

DIVER WEIGHTING GUIDE ESTIMATOR

THICKNESS OF WETSUIT

	NO	1MM	3MM	5MM	7MM
WEIGHT OF DIVER	X 2%	4%	6-7%	8-10%	12-14%
EXAMPLE : 200 LBS	4 LBS	8 LBS	12-14 Lbs	16-20 Lbs	24-28 Lbs

- SALT WATER DIVING ADD 10% TO THE DIVER WEIGHT SYSTEM.
- DRY-SUIT USE ADD 10% MORE WEIGHT TO SYSTEM.

*EVERY DIVER HAS A DIFFERENT BODY PHYSIOLOGY THAT WILL VARY.

*ESTABLISHING A CONSISTENT AND PERFECT AMOUNT OF WEIGHT IS IMPOSSIBLE.

*VARIABLES SUCH AS :

*SUIT THICKNESS AND TYPE,

*VARIED DIVER Body Composition (Muscle Vs. at Density, Breathing and Lung Capacity, Gas, Etc...)

*SALINITY AMOUNT OF VARIUS SALT WATER DIVING DESTINATIONS

*DEPTH OF THE DIVE

CAN AFFECT HOW MUCH EXACTWEIGHT A DIVER MAY DETERMINE

*HOWEVER KEEPING TRACK (LOG-BOOK) OF THE AMOUNT OF WEIGHT USED FOR EVERY DIVE WILL HELP DETERMINE THE OPTIMAL WEIGHT FOR SUBSEQUENT DIVING, BASED ON SUIT THICKNESS, DEPTH (AND TO A LESSER EXTENT SALINITY LEVEL OF THE WATER)

THIS GUIDE IS A REFERENCE AND NOT SCIENTIFICLY BASED.