



# Fort Lauderdale Site Information Sheet

## Site Info:

All Atlantic Edge training events that occur in Fort Lauderdale will be done out of the South Florida Diving Headquarters. South Florida Diving HQ has several boats and will take our students and guests out diving in the South Florida/ Fort Lauderdale/ Pompano area. Atlantic Edge has no control or discretion as it relates to the specific sites that will be visited during training weekends. South Florida's info is as follows:

2621 North Riverside Drive

Pompano Beach , Fl

33062

[www.southfloridadiving.com](http://www.southfloridadiving.com)

954-783-2299

## Hotels Recommendation:

Quality Inn Ocean Point

1208 N. Ocean Blvd

Pompano Beach, Fl 33062

954-782-5300

Ask for Kally for reservations, and mention that you are diving with South Florida Dive Headquarters for a special rate

## Diving Checklist

### Preparation

Make hotel reservations

Drink lots of water and be well rested

### Required Gear

Wetsuit\*

Regulator (with gauges, octopus, and compass )\*

BCD\*

Tank(s)\*

Hood\*

Gloves\*

Mask

Snorkel

Fins

Booties

Weight belt\*

Weights\*

Log Book (& pen)\*

Dive Table

Swimsuit

Towel

Dive Light

Dive Knife

\*For Open Water Checkout Dives, Wetsuit, regulator, BC, tanks, weights, hood, gloves & logbook will be provided by Atlantic Edge Dive Center for students registered for the class, and may be picked up at the dive site in Fort Lauderdale. For other classes, tanks & weights will be provided but students should provide the rest of their gear. If you need to rent gear, you can rent it from us and pick it up either at our store in Gaithersburg or in Fort Lauderdale

### **Highly Recommended**

|   |   |
|---|---|
| Mask defogger   | Change of clothes                           |
| Dive light  | Outerwear appropriate to weather conditions |
| underwater slate & pencil   | Swimmer's eardrops                          |
| Save a Dive Kit (spare straps, O-rings, mouthpiece, zip ties & tools) | Medications                                 |
| Sunscreen   | First aid kit                               |
| Hat   | Personal care items                         |
| Sunglasses  | Chair (e.g., folding beach chair)           |

### **Food and Beverages (in cooler)**

- Plenty of water, sports drinks
- Fruit, energy bars
- Prepared lunch

