

# Lehua Hawaiian Adventures

## Requirements for Scuba Diving Trips

*Lehua Hawaiian Adventures offers several tours that include scuba diving. For any tours where equipment will be rented, facilitators must ensure that several pieces of safety equipment are available for each participant.*

*Please notify us when you book a tour if you would like us to supply any of the following scuba gear for you. We are happy to do so at a reasonable price.*

### Equipment

- ❖ Air Tank
  - The air tank holds high-pressure breathing gas. Typically, each diver needs just one air tank. Contrary to common perception, the air tank does not hold pure oxygen; rather, it is filled with compressed air that is about 21 percent oxygen and 79 percent nitrogen.
    - Examples: Aluminum, steel, pony
- ❖ Buoyancy Compensator
  - The buoyancy compensator controls the overall buoyancy of the diver so that descending and ascending can be controlled.
    - Examples: Wings, stab jacket, life jacket
- ❖ Regulator
  - A regulator controls the pressure of the breathing gas supplied to the diver to make it safe and comfortable to inhale.
    - Examples: Constant flow, twin-hose
- ❖ Weights
  - Weights add just enough weight to help the diver descend rather than float. The right amount of weight will not cause the diver to sink.
    - Examples: Weight belt, integrated weight systems

### Attire

- ❖ Dry Suits
  - A dry suit is intended to insulate and protect the diver's skin. Dry suits are different from wet suits in that they prevent water from entering the suits.
    - Examples: Membrane, neoprene, hybrid
- ❖ Wet Suits
  - A wet suit insulates and protects, whether in cool or warm water. Wet suits differ from dry suits in that a small amount of water gets between the suit and the diver's skin.
    - Examples: Two-millimeter, 2.5-millimeter, 3-millimeter, 5-millimeter, 7-millimeter, Titanium