

#### BCD

Inflate and deflate your BCD and know how your buddy's gear works. If wearing a dry suit check the inflator works and valves are open.

# WEIGHTS

Make sure weight is secure and know how to use the quick release system.

## RELEASES

Become familiar with all your buddy's releases. Are all buckles correct? Most importantly, check the tank band is secure.

### AIR

Ensure air is on. Put your reg in your mouth and breathe 3 times looking at pressure gauge. Be sure needle doesn't move. Discuss with buddy how to signal air, returning air pressure, preventing out of air. Know location of alternate air sources.

### FINALOK

Make sure nothing is twisted and everything is in place. Streamline gear by securing dangling lights, slates, or cameras. Grab your fins and mask and get ready to explore our underwater world!