

## Basic SCUBA Weight Guidelines (lbs)

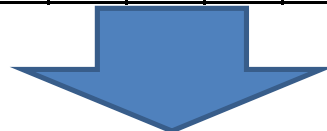
### (Step 1: Body Size & Exposure Suit)

Body weight (lbs) ->	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
Swimsuit / dive skin	2	2	2	2	2	2	3	3	3	3	3	4	4	4	4	4
2mm one piece wetsuit / shorty / jumpsuit	5	6	6	7	7	8	8	9	9	10	10	11	11	12	12	13
5mm one piece wetsuit	8	9	10	10	11	12	13	14	14	15	16	17	18	18	19	20
5mm two piece wetsuit	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
7mm wet suit only	12	13	14	15	16	17	19	20	21	22	23	25	26	27	28	29
7mm wet suit with hood and gloves	13	14	15	16	17	18	20	21	22	23	24	26	27	28	29	30
Neoprene dry suit / 7mm two piece wetsuit	17	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35
Shell dry suit with light undergarment	13	14	15	16	17	18	20	21	22	23	24	26	27	28	29	30
Shell dry suit with heavy undergarment	17	18	19	21	22	24	25	27	28	30	31	33	34	36	37	39



### (Step 2: Dive Environment)

Fresh Water	-4	-4	-4	-5	-5	-5	-6	-6	-6	-6	-7	-7	-7	-8	-8	-8
Salt Water	+4	+4	+4	+5	+5	+5	+6	+6	+6	+6	+7	+7	+7	+8	+8	+8



### (Step 3: Tank Type & Size)

Cylinder Size (cu. Ft.) ->	63	72	78	80	100
Aluminum	+3	+4	+4	+5	+6
Steel	-3	-4	-4	-4	-5

**IMPORTANT NOTE:** *This chart will generally overweight you by 10% to 15%  
 Everybody's body is different!  
 Always strive to carry only as much weight as you need!  
 Record your equipment and weight in your log book so you know how much weight next time!*