



# basildon bsac | Basic Weighting Guidelines

## ➔ How much weight do I need?

This is a tough question every diver faces from time to time. Although only a buoyancy check precisely determines the proper amount of weight needed, here are some basic weight guidelines that'll get you started. These guidelines are based on individuals of average build, diving in salt water. Lean individuals or individuals diving in fresh water may need less weight, heavy individuals may need more.

## ➔ Basic Guidelines:

Exposure Suit Type	Begin With
1 Swimsuit or dive skin	1-4 lb/0.5-2 kg
2 Thin (1/16 inch/3 mm), one-piece wet suits - shorties or jump suits.	5% of your body weight
3 Medium-thickness (3/16 inch/5mm), two-piece wet suit.	10% of your body weight
4 Cold-water (1/4 inch/7mm), two-piece wet suit with hood and boots.	10% of your body plus 3-5 lb/1.5-3 kg
5 Neoprene dry suits	10% of your body weight plus 7-10 lb/3-5 kg
6 Shell-style dry suits (using light-weight non-foam underwear)	10% of your body plus 3-5 lb/1.5-3 kg
7 Shell-style dry suits (using heavy-weight or foam underwear)	10% of your body weight plus 7-14 lb/3-7 kg

## ➔ Conversion Estimates for Salt or Fresh Water:

Convert from salt water to fresh water (or vice versa) using the following estimates:

Body Weight	Amount of Weight to Add (Fresh to Salt) or Subtract (Salt to Fresh)
100 - 125 lb/45 - 56 kg	4 lb/2 kg
126 - 155 lb/57 - 70 kg	5 lb/2.3 kg
156 - 186 lb/71 - 85 kg	6 lb/3 kg
187 - 217 lb/86 - 99 kg	7 lb/3.2 kg

## ➔ Estimating Weight Change Due to Air Consumption:

Depending on the type of tank you use, it can become 3 - 5 lb/1 - 2 kg more buoyant by the end of your dive. The popular 80 cubic foot/12 liter tank will become approximately 5 lb/2 kg more buoyant.

To compensate for this increased buoyancy near the end of your dive, you may need to add some weight beyond the basic guidelines above. Additional weight, beyond the guidelines, may not be needed for some types of steel tanks.