



# THE TRAVELLING DIVER

AN ESSENTIAL GUIDE TO SAFE TRAVEL FOR DIVERS



DISCOVERY | SAFETY | PREVENTION

 **DAN**<sup>®</sup>  
DIVERS ALERT NETWORK EUROPE



Some of the most beautiful dive sites are in the most remote locations.

While the seclusion can be appealing, there are certain factors that need to be considered when preparing for any dive trip.

In order to ensure the highest level of safety, travelling divers need to be well prepared and well informed before embarking.

Some research is always going to be necessary. This document is meant to assist with preparations.

# WHAT TO CONSIDER DURING TRAVEL



## HEALTH CONSIDERATIONS

While you are most likely already considering health issues related to diving, remember that travelling in itself exposes you to certain medical conditions.

### DEHYDRATION

Dehydration occurs when your body is depleted of water and is a contributing factor for DCI. While travelling, water may not be as readily available as you are accustomed to. Always carry your own water and monitor the color of your urine.

### DEEP VEIN THROMBOSIS (DVT)

DVT is when blood clots form in the veins, usually in the legs. DVT can lead to pulmonary embolism or stroke. Travellers are susceptible as long periods of inactivity inhibit normal blood circulation. To prevent DVTs, get up and move around during travel. If you know you are at increased risk, wear compression socks.

### FOODBORNE ILLNESS

Travelers' diarrhea is the most common illness affecting travellers. It often results from consuming improperly handled food or untreated water. In an effort to avoid foodborne illness, avoid raw or undercooked meat, raw fruits and vegetables, and untreated water (including ice!).

### VECTOR-BORNE DISEASES

Vector-borne diseases are transmitted by mosquitoes, ticks, fleas, and other insects. These diseases include chikungunya, dengue fever, and malaria. Appropriate precautions to avoid vector borne diseases include vaccination, insect repellent, and avoiding certain environments.

# DIVING RELATED CONSIDERATIONS

You can only learn so much by research and you don't want any surprises. Once you are on site, it is wise to check that you and the dive shop are as prepared as possible.

- **CHECK THE DIVE CENTER FOR**  
first aid supplies, oxygen equipment, well maintained compressor, readily available emergency numbers.
- **INSIST ON THOROUGH DIVE BRIEFINGS**  
If you are uncomfortable with the dive plan, speak up.
- **REVIEW YOUR DIVE PLAN AND HAND SIGNALS**  
And then dive according to plan!
- **GET TO KNOW YOUR BUDDY**  
Ask about level of diving certification and overall dive experience. Make sure you are comfortable with his/her gear.
- **USE CONSERVATIVE PROFILES AND STAY HYDRATED**

# EQUIPMENT CONSIDERATIONS

In order to be both a safe and a courteous diver, handle your equipment properly.

- Keep your equipment together, in your designated space, and out of any walkways
- Weights, tanks and any other heavy objects need to be on the ground and/or secured
- Check your gas before every dive
- Maintain proper buoyancy



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