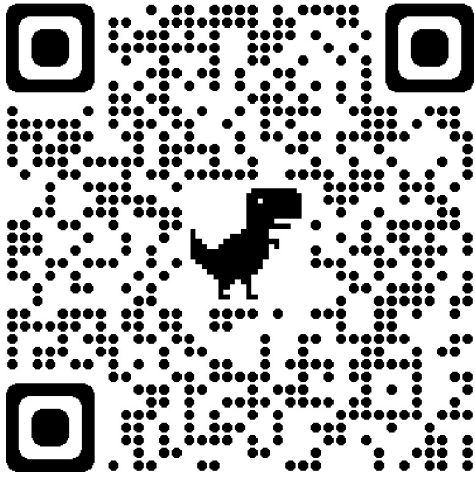


# Freediving

## Equipment Checklist



### PERSONAL EQUIPMENT

1. Mask & Snorkel
2. Fins
3. Weight Belt
4. Wetsuit
5. Lanyard
6. Nose-clip
7. Goggles
8. Dive Computer
9. Camera
10. CPR mask (pocket mask)
11. Liquid soap
12. Towel
13. Shaving Razor
14. Vaseline
15. Essential Oil Inhaler

### BE SMART IN THE SUN

1. Hat / Bandana / Head Cover
2. Sunscreen
3. Water

### FLOTATION DEVICE

1. Buoy
2. Marked Line
3. Pulley
4. Bottom weight
5. Lanyard
6. Surface Line

### EMERGENCY KIT

1. First Aid Kit
2. Pure Oxygen Tank
3. CPR mask
4. Non-rebreather Mask
5. Oximeter
6. Vinegar
7. Phone & Local Rescue Numbers

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