

# FKD EQUIPMENT CHECKLIST

## RECREATIONAL

Equipment brand is not important  
 Equipment must be in safe operating condition  
 Contact [info@frogkickdiving](mailto:info@frogkickdiving) with questions or if in doubt  
 Equipment is available for student use on most items



<b>ESSENTIALS OF REC, REC 1 &amp; OPEN WATER</b>	<b>X</b>
Blade or Jet style fins - No split fins	
Regulator set consisting of:	
5-7' longhose primary regulator	
22" necklace/backup regulator	
24-26" hp/spg hose	
LPI hose of appropriate length for the wing's corrugated hose	
DIN or yoke (DIN preferred)	
1 primary mask	
1 exposure suit	
Hood	
Gloves	
Boots (wetsuit)	
1 bottom timer	
1 compass	
1 surface marker buoy (SMB), pre-rigged with 100' spool	
Single tank configuration - 2 tanks per day of diving	
Minimum 80cuft per tank	
DIN or yoke (yoke preferred)	
<b>Recommended (but not required):</b>	<b>X</b>
Backplate w/ single piece "Hogarthian" style harness	
Back inflate style wing - 35-45LBs of lift - no bungeed wings, no dual inflators	
Primary or backup light (HID or LED)	
<b>REC 2 &amp; REC 3</b>	<b>X</b>
All Essentials, Rec 1 & Open Water equipment, above, plus:	
Backplate w/ single piece "Hogarthian" style harness	
Back inflate style wing - 35-45LBs of lift - no bungeed wings, no dual inflators	
1 backup mask	
Rec 3 - Separate drysuit inflation system	
Primary light, HID or LED, Goodman style handle	
Backup light (LED preferred)	
1 cutting device	
Single tank or double tank configuration (doubles preferred for Rec 3)	
Minimum 80cuft per tank (100cuft preferred)	
Yoke or DIN (DIN preferred for Rec 2, required for Rec 3)	