



Sidemount Equipment Configuration Checklist

This is the list of items you should have in order to get the maximum benefit from sidemount diving. Items that are minimally required for the PADI Sidemount Course will be stated accordingly.

Required:

Sidemount BCD system (Redundant bladder only if eventually planning on tech diving. Recommend adding 1 set of additional d-rings on shoulder straps as well as 2 sliding d-rings on waist if not already equipped).

Qty. 2 Independent cylinders (Recommend opposing handwheels on cylinders). DIN for technical diving applications.

Qty. 2 Regulator 1st stages with single second stage (Recommend environmentally sealed 1st stages with rotating turrets and/or "5th port" for optimum hose management). DIN for technical diving applications.

Pressure Gauge (Recommend 6" hoses on brass and glass SPG's).

Weight system and weights (Most Sidemount Systems have weight pockets included or an option sold separately).

At least one second stage (Typically right side regulator) must be on a longer hose (Approx. 40". Recommend 7') for gas sharing. Hose length for left regulator is typically between 24"-30" in length).

At least one regulator (typically left) must have low-pressure inflator hose (usually 6" to 9" depending on configuration).

A method for attaching rear of cylinders to sidemount harness (typically large bolt snaps attached to 2 tank bands or metal cylinder clamps with paracord and tri-glides if using tank bands).

Qty.1 Dive computer or depth gauge with timing device and tables.

Adequate exposure protection.

At least one audible emergency surface signaling device, i.e., whistle (Also recommend finger spool with 100' line and 4'-6' delayed surface marker buoy).

Mask and fins (no snorkel for sidemount diving).

Hose for drysuit if applicable (9" is typical length for sidemount).

At least 1 cutting tool.

Recommended:

Qty. 1 Small bolt snap and some line or a zip tie for attaching to the long hose near the 2nd stage regulator.

Qty. 1 90-degree non-swivel elbow (For the regulator with shorter hose).

Qty. 2 Smaller bolt snaps connected to neck of each tank valve.

Method of retaining hoses on cylinders.

Qty. 1 Wrist slate with pencil.

Qty. 1 Bungee or rubber necklace for regulator with shorter hose.