side regulator system:

- 1x DIN regulator first stage with a swivel turret and a fifth LP port
- 1x balanced regulator second stage
- 1x LP short hose (approx. 55cm / 22in) (**)
- 1x 90° elbow LP adaptor
- 1x bungee necklace (3 or 4mm shock cord)
or independent bungee necklace with a clip on the regulator's second stage
- 1x LP inflator hose (usually 10 to 15cm / 4 to 6in)
- 1x HP hose (10 to 15cm / 4 to 6in)
- 1x SPG (black face recommended / bar or PSI, but same on both sides)

** The correct length is when it's just long enough to comfortably turn the head to the left while breathing

For the right side regulator system:

- 1x DIN regulator first stage with a swivel turret and a fifth LP port
- 1x balanced and reversed (coming from the left) regulator second stage
- 1x LP short hose (approx. 4-5 cm / 2in longer than the left regulator's LP hose)
- 1x 90° elbow LP adaptor
- 1x bolt-snap clip
- 1x LP inflator hose (usually 10 to 15cm / 4 or 6in) (only if using a dry-suit)
- 1x HP hose (usually 10 to 15cm / 4 to 6in)
- 1x SPG (black face recommended / bar or PSI, but same on both sides)



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Lighting system

1x primary light

- canister light with low profile light head and long cord recommended
- approx. 4 hours burn time (min. 1.5x planned bottom time)
- min. 1200Lu output

2x back-up lights

- low profile, possibly turn on/off by light head twist
- approx. 2 hours burn time each
- min. 600Lu output
- each equipped with a bolt-snap clip

Other equipment, back-up and hardware

2x masks (low profile, black skirt and frameless recommended)

1x pair of fins with low profile straps

1x back-up fin's strap

2x 39m / 130ft safety lines (finger spools, no reels, line gauge from 18 to 21)

1x 120m / 400 ft primary reel (sidewinder, no L-shaped, line gauge 18 to 21)

2x line cutter (sea-horse or U shape, no knives, no scissors)

1x Nitrox computer

1x wrist compass (or computer integrated)

1x navigation kit (1 bolt-snap clip w/ 10cm thick bungee w/ 5 arrows and 5 cookies)

1x back-up navigation kit (with 3 arrows and 3 cookies)

1x back-up mouth piece

1x back-up double ender

10x strong cable ties

5x hose retainers for 11L. cylinders

1x backup continuous bungee (continuous shock-cord with 2 bolt-snap clips)

1x multi-tool (for hoses, plugs and hand-wheel)

1x HP plug

1x LP plug

1x additional short LP inflator hose (in the pouch)

1x air gun

1x complete hand-wheel (rubber hand-wheel, spring, washer and bolt)

Thermic protection

1x suit (7mm wetsuit strongly recommended - drysuit is not recommended for this course)

1x pair of booties (rock boots recommended)

1x hood